An Australian Perspective
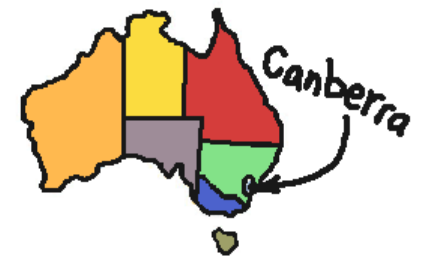# End of Life

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Australia

Canberra

Commonwealth of Australia
- 6 States, 2 Territories
- Population **23 901 955**

      25% Rural

      3% Indigenous Australians

      36% English descent

Australian Healthcare System

- **8.9% GDP spent on healthcare**

- **Public and Private Healthcare Delivery Coexist**

  Public: Universal Healthcare

  Private: Insurance, 45% population

- **Federal Government:**

Funds: Medicare (National health insurance scheme)
                              Public hospitals
                              Population health schemes
                              Aged Care

- **State Governments:**

Administer public hospitals

Challenges for Australians

Australia

Age Structure in 2004

Estimated Resident Population

■ Males   ■ Females

Please note for Australia data, to ensure a consistent graph scale over the projection period, ages 100 and over are not displayed, but are used in the calculation of the total population.
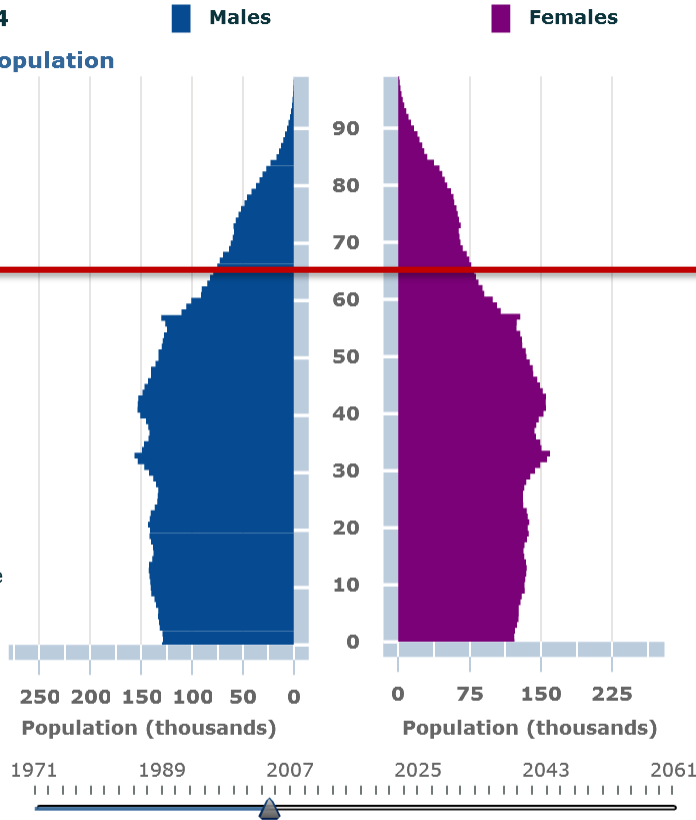
Toggle Male/ Female Surplus

■ View Surplus

Surplus demonstrates where there are more Males or Females in a particular age group by overlaying the age structure of one gender over the other.

Toggle Outline

■ View Outline

Toggle Data Tips

☑ View Data Tips

90
80
70
60
50
40
30
20
10
0

250 200 150 100 50 0
Population (thousands)

0   75   150   225
Population (thousands)

1971   1989   2007   2025   2043   2061

Year:	2004
Total:	19,932,722
Males:	9,895,951
Females:	10,036,771

Select a state or territory

Australia	▼

Use the Drop Down List to select a state or territory population pyramid.

