



Provincial Palliative and End of Life Care

April 2014

Conceptual Framework Endorsed by Provincial PEOLC Steering Committee



We Did It!



A draft PEOLC Alberta Provincial Conceptual framework document was endorsed by the PEOLC Provincial Steering Committee on February 26, 2014. The framework document is now circulating organizational wide and to partners including but not limited to CHPCA and AHPCA for their review and feedback utilizing an online poll that ends April 11, 2014. The document will then go to Senior Executive in AHS for final approval.

36 initiatives have been recommended as action items from the framework. They have been prioritized into years one, two and three and fall into the following categories: Practice and Standards, Education and Awareness, Program Development, Partnerships and Innovation, and Communication.

The initiatives have been shared with the majority of the SCN's with the final SCN meeting scheduled in April. There may be PEOLC components/ care pathways that have commonalities across the SCN's and opportunity for collaborative work to occur.

The tripartite structure will evolve from Cancer SCN / Seniors SCN / Seniors Health structure to a Pan-SCN/ Seniors Health governance structure.

The Provincial PEOLC Steering committee will evolve into a Provincial Palliative and End of life Innovations Steering Committee (PPAL/EOL ISC) with representatives including but not limited to: Patient and Family Advocates, Primary Care, SCN's, Alberta Health, and AHS Operations & Partners.

The framework document can be found at:
<http://insite.albertahealthservices.ca/9466.asp>



Advance Care Planning Policy Province Wide Adoption April 1, 2014



With the support of AHS Leadership, the Provincial ACP/GCD team, Clinical Policy and Clinical Legal Services, and Zone Implementation teams, we have achieved AHS approval of the ACP/GCD Policy and Procedure, for province-wide adoption on April 1, 2014.

Many care sectors have implemented or are in the process of implementing ACP/GCD. The resources available for learning more and incorporating these mechanisms and processes into daily clinical practice include the following:

- ACP/GCD E-learning modules for clinicians and unit clerks
- ACP/GCD Tracking Record and Order Form
- *Understanding Goals of Care Designation* brochure
- Goals of Care Posters, bookmarks and pocket cards
- *Conversations Matter* guidebook (in 7 different languages)

ACP/GCD Resources are free of charge up until March 31, 2014. To order ACP/GCD resources, please go onto our website www.conversationsmatter.ca and click on Health Professionals - Supplies, for more information.

The above resources can be found at:
www.conversationsmatter.ca

For more information or inquiries please email us at:
conversationsmatter@albertahealthservices.ca

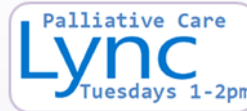


North Zone

Join us for Palliative and End of Life Care Education sessions from the convenience of your computer offered every Tuesdays from 1:00 pm – 2:00 pm.

Palliative care specialists will discuss a different topic each month to help us provide the best care for our clients and their families. Refer to Palliative Care Lync Tuesdays link located on Seniors Health InSite page for more information on topics.

To join the session, enter this link on your computer:



<https://meet.albertahealthservices.ca/michael.w.wilson/LKDNKB40>

For audio:

1 (877) 352-4495 to enter conference ID# 9080727

South Zone



Patty Drysdale says her mom, Doreen Kurpjuweit, was an amazing woman with a great sense of humour who loved family get-togethers. She also enjoyed spending time with her

husband, Reuben Kurpjuweit, at their timeshare in Puerto Vallarta, Mexico—where they were supposed to be enjoying some fun in the sun earlier this year. But in June 2013, Doreen was diagnosed with pancreatic cancer and things changed.

The family was advised there was no treatment. A physician referred them to the palliative care consultants at Medicine Hat Regional Hospital to assist them with end-of-life planning and to help keep Doreen as comfortable as possible, so the family could enjoy the precious time they had left.

“My mom was so full of energy. She’d always been active and could walk circles around my dad,” says Drysdale. “When she got sick, it was a shock. We wanted her to be at home for as long as possible. That’s when we learned about the In-Home Bed program.”

The In-Home Bed program provides palliative patients with free access to electronic hospital beds delivered directly to their homes by Medichair. The beds have special mattresses that help reduce pressure wounds that can result from lying down for long periods and have split rails on either side to keep people secure. “These beds provide comfort for palliative patients and help nurses provide care,” says palliative care consultant Devonna Sannachan and adds that “it enables patients to die at home if that’s what families want and they’re medically able to do so. It helps people to stay at

home longer so they can spend more time together as a family.”

