

## Use of strengths-based approaches in rural health research and their application to improving the provision of rural palliative care.

### THE HOSPITAL RESEARCH FOUNDATION STATEWIDE COLLABORATIVE PALLIATIVE CARE PROGRAM

**Overview:** The aim of Study 1 is to improve understanding about the use of strengths-based approaches (SBAs) in rural health research and inform their future application to rural palliative care research and service provision. Study 2 aims to explore what is working well in rural palliative care from the perspective of primary care givers. The insights, based upon lived experience, will inform the development of strategies that help to amplify the existing strengths and assets that already exist within rural communities, with the ultimate goal of improving knowledge about and access to rural palliative care.

#### What:

Scoping Review (Study 1)	<p><b>Objective:</b> To explore for what purposes and in what contexts have strengths-based approaches been applied in rural health research?</p> <p><b>Where:</b> This project will be completed by researchers from the University of South Australia and Flinders University.</p> <p><b>When:</b> The scoping review commenced in December 2023.</p> <p><b>Who:</b> This review will examine academic literature and grey literature that reports on using SBAs to implement research, a project, trial, or program of work, within a rural health or rural mental health setting.</p> <p><b>How:</b> The proposed scoping review will be conducted in accordance with the Joanna Briggs Institute methodology for scoping reviews and reported with guidance from the Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR). The protocol has been registered with the <a href="#">Open Science Framework</a>.</p>
Qualitative Exploration (Study 2)	<p><b>Objective:</b> To engage a SBA to understand what works well in the provision of palliative care in rural settings, from the perspective of primary care givers.</p> <p><b>Where:</b> Participants will be recruited across rural Australia.</p> <p><b>When:</b> Recruitment is planned to commence in February 2024 with interviews being completed by October 2024.</p> <p><b>Who:</b> People 18 years and older who have been a primary carer of someone who has died in the last 2 years <b>AND</b> accessed a rural palliative care service.</p> <p><b>How:</b> Participants will partake in an interview and will be asked about their experience with palliative care services, particularly what has gone well, over the time they were a primary care giver.</p>

#### How can I find out more information?

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