

## Evidence Based Strategies and Resources for Family Carer Support

### 1. Melbourne family carer support program

Hudson, P. & Aranda, S. (2014). The 'Melbourne family support program (FSP)': Evidence based strategies that prepare family carers for supporting palliative care patients. *BMJ Supportive & Palliative Care* 4(3):231-7.

### 2. Family meetings in palliative care

Hudson P, Quinn K, O'Hanlon B, Aranda S. (2008). Family meetings in palliative care: Multidisciplinary clinical practice guidelines. *BMC Palliative Care* 19 (7):12.

[A copy of the Guidelines could be downloaded from:

[https://engonetcpc.blob.core.windows.net/assets/uploads/files/Family\\_Meetings\\_Clinical\\_Practice\\_Guidelines\\_v2.pdf.pdf](https://engonetcpc.blob.core.windows.net/assets/uploads/files/Family_Meetings_Clinical_Practice_Guidelines_v2.pdf.pdf)]

Hudson P, Thomas T, Quinn K, Aranda S. (2009). Family meetings in palliative care: are they effective? *Palliative Medicine* 23(2):150-7.

Thomas K, Hudson P, Oldham L, Kelly B, Trauer T. (2010). Meeting the needs of family carers: An evaluation of three home-based palliative care services in Australia. *Journal of Palliative Medicine* 24(2):183-91.

Hudson P, Girgis A, Mitchell G, Philip J, Parker D, Currow D, et al (2015). Benefits and resource implications of family meetings for hospitalized palliative care patients: research protocol. *BMC Palliative Care* 14(1):73.

### 3. One to one home based carer education program

Hudson P, Aranda S, Hayman-White C. (2005). A psycho-educational intervention for family caregivers of patients receiving palliative care: A randomized controlled trial. *Journal of Pain & Symptom Management* 30(4):329-341.

Hudson P, Hudson R. (2017). Supporting a Person Who Needs Palliative Care: A Guide for Family and Friends. 3rd ed. Melbourne, Australia. *Palliative Care Victoria*.

[A copy of the guide could be downloaded from: <http://www.pallcarevic.asn.au/library-media/supporting-a-person-who-needs-palliative-care-a-guide-for-families-and-friends/>]

Hudson P, Trauer T, Kelly B, O'Connor M, Thomas K, Summers M, Zordan R, White V. (2013). Reducing the psychological distress of family caregivers of home-based palliative care patients: short-term effects from a randomised controlled trial. *Psycho-Oncology* 22(9):1987-93.

Hudson P, Trauer T, Kelly B, O'Connor M, Thomas K, Zordan R, et al. (2015). Reducing the psychological distress of family caregivers of home based palliative care patients: longer term effects from a randomised controlled trial. *Psycho-oncology* 24(1):19-24.

### 4. Group home based carer education program

Hudson P, Quinn K, Kristjanson L, Thomas K, Braithwaite M, Fisher J, Cockayne M. (2008). Evaluation of a psycho-educational group programme for family caregivers in home-based palliative care. *Palliative Medicine* 22:270-280.

Hudson P, Thomas K, Quinn K, Cockayne M, Braithwaite M. (2009). Teaching family carers about home-based palliative care: Final results from a group education program. *Journal of Pain & Symptom Management* 38(2):299-308.

### 5. Group hospital/inpatient carer education program

Hudson P, Lobb E, Thomas K, Zordan R, Trauer T, Quinn K, Williams A, Summers M. (2012). Psycho-educational

group intervention for family caregivers of hospitalized palliative care patients: Pilot study *Journal of Palliative Medicine* 15(3):277-281.

Hudson P, Trauer T, Lobb E, Zordan R, Williams A, Quinn K, Summers M, Thomas K. (2012). Supporting family care givers of hospitalised palliative care patients: A psycho-educational group intervention. *BMJ Supportive & Palliative Care* 2(2):115-120.

For more information about the Hospital-based Group Education Program please go to:  
<http://www.centreforpallcare.org/page/41/resources>

## 6. Psychosocial and bereavement support of family caregivers of palliative care patients

Hudson P, Remedios C, Zordan R, Thomas K, Clifton D, Crewdson M, Hall C, Trauer T, Bolleter A, Clarke D, Bauld C. (2012). Guidelines for the psychosocial and bereavement support of family caregivers of palliative care patients. *Journal of Palliative Medicine* 15 (6):696-702.

[A copy of the Guidelines could be downloaded from:

[https://engonetcpc.blob.core.windows.net/assets/uploads/files/Assets/CPG Psychosocial bereavement suport\(1\).pdf](https://engonetcpc.blob.core.windows.net/assets/uploads/files/Assets/CPG%20Psychosocial%20bereavement%20support(1).pdf)]

## 7. Family Carer Book for Healthcare Professionals

Hudson P, Payne S (Eds). (2009). Family carers in palliative care: A guide for health and social care professionals. Oxford University Press, Oxford.

[To purchase a copy of the book go to: [www.oup.com.au/titles/higher\\_ed/medicine/9780199216901](http://www.oup.com.au/titles/higher_ed/medicine/9780199216901)]

## 8. Bereavement Standards

Hall C, Hudson P, Boughey A. (2012). Bereavement support standards for specialist palliative care services. Department of Health, State Government of Victoria, Melbourne.

[A copy of the Standards could be downloaded from:

[https://engonetcpc.blob.core.windows.net/assets/uploads/files/Assets/Bereavement support standards\(1\).pdf](https://engonetcpc.blob.core.windows.net/assets/uploads/files/Assets/Bereavement%20support%20standards(1).pdf)]

Hudson P, Hall C, Boughey A, Roulston A. (2017). Bereavement support standards and bereavement care pathway for quality palliative care. *Palliative and Supportive Care*.

## 9. DVD for carers about palliative care and the caregiving role

Thomas T, Moore G. (2011). No Greater Gift.

[The DVD could be streamed online at: <http://www.centreforpallcare.org/page/6/carers-dvd> ]

## 10. International Palliative Care Family carer Research Collaboration (IPCFRC)

The purpose of the IPCFRC is to develop a strategic approach to palliative care research related to family carers of people requiring palliative care via establishing international partnerships and promoting information exchange.

[For more information about the IPCFRC please visit the website:

<http://www.centreforpallcare.org/page/15/ipcfr>]

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For further information regarding any of the resources, please contact the Centre for Palliative Care by telephone: 03 9416 0000 or by email: [centre.palliativecare@svha.org.au](mailto:centre.palliativecare@svha.org.au)