Sannachan is part of a team of physicians, palliative care consultants, community occupational therapists and physiotherapists, a nutritionist and a social worker. When there’s no cure for a terminal or chronic illness, she says it’s their job to support families and patients through pain and symptom management, caregiver support and by helping link families with additional resources, such as spiritual and



bereavement supports, community hospice and more.

Currently, there are seven In-Home Beds available thanks to the Medicine Hat Regional Hospice Palliative Care Society. In 1998, the Society partnered with Medichair to provide the first In-Home Beds to palliative patients, which they were able to acquire as a result of generous donors in the community. Last year’s Trees of Light fundraiser brought in about \$11,000, which was used to purchase new mattresses for the In-Home Beds, as well as assisting with ongoing program maintenance.

Drysdale says she and her family are grateful for everything that was done for Doreen and for the In-Home Bed program.

Edmonton Zone



Facebook is a popular social media platform with over 19 million Canadian monthly active users! The Edmonton Zone Palliative Care Program (EZPCP) Facebook page (www.facebook.com/EZPCP) was launched January 2014 to complement the existing webpage (www.palliative.org).

The primary goal was to enhance our program's ability to coordinate and inform patients, families, the general public and health care professionals of the clinical and educational activities of the EZPCP. Numerous features have been added to engage users including a virtual hospice tour accessible by mobile device, Google enabled maps and articles relevant to palliative care. Upcoming educational events in the EZPCP like LEAP, Pain & Symptom Day and links to free digital resources like "A Caregiver's Guide" and the new edition of "99 Common Questions" are also available. Our recent feature series on Edmonton palliative care units generated a tremendous amount of interest!

A Facebook account is not required to view the Facebook page. However, with an account, viewers can subscribe to the page by "liking" it which enables future posts to be automatically forwarded to their Facebook homepage. The initial response has been enthusiastic with viewers as far away as Egypt, Zimbabwe and Cambodia! We are expanding promotion of this resource from within the EZPCP to the rest of the Edmonton zone and beyond. Future plans include creating additional original content, exploring avenues for greater interactivity, considering the incorporation of other social media platforms like YouTube and Twitter and cross-promotion with other palliative and hospice Facebook pages. We invite you to visit the page and to like & share it with others!

For any comments or inquiries, please contact:

Dr. Lawrence Lee @
lawrence.lee@albertahealthservices.ca; Or

Marlee Parker BNRN CHPCN (c) @
Marlee.R.Parker@albertahealthservices.ca



Staff:

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Congratulations to the Palliative Care Team at the University of Alberta Hospital who have been recognized as Champions of Care! The Palliative Care Team was presented with a certificate after having received recognition by a grateful patient's family, "Thank you for the care you took of our Dad. He had a long battle with cancer and your care at the end was so valuable, even if not for long. We will always be grateful for the care you gave and the dignity you gave him when it was time to pass away."

The Champions of Care program was created by the University Hospital Foundation. The program encourages patients to make a gift and honour staff or programs who have made a meaningful difference in their healthcare journey. In turn, these gifts support innovation, patient care, and staff education and training at the University Hospital, the Kaye Edmonton Clinic, and the Mazankowski Alberta Heart Institute.

Calgary Zone

We are pleased to announce an innovative partnership between TBCC and the Calgary Zone Palliative and End of Life care programs, the '**TBCC and Palliative Care Collaboration**', a two year project funded through the Alberta Cancer Foundation enhanced care grants.

The project will work to enhance the quality of palliative and end of life care for TBCC patients who are living with advanced cancer and their caregivers through the following actions:

- assess current services--identify gaps and strengths
- develop and prioritize quality improvement activities
- establish a care pathway which models 'best practice' within TBCC services
- identify resources required to sustain an ongoing quality palliative and end of life approach and services within oncology.

An 'Advisory Committee' including program leaders, key stakeholders and patient representatives will guide the activities of the project.

