

# Provincial Palliative and End of Life Care

January 03 / 2014

## Check out our new logo!

Look for it to start appearing on all of our PEOLC materials.

Thanks to Eric Klempnauer for the design work, and to all of you who provided feedback.

Special thanks to the Conceptual Framework Working Group, the Oversight Working Group and the Provincial Palliative & End of Life Care Steering Committee for your hard work. We have much to celebrate and great plans for the year ahead!

## Conceptual Framework Update

- Literature review for the Conceptual Framework is complete
- Current State analysis of PEOLC in Alberta is complete
- Affirmation of all the components of the framework at the Face to Face PEOLC Steering Committee meeting in Edmonton Nov 28/13
- Draft of Alberta's Provincial Palliative and End of Life Care Framework is complete
- Hospice bed forecasting and capacity plan established with a goal for 7.7 beds/100,00 adjusted population across Alberta
- PEOLC data published on INSITE using Tableau. Check it out! <http://tableau/searches?query=max>

## What's happening in 2014?

The first three months of the New Year will be busy presenting the PEOLC Framework to key stakeholders for their feedback. Some of these stakeholders include but are not limited to: the Strategic Clinical Networks, Patient Focus Groups and a Patient Advisory Committee. In addition, a revised list of thirty-six initiatives have been recommended from the Framework for implementation starting in 2014. The tripartite structure has been evolved from Cancer SCN / Seniors SCN / Seniors Health to a Pan-SCN/ Seniors Health structure to help implement these initiatives in the year ahead.

## Advance Care Planning / Goals of Care Designation

Fantastic progress on Advance Care Planning/Goals of Care Designation (ACP/GCD) has taken place in the Province over the last few months. Most excitingly, the Provincial ACP/GCD Policy and Procedure has been approved and endorsed on December 17, 2013. The effective date of the Policy is March 31, 2014.

The Provincial ACP/GCD team has also launched its new external website: [conversationsmatter.ca](http://conversationsmatter.ca), where healthcare providers can access education and order clinical and educational resources.

Conversationsmatter.ca also links the public to ACP/GCD information by linking them to [MyHealthAlberta.ca](http://MyHealthAlberta.ca), to access up-to-date ACP/GCD information.

The Provincial ACP/GCD Team has also recently developed ACP/GCD resources which are now available for order through the DATA Group. The latest new resources are:

- \* A trifold brochure, 'Understanding Goals of Care Designations'
- \* New GCD Posters
- \* New green sleