



Welcome to the inaugural palliative care update. I am very pleased to be writing a monthly update on palliative care and look forward to your feedback on the type of information you would like to see and how the information sharing has been useful for you. The aim of this update is to create a forum to share our knowledge on palliative care. If you have any particular areas you would like additional information on please forward your request to julie@palliativeeducation.com and we will ensure that this is discussed.

It is fitting to commence this monthly update in the month of World Hospice and Palliative Care Day. The theme for the 12 October 2019 is "Palliative Care: it's "My Care, My Right." For further information about this very important day refer to the link for the campaign resources with ideas of how to celebrate. <http://www.thewhpc.org/resources-and-tools-2020/category/campaign-toolkit-my-care-my-right>

Knowing where to access information is helpful. For the first update I have listed a number of websites that I find useful. If you have any other favourites that you use please forward these on to me on julie@palliativeeducation.com so that we can share these with everyone.

1. **Palliative drugs** <https://www.palliativedrugs.com/>
2. **Care Search** <https://www.caresearch.com.au/Caresearch/Default.aspx>
3. **European Journal of Palliative Care** <http://www.haywardpublishing.co.uk/ejpc.aspx>
4. **Advance Care Planning Australia** <https://www.advancecareplanning.org.au/>

「Julie's 緩和ケア・アップデート」創刊号によろこそ！ 緩和ケアに関する最新のニュースを毎月一回お届けいたします。この分野の情報が欲しいとか、情報交換がお役にたっているかなどの感想を下記宛てに送ってください。ご希望に沿うようにいたします。今回の月刊シリーズを「10月12日世界ホスピス・緩和ケアデー」を祝う10月にスタートすることは、ふさわしいことと思います。今年のテーマは、【緩和ケア：私のためのケア、私の権利】です。この特別な日の詳細並びに祝い方のアイデアについては、下記を参照ください：

<http://www.thewhpc.org/resources-and-tools-2020/category/campaign-toolkit-my-care-my-right>

【日本での取組については、日本ホスピス緩和ケア協会 https://www.hpcj.org/hpcw/hpcw_index.html をご覧ください。】

必要な情報のあり場所を知っていると便利です。今回のシリーズ第1回目として便利なwebサイト（上記の1, 2, 3, 4）をお知らせします。