Selected details

Highlight your mouse over the chart to see the information below

Aged: **Born:**

Males:
Females:

Sex Ratio
(Males per 100 Females

Controls

Play	Stop	Reset	Full Screen

Fast   Medium   Slow

Animation Speed

Source Data

3101.0 - Australian Demographic Statis

3222.0 - Population Projections, Australia, 2012 (base) to 2

Australian Bureau of Statistics

Australia

Age Structure in 2015

Males ■   **Females** ■

Projected Resident Population

Please note for Australia data, to ensure a consistent graph scale over the projection period, ages 100 and over are not displayed, but are used in the calculation of the total population.
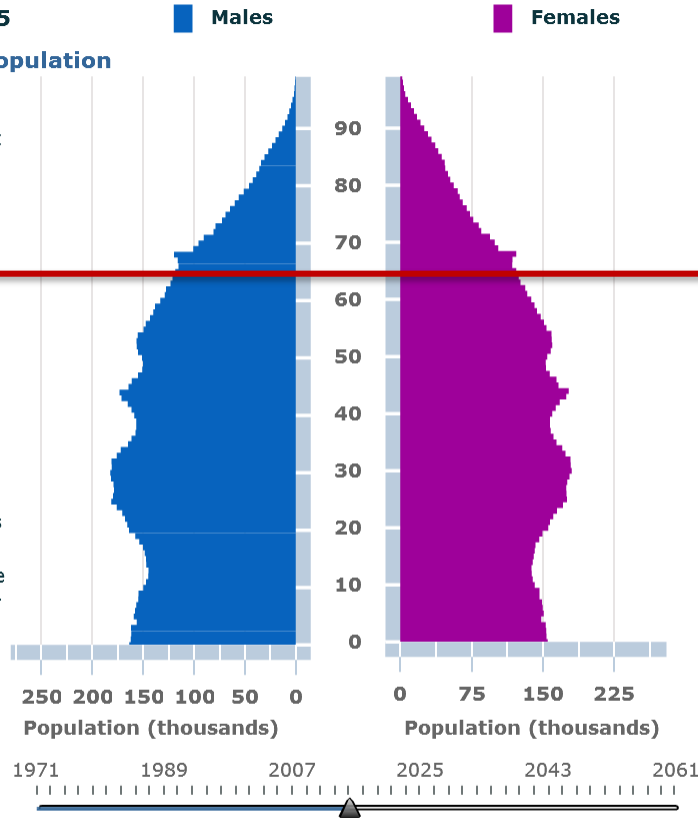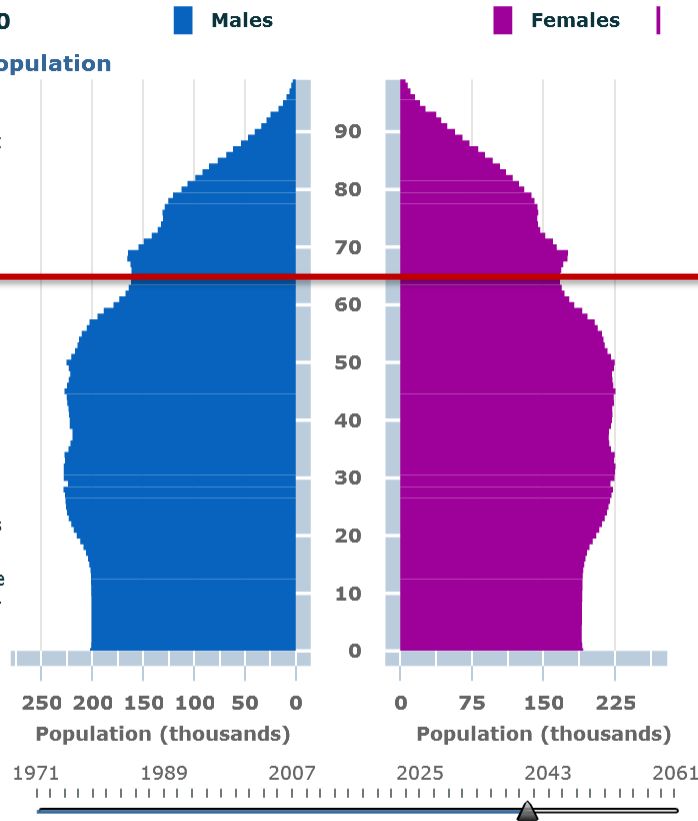
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Population (thousands)   Population (thousands)

1971   1989   2007   2025   2043   2061

Year:	2015
Total:	23,940,552
Males:	11,917,598
Females:	12,022,954

Select a state or territory

Australia ▼

Use the Drop Down List to select a state or territory population pyramid.

