

Asia Pacific Hospice and Palliative Care Conference - Japan

November 13 -14, 2021. Virtual Attendance.

Report: Jan E. Phillips AM RN FACN

Palliative Care Nurse Consultant and Mentor.

Over the past twenty years I have worked on a voluntary basis with APHN as well as

the Rachel House Paediatric PC Team in Jakarta.

This Conference was most informative and will be of assistance into the future.

Attending those two days did have its difficulties as my internet reception here in a rural area was interrupted at times due to stormy weather.

This being said, I was able to attend the following albeit intermittently:

All sessions that were in English on both Days. Day 1 was a long one and I ceased connection around 11.30pm.

Dr. Frank Brennan continues to be inspirational. Bringing forth the subject of Human Rights and Natural Disasters in these times was indeed relevant. Dr. Brennan encouraged us to be flexible, creative and to adapt to situations - not be prescriptive. Wise indeed. His mention of the humanities: art, music and the arts hopefully gave license to others to incorporate these into their care of their patients and families.

The Challenges of Palliative Care & COVID-19 as covered by representatives from Japan, Australia, the Philippines and India outlined the many difficulties each country has been encountering. These issues look to be on-going well into the months and years ahead.

Dr. Ferreira then discussed the role of opioids in the management of chronic breathlessness. She addressed the efficacy of SR (slow release) Morphine and referred to a previous study of 1000 participants. Dr. Oishi followed with the management of dyspnoea with Heart Failure patients.

To complete this very informative session Jun Kako gave us an insight into the non-pharmacological management of dyspnoea which many nurses attending would have identified with as these are adjuncts and complimentary to the afore mentioned medications. Hopefully all staff who were not aware of these will include same in their immediate management.

Throughout all sessions the added emphasis on Holistic Care was noted and appreciated. Advance Care Planning as addressed in various cultures was very informative as well as diverse.

Day 2:

The Hinohara Memorial Lecture by both Tatsuya Morita (Japan) and Rosalie Shaw (Australia). Both were inspirational indeed!

Completing this Conference: Professor Cynthia Goh reflected on the development of APHN acknowledging all those who had worked so diligently to bring APHN to where it is today.

My sincere thanks and appreciation to APHN for my APHC Bursary. Having the ability to attend the Conference virtually in these COVID-19 times with the assistance of the APHC secretariat was certainly appreciated.

For those, who in future years, consider applying for an APHC Bursary please do so, as you together with your Palliative Care patients and their families will certainly benefit from the knowledge that you gain.

Thanking you,
Jan Phillips.

