**Abstract submitted for the 5th NSW Rural Health and Research Congress**

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**Congress Stream:** 4. Palliative/end of life care: meeting the need – Oral or Poster

**Abstract Title:** The Supportive and Palliative Care Indicators Tool (SPICT): can it be used to trigger transition to a palliative approach and improve care for patients with a non-malignant life-limiting disease in a remote care setting?

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**Background**

Australian Commission on Safety and Quality in Healthcare (2015) recommends identification of patients likely to die within the next 12 months as ‘a fundamental first step in providing safe and high-quality end-of-life care’.

Supportive and Palliative Care Indicators Tool (SPICT) is a validated tool, demonstrated to assist identification of patients with unmet palliative care needs.

**Approach**

Retrospective cross-sectional case note audit of all adult deaths in remote LHD over 12 month period, to assess sensitivity of SPICT to trigger:

* early transition to palliative approach in patients with non-malignant life-limiting disease
* impact on clinical outcomes.

**Outcomes / Results**

112 eligible patients; 40% total deaths. 60% SPICT positive; 40% received palliative approach.

55% male; mean age at death 81.2 years.

Identification and transition to a palliative approach demonstrated statistically significant improvements including:

* Reduced ICU admissions
* Increased documentation of advance care planning and resuscitation status
* Increased comfort care and effective symptom management in last days of life
* End-of-life care in line with patient’s wishes, including place of death

**Take Home Message**

SPICT can be used to effectively identify patients with non-malignant life-limiting disease in a remote care setting, which facilitates transition to a palliative approach with demonstrated improvements in quality of care.