Selected details

Highlight your mouse over the chart to see the information below

Aged: **Born:**

Males:
Females:

Sex Ratio
(Males per 100 Females

Controls

Play	Stop	Reset	Full Screen

Fast   Medium   Slow

Animation Speed

Australian Bureau of Statistics

Australia

Age Structure in 2040

Projected Resident Population

■ **Males**   ■ **Females** |

Please note for Australia data, to ensure a consistent graph scale over the projection period, ages 100 and over are not displayed, but are used in the calculation of the total population.

Toggle Male/ Female Surplus

■ View Surplus

Surplus demonstrates where there are more Males or Females in a particular age group by overlaying the age structure of one gender over the other.

Toggle Outline

■ View Outline

Toggle Data Tips

☑ View Data Tips

Population (thousands)

250 200 150 100 50 0   0 75 150 225

90
80
70
60
50
40
30
20
10
0

Population (thousands)

1971   1989   2007   2025   2043   2061

Year:	2040
Total:	33,923,997
Males:	16,863,344
Females:	17,060,653

Select a state or territory

[Australia ▾]

Use the Drop Down List to select a state or territory population pyramid.

Selected details

Highlight your mouse over the chart to see the information below

Aged: **Born:**

Males:
Females:

Sex Ratio
(Males per 100 Females)

Controls

[Play] [Stop] [Reset] [Full Screen]

Fast   Medium   Slow

Animation Speed
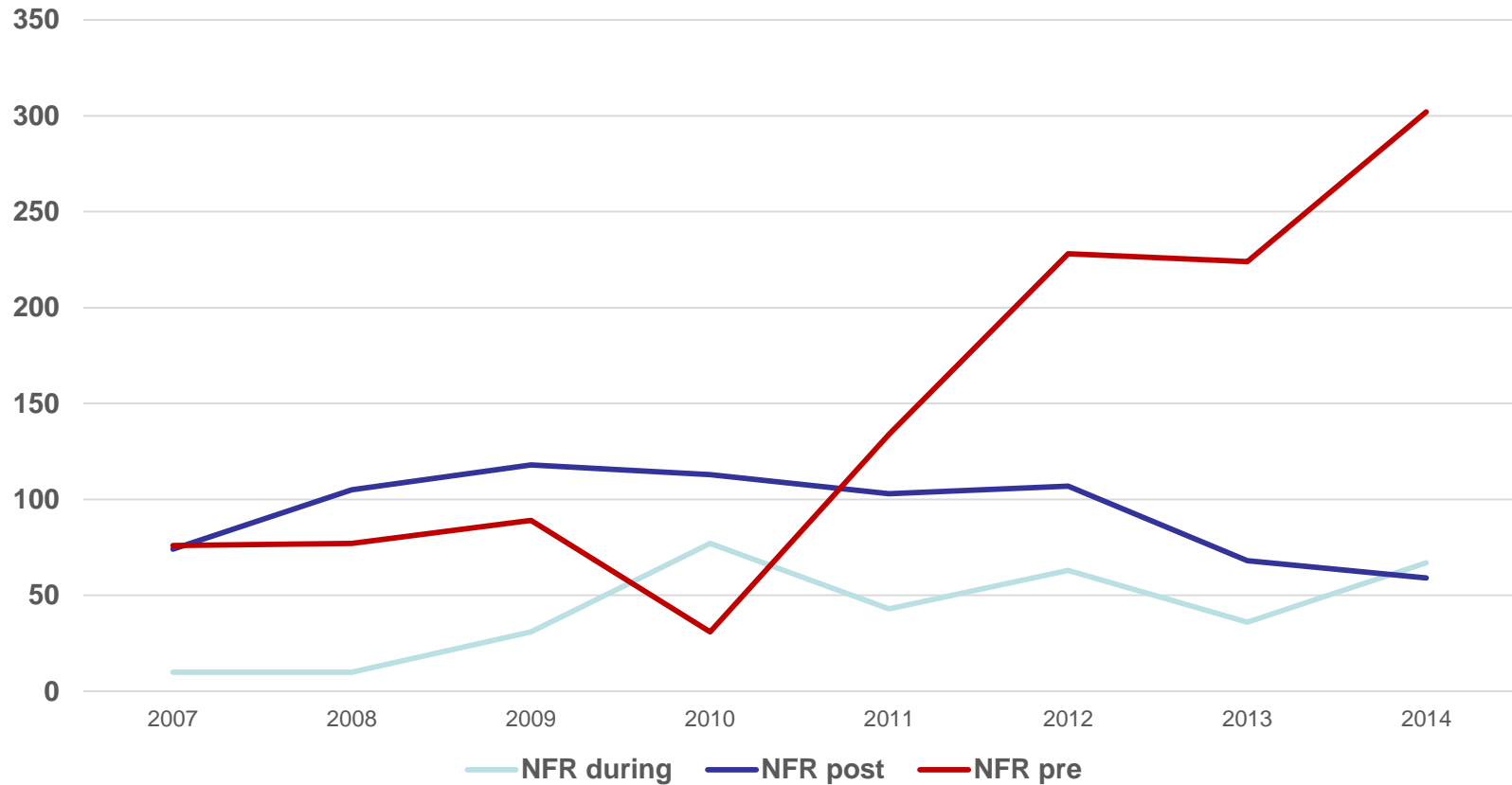
Australian Bureau of Statistics

