



## Advance Care Planning / Goals of Care Designation

[www.conversationsmatter.ca](http://www.conversationsmatter.ca)

ADVANCE CARE PLANNING | GOALS OF CARE  
**CONVERSATIONS  
MATTER**  
A GUIDE FOR MAKING HEALTHCARE DECISIONS

Provincial implementation of the Advance Care Planning/Goals of Care Designation Policy and Procedure went live on April 1, 2014. In all care environments ACP/GCD is the mechanism to determine, designate and communicate the general focus of care, potential locations of care and some health care interventions that are relevant for an individual's health care.

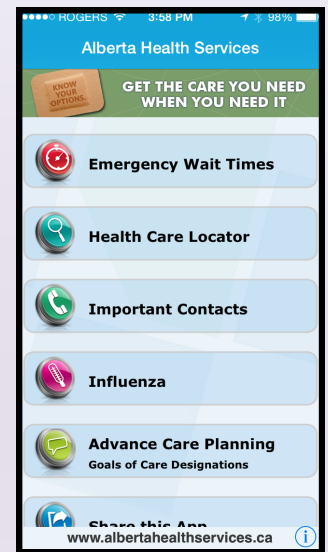
This policy and procedure supports a fundamental clinical practice for any Alberta patient, in any sector. Former Adult and Pediatric policy versions have been harmonized into one.

The policy will be reviewed in one year's time – April 1, 2015. ACP/GCD Zone/Provincial committee members, along with AHS Ethics and Legal will support and guide policy revisions. Sustainability, policy review and support for continued implementation will reside within the Seniors Health, Community Seniors Addictions and Mental Health Portfolio, of AHS.

The provincial team will continue to work with the Evaluations Services team (formerly DIMR) and the zones into the next fiscal year (April 1, 2014 – March 31, 2015) in conducting provincial chart audit reviews to ensure standardized practices and processes for advance care planning and the determination of goals of care across all Zones.

A public communications plan will engage and inform Albertans on Advance Care Planning and serve to increase ACP/GCD awareness and engagement.

The new version of the iOS AHS app now includes Advance Care Planning/Goals of Care Designations. The interactive app allows patients and families, as well as health professionals, to THINK, LEARN, CHOOSE, COMMUNICATE and DOCUMENT about ACP/GCD. An android version will soon be made available – stay tuned!



## Provincial Palliative and End of Life Innovations Steering Committee Working Groups

Looking  
for your  
help!

### We are in need of working group members!

Over the next year the provincial PEOLC team will be working on the eight priority initiatives ([see page 2](#)). Based on these initiatives, we are forming eight working groups. Currently, we have three designated patient & family representatives sitting on our steering committee and they will also be involved in these working groups.

We are looking for representatives from each zone to participate on the eight working groups and representing all disciplines. Estimated time commitments to be approximately 1.5 hours every two weeks for the first few months via teleconference/videoconference meetings. After which the meeting frequencies will be reduced and/or there will be opportunities for sub working group involvement.

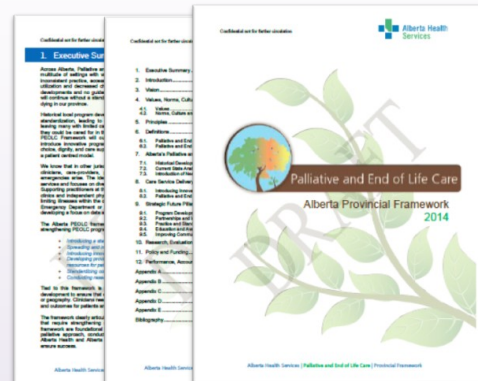
**If you are interested in becoming a working group member for any of the prioritized initiatives, or would like more information, please contact Aurora Leang at [aurora.leang@albertahealthservices.ca](mailto:aurora.leang@albertahealthservices.ca).**






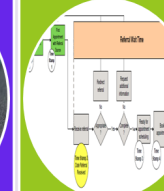

# Alberta Provincial Palliative and End of Life Care Update

Thank you to patients, families, zone representatives, and all stakeholders for your valuable feedback in the development of the Alberta PEOLC framework document. The next step will be to send the document to a professional editor for their revisions and then to senior AHS executive for final approval. In addition there will be a companion document written by Alberta Health, specifically for patients and families.

The first face to face meeting of the Provincial Palliative and End of Life Innovations Steering Committee (PPAL EOL / ISC) took place on May 30, 2014. This committee consists of representatives, including but not limited to, Patient and Family Advocates, Primary Care, SCN's, Alberta Health, and AHS Operations, the Palliative Institute and other Partners.