The project team includes:

- **Bert Enns**, Project Lead (.8 FTE) Over the past 3 years, Bert has provided spiritual and palliative support at TBCC. Previously, Bert worked as the Director, CZ Palliative program and Project leader for the Calgary 'Care at the End of Life' initiative.
- **Lynn Nicholson**, QI Specialist (.5 FTE) Lynn has participated in palliative care and oncology projects in AB and BC focusing on quality management using performance measures, workflow analysis, clinical models, reporting tools and other processes.
- **Laura Deschenes**, Jr. Project Coordinator (.5 FTE) Laura recently completed a Project Management Certificate at MRU and concurrently will maintain a .5 FTE role with the Mental Health and Addictions - Housing Initiatives.

We are grateful for the commitment of TBCC and CZ Palliative and End of Life Care leaders and front-line clinicians to this work. We are also grateful to the ACF for providing resources to enhance this dimension of quality of care for TBCC patients and their families who unfortunately face advanced cancer and an ending to life.

Our Palliative Education Program for the Calgary Zone is going strong! All our courses have been well received by participants and the feedback is great. We offer a regular program of full day courses and also a variety of shorter education sessions covering a myriad of palliative topics on an "as-needed" basis. We review all our courses frequently to ensure the content is current and relevant. Since September 2013, approximately 700 learners have participated in these courses! Here are our 3 full day courses:

1. **Palliative Care for Health Care Aides** (offered monthly) – This course is exclusively for health care aides who want to know more about communication skills, the dying process and final hours, symptom management, providing comfort care, and managing grief. It is taught in an interactive style which includes large and small group discussion.
Please Note: HCAs must be registered by their managers
2. **Navigating the Journey I** (offered monthly) – This course is designed for health care professionals who care for dying patients but do not work in a dedicated palliative setting. It provides the basic skills and knowledge needed to provide symptom management and emotional support in day to day work with patients and families.
3. **Navigating the Journey II** (offered 3 times per year) – This course is for health care professionals who work in a dedicated palliative setting such as hospice, the Palliative Home Care Team, or palliative units of focus. The content is holistic in nature, encompassing the physical, psychosocial, spiritual, ethical and cultural dimensions of palliative care. This advanced course is based on the Canadian Hospice Palliative Association Nursing Standards of Practice. Presentations and case-based interactive problem-solving sessions are used to enhance learning.

To registered for the above courses email:
Palliative.Education@albertahealthservices.ca

Calgary Contemplative End of Life Care Practice Group

Working in palliative care requires an ability to cultivate compassion and equanimity in the face of our patients' suffering. We also need to tend to our own death and dying anxieties in order to serve our patients and families with an unclouded perspective. There are many ways to achieve this, but one that has become more prominent in the past several years is mindfulness.

Mindfulness is the cultivated practice of being aware, moment by moment, without reactivity, of what is happening in the mind, emotions and body in response to situations. With practice, it allows us to act steadily, regardless of circumstances related to our patients, their families and each other on the interdisciplinary team.

Palliative care professionals and volunteers have been meeting in the Calgary zone to practice mindfulness techniques as they relate to palliative care. We come from all settings where palliative care is practiced in the Calgary zone, and from any role, including nurses, doctors, chaplains, social workers, therapists, patient care aides and volunteers. Some of the members have attended contemplative end of life practice programs at the Upaya Institute (www.upaya.org) and the Metta Institute (mettainstitute.org) or developed their own practice with local mindfulness or meditation groups. Beginners are common and welcome.

The group meets from 6:30-8:30pm, the second Monday of each month, at Hospice Calgary's Sage Center.



Explore contemplative approaches to working with patients who are dying.
Open to professionals and volunteers currently working with palliative patients

**Every Second Monday of the Month 6:30-8:30 pm,
sit starts at 7pm.**

Drop in. No registration required.
At 1245 70th Ave SE Calgary
Sage Center, Hospice Calgary

Questions?
laurie.lemieux@hospicecalgary.com

Palliative / End of Life Care

Learning Essential Approaches to Palliative End of Life Care (L.E.A.P.) course provides:

- an opportunity for active learning about current best practices in caring for patients with life-threatening and life-limiting illness
- a special focus on family practice and community settings.

Registration is open to a maximum of 25 participants (physicians, RN, SW, OT, PT, RD, Pharmacy).

Expecting to fill the course quickly so register early to avoid disappointment.

Facilitators: **Dr. Angela Barreth, Palliative care physician**
Terri Woytkiw RN, MN, CHPCN(C) &
Michael Wilson RN, MN, PCRN

Date & Time:

Friday May 23/14 8:00 a.m. to 4:30 p.m and
Saturday May 24/14 8:30 a.m. to 4:30 p.m.

