



PalliativeCare

TASMANIA

ANMF

Australian  
Nursing &  
Midwifery  
Federation  
Tasmania



## ANMF Diversity Scholarship 2021 Winner Profile :ZhongXiong (Johnson)

ZhongXiong (Johnson) CAI on being awarded a Palliative Care Tasmania educational scholarship through a partnership with the ANMF.

I was excited to learn that I had been selected for the scholarship. I am a Registered Nurse working in a residential aged care facility in the Greater Hobart region. Although I work in aged care, I have limited palliative care experience, however, as I am from a culturally diverse background, I can have simple conversations in another language, and thus hope to be able to help people of similar backgrounds be able to access good quality palliative care.

As Palliative Care Australia states, “palliative care is core business for aged care” (<https://palliativecare.org.au/resource/palliative-care-in-aged-care/>). I want to be able to provide better palliative care in my current workplace as well as be a resource person in the subject matter for my workplace.

Aged care is extremely challenging right now, on the back of the Royal Commission. I expect many changes ahead. I deal with acute issues on a day to day basis, managing the needs of the residents in the best way possible. The facility is their home and being in familiar surroundings helps the residents be at a lower risk of delirium. I enjoy working with the good GPs who visit our facility, as a registered nurse they listen to my input, and I have at times, been able to make suggestions to assist the GPs on what I think should be undertaken for the residents.

In regards to working in this area, I would highly recommend students to find a casual or part-time job as an assistant in nursing (personal care assistant/extended care assistant). Better still if it is in aged care. If you are already qualified, consider casual or part-time work, or even agency work if you would like to get into the sector.

The biggest misconception that I would like to change is that palliative care is always thought of when someone is dying or are at end of life, or terminal care. In actual fact, palliative care starts the moment you are diagnosed with a life-limiting illness.

On completion of the course I look forward to more opportunities in palliative care, whether it be at my current workplace or elsewhere.