## Prioritized Initiatives for 2014 / 2015

 <p><b>Dashboard</b></p> <ul style="list-style-type: none"> <li>development of a dashboard to measure performance indicators.</li> </ul>	 <p><b>EMS Spread</b></p> <ul style="list-style-type: none"> <li>"Treat in place" spread across the province</li> </ul>	 <p><b>Business Cases</b></p> <ul style="list-style-type: none"> <li>Casing 2015 / 2016</li> </ul>	 <p><b>Portal</b></p> <ul style="list-style-type: none"> <li>Information For             <ul style="list-style-type: none"> <li>Patients &amp; Families</li> <li>Health Professionals</li> </ul> </li> <li>One stop information gateway</li> </ul>	 <p><b>ACP Evaluation</b></p> <ul style="list-style-type: none"> <li>1 year policy review</li> </ul>	 <p><b>Provincial 24 / 7 On Call</b></p> <ul style="list-style-type: none"> <li>Palliative Physician Consult</li> </ul>	 <p><b>Clinical Guidelines</b></p> <ul style="list-style-type: none"> <li>In collaboration with SCNs</li> </ul>	 <p><b>Capacity Planning</b></p> <ul style="list-style-type: none"> <li>Palliative and Hospice spaces</li> </ul>
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**2014 / 2015 Initiatives**

36 initiatives have been recommended by PEOLC Framework document and eight of these initiatives have been prioritized for 2014 / 2015 fiscal year.

In order to move forward on the above identified initiatives, we have invested in new team members to accomplish this work in the short timeline allotted. We welcome:

- Melanie Doiron—EMS Lead
- Sharon Iversen (F.T.E 0.5) —Educator
- Vivek Kurup—Project Manager
- Terrence Myers—Project Coordinator / Business Analyst

We are also fortunate to have Richard Wallington, Director— Alberta Thoracic Oncology Program, assisting us with this work.

## Edmonton Zone

Update to [palliative.org](http://palliative.org). Click on link for more information.



# 25th Annual Palliative Care Education and Research Days

**A Legacy of Pride and Progression:  
Leading Practice Through a History of Excellence**

**Fantasyland Hotel, West Edmonton Mall • Edmonton AB**

**October 27<sup>th</sup> & 28<sup>th</sup>, 2014**

## **We Are Pleased To Announce Our Plenary Speakers:**

- **Dr. Eduardo Bruera**, MD, FAAHPM • Department Chair, Department of Palliative Care and Rehabilitation Medicine, Division of Cancer Medicine, University of Texas • MD Anderson Cancer Center, Houston TX
- **Sharon Baxter**, MSW • Executive Director, Canadian Hospice Palliative Care Association, Ottawa ON
- **Dr. Nigel Sykes**, MD • Medical Director, St Christopher's Hospice • Hon. Senior Lecturer, King's College, London England
- **Dr. Cheryl Nekolaichuk**, PhD • Associate Professor, Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton AB
- **Dr. Neil MacDonald**, MD • Professor, Department of Oncology, Faculty of Medicine, McGill University, Montreal QC

## Central Zone

The Central Zone Palliative Care Team met in April to review all of our current education offerings. We decided to revamp our Death, Dying & Dementia course, as well as our foundational one day palliative care course for clinicians. This work will take place over the summer, in hopes of having all new programs ready for teaching in the fall. The team has also created a four part series, which includes a case study, that follows a palliative client at home from the time of admission to Home Care; through the trajectory of their illness; transitioning to end of life care; and looking at what supports the family will need after death occurs. The hope is that this education will help support busy home care staff to pre-plan as much care as possible. Preventing the worsening of symptoms and/or complications, and allowing staff to feel more comfortable caring for palliative clients in the home despite the complexity of care. To allow for as many participants as possible the team plans to deliver this education via Lync. It will follow a four part delivery system which will allow each session to build on the knowledge learned from the previous session(s). We are even exploring recording these sessions so they may be accessed by staff at any time.



The Central Zone team was also excited to discuss the Provincial PEOLC Alberta Framework and the impact they hope it will have on their work going forward!

## Calgary Zone

We, in the Calgary Zone, would like to thank Chris Tremblay and offer her our best wishes as she retires from the position of Manager of Hospice Operations and Hospice Access. We would like to express our gratitude to Chris for her many contributions to hospice care in Calgary over the last four years. Chris has always been a strong advocate for patients, families and staff and we have all benefited from her good work.

Erin Forsyth is the new incumbent into this position. There will be a short transition period where Erin will be dividing her time between her current responsibilities as Educator for Santuari Hospice and beginning work in her new position.

### The 14th Annual Mary O'Connor conference was a great success!

With nearly 400 people in attendance, the day was an outstanding success. The keynote speaker, Dr. Arthur Frank, spoke about the use of stories and narrative with palliative patients and their families. Many other local experts provided a number of sessions filled with current and thought-provoking palliative care topics. The food was great and so was the opportunity to reconnect as colleagues. Once again, B.C. artist MONK was in attendance and guided us in applying our brushstrokes to a beautiful painting, seen right. When finally completed, this painting will circulate to palliative and end of life sites within the Calgary Zone. We hope to see everyone again for next year's conference.