Location: Peace River Provincial building, 9621 96 Avenue - large board room

Cost: Free

Work book, snacks and lunch will be provided. Thank you to the Peace Palliative Care Society and Alberta Health Services for sponsoring.

To register contact: michael.w.wilson@albertahealthservices.ca
Registration deadline is May 9/14.



PEACE PALLIATIVE CARE SOCIETY



This year's AHPCA Roadshow is all about YOU. It's about helping YOU recognize the signs and symptoms of compassion fatigue and burnout before they affect your work and health. It's about providing YOU with practical self-care strategies which are critical to your professional and personal quality of living.

So, take a deep breath; it's time to take care of YOU!

Roadshow Presenter

Blair Collins, BA, BTh, RSW Blair is a passionate presenter who has spent almost 30 years in the non-profit sector, including his role as a counsellor with *Hospice Calgary*. Blair's sense of humour, sensitivity, and experience has significantly impacted volunteers and professionals at his inspirational workshops.

"Blair is an awesome presenter who delivers his material with great joy, and in a way that anyone can understand." (*Betty Walker, Workshop Participant*)

***AHPCA Roadshow hours may be submitted as ASW Category B Credits**

Visit us at www.ahpca.ca for more information and to [REGISTER ONLINE](#)

2014 Roadshow Locations

<u>Location</u>	<u>Host</u>	<u>Date</u>
Whitecourt	Whitecourt Cancer & Wellness Group	Wednesday April 30, 2014
Lacombe	Lacombe Palliative Care Society	Tuesday May 6, 2014
Medicine Hat	Covenant Health/ Medicine Hat Regional Hospice Palliative Care Society	Friday May 9, 2014
Peace River	Peace Palliative Care Society	Friday October 17, 2014

Time

8:30 AM Coffee and Registration
4:00 PM Wrap-up

Workshop Fees: (lunch is included)

\$10.00 for current AHPCA members (register prior to March 31, 2014 for this rate)

\$65.00 for new members (includes AHPCA/CHPCA membership to March 2015)




IMAGINE:

Connecting Palliative Care Communities

Save the Dates!

June 20—21, 2014

Plan to join us for this 2 day conference offering Alberta Hospice Palliative Groups the opportunity to engage, connect and build relationships. You won't want to miss our renowned, inspiring

Dr. Martin LaBrie

For more information or to register go to:
www.ahpca.ca



14th Annual Mary O'Connor Palliative and Hospice Care Conference

The Power of Story: Knowledge Through Narrative

May 9, 2014

The primary objectives of the conference are to:

- Realize the power of storytelling and narrative to influence healing and find meaning in our lives.
- Use coaching strategies to help people to tell their stories.
- Build positive networks with other care providers in palliative and hospice care throughout the province

For more information on the topics and speakers, please [click here](#) for the registration website or go to <http://www.cvent.com/d/d4qzw5>





Canadian Hospice Palliative Care Conference

Congrès canadien de soins palliatifs

2014 Learning Institute

Banff Centre | June 6-8, 2014

The **Canadian Hospice Palliative Care Association** and its partners will be hosting a Canadian Learning Institute at the beautiful Banff Centre, nestled in the Canadian Rockies in Alberta.

We have recruited the best faculty in Canada along with recognized international leaders. The 2014 Learning Institute will feature five advanced and intermediate learning streams.

Stream 1 - Communications Skills – Advocacy and Advance Care Planning

Stream 2 - Organizational Development and Leadership

Stream 3 - Inter-professional Education and Practice

Stream 4 - Clinical Practice - Pain

Stream 5 - Clinical Practice General

WE INVITE YOU – the best and brightest in the Hospice Palliative Care Field – into intimate, informative, and intensive workshop sessions where attendees and presenters will focus on discussing the pressing issues at hand.

Register at conference.chpca.net

Check out our **Online Resources** page on Seniors Health page on InSite for resources on palliative and end of life care.

<http://insite.albertahealthservices.ca/sh/tms-sh-end-of-life-palliative-online-resources.pdf>.

PEOLC data published on INSITE using Tableau. Check it out:

<http://tableaudev.albertahealthservices.ca>

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