End of Life

Major Challenge: End of Life Care

- Inadequate palliative care services

- Ill equipped acute care sector for dying

- Lack of understanding of people's wishes

- Few people have developed a plan for the end of life care

8%	717 ICU patients [1]
14%	2400 people sampled [2]
31%	1670 people sampled [3]

- Increasing use of medical emergency teams to help make EOL decisions [4]

- Delayed comfort care and prolonged suffering

[1] Anstey M Personal Communication 2015, [2]White B et al Internal Medicine Journal 2014; 975-980, [3] Commonwealth Fund, 2014, [4]Jones et al Critical Care Medicine 2012; 40: 98-103

Resuscitation Status and MET Reviews

Explanations

- Modern medicine focuses on curing rather than accepting death as natural

- "Death denying culture" for patients/families/healthcare professionals

- Inexperienced junior medical staff (600 junior doctors and 600 deaths)

- End of life conversations are confronting and difficult

- Hospital processes provide little time for deep and meaningful conversations

Future Projects: End of Life

Projects: Palliative Care

Education

Education and training to health workforce to provide quality palliative care

Develop education modules on end of life care in acute hospitals

Training on use of guidelines for palliative approach to aged care in community

Data

Identify and measure impact of palliative care on people with life limiting illness

Analyse national palliative care data

Projects: Palliative Care

Programs

Austin Health to continue "Respective Patient Choices", Develop on line resource

National project to improve paediatric palliative care

Develop person centred palliative care

End of Life Consensus Statement

"To describe the elements that are essential for delivering safe and high quality end of life care in acute care settings"

Guiding Principles

- **Patient Centred Communication**

   series compassionate conversations to arrive at shared decision making

- **Teamwork and Coordination of Care**

   team needs to be interdisciplinary, work effectively and supported

- **Components of Care**

   processes should be in place to support individualised end of life care

- **Use of Triggers to Recognise Patients approaching End of Life**

   recognition systems in acute care settings

- **Response to Concerns**

   easy to access to rapid assessment by suitably skilled care provider

Guiding Principles

Leadership and Governance

requirement for leadership and governance systems

Education and Training

end of life care education and training for all care providers

• **Supervision and Support for Interdisciplinary Team Members**

facilities should help access peer support, mentoring and supervision

• **Evaluation, audit and feedback**

requirement for ongoing monitoring of effectiveness of end of life care systems and processes and needs to address quality of death

How to translate?

Translation

Develop **tools** and **resources** to support safe and high-quality end-of-life care in acute healthcare settings to assist health service organisations and clinical teams to:

Tools and Resources

- Examine own performance regarding end-of-life care
  - Audit tools for quantitative analysis
  - Surveys for health care professionals
  - Survey for families/carers of dying patients
- Facilitate education around end of life
  - Work with organisations to develop education modules for communication
  - Develop learning outcomes for curricula
- Improve identification of dying patients
  - Determine resources to help identifying dying patients

Summary

- Significant issues around end of life care and particularly in the acute care

- Australian Commission on Safety and Quality in Health Care endeavouring to embed an end of life care consensus statement into hospital standards

- Developing tools to measure the success of its implementation