## GRIEF SUPPORT PROGRAM



The Grief Support Program has begun to offer single session support groups to clients who are just beginning to attend the program or are waiting to be seen. These sessions allow for people to receive psycho-educational information about grief processes and the healing journey which is presented by a Program clinician. Program volunteers also participate and speak about their personal experiences as a way of encouragement for clients with their loss experiences.

The program has also begun to tailor single session support groups to specific losses and/or grief issues that might be of interest for our clients. In December a session was offered on Managing Holiday Seasons. Recently the program also offered a session on grief associated with Homicide, in order to support individuals who have been impacted by the recent homicides that occurred in Calgary. The program plans to continue to offer tailored sessions on varying topics through out the year.

The single session format has also been utilized in varying communities for those who experienced losses from the 2013 Southern Alberta Floods. The Grief Support program received grant funds to provide post flood support to individuals and their associated loss experiences that occurred as a result of the floods.

The evaluations from participants who have attended the varying sessions, and feedback from volunteers, has been very positive. The single session format allows for additional ways to support those who are grieving.

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:**

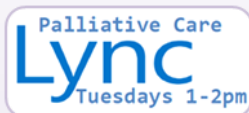
<http://tableaudev.albertahealthservices.ca>

## North Zone

In the north zone two LEAP workshops have recently been completed in Peace River and Bonnyville. These workshops were sponsored by Peace River Palliative Care Society, Grimshaw Berwyn Foundation and Fairview and Area Palliative Care Society, our thanks to these community partners for their support.

Look for Lync education session to resume in September.

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

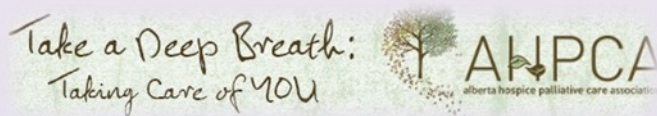


<https://meet.albertahealthservices.ca/michael.w.wilson/LKDNKB40>

For audio:

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

## Have a great summer from your North Zone Palliative Care Resource Team!



To learn more about taking care of yourself so that you are better equipped to support others dealing with end-of-life issues, please join Alberta Hospice Palliative Care Association for a full day of training that 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!

### AIRDRIE

Wednesday October 1, 2014

Town and Country Center 275 Jensen Drive NE Airdrie

Host: Airdrie and District Hospice Society

Local contact: Michele 403-880-0424

### PEACE RIVER

Friday October 17, 2014

Sawridge Inn and Conference Centre

9510 100 St Peace River

Host: Peace Palliative Care Society

Local contact: 780-618-7865 or 780-624-8544

**Workshop 9:00 am-4:00 pm Registration and Coffee 8:30 am**

**Workshop Fees:** (lunch is included)

\$10.00 for current AHPCA members

\$65.00 for new members

(includes AHPCA/CHPCA membership to March 2015)

**Who Can Participate:**

Open to anyone who wants to learn more about end of life including lay people, volunteers, informal caregivers & healthcare professionals.

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

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



## Update; Learning Essential Approaches to Palliative and end-of-life care (LEAP)

The Pallium Foundation of Canada is currently redesigning the Learning Approaches to Palliative and end-of-life care (LEAP) to incorporate new and updated evidence, challenges and technologies. In addition to updating the traditional LEAP Core Modules, Pallium Canada in collaboration with stakeholders are developing tailored thematic modules that will support different palliative care settings.

On Thursday, June 5, 2014, The Pallium Foundation of Canada hosted a Pilot Facilitator Training in Calgary, Alberta for existing LEAP Facilitators who have engaged and contributed in Pallium Canada's LEAP renewal to date. During this session participants received updates on the renewal of the LEAP course and contributed in further development of the Facilitation renewal process.

Pallium Canada is offering training and certification of LEAP facilitators. Approved facilitators are licensed to use the LEAP courseware and have access to Pallium Canada's resources through the Pallium Canada's Learning Management System (LMS). During LEAP facilitator training, participants learn to use the LEAP curriculum to address different learning styles. They are also introduced to a number of facilitation strategies including mind-mapping to address core theory; small group work; case-based discussions; the use of video trigger tapes; large group discussions and role play. Constructivism and reflective learning theory are key principles of the LEAP courseware. Enabling participant engagement is therefore central to LEAP facilitator training.

The updated facilitation training will also include an orientation program for existing LEAP Facilitators to receive updates on training and become a Pallium Canada Accredited LEAP Facilitator with access to online resources, updated content, and support tools.

If you are an existing LEAP Facilitator or would like to receive training to become a new LEAP Facilitator, please contact Nathalie Gravelle-Ray at 613-562-6262-1742 or [ngravelle@pallium.ca](mailto:ngravelle@pallium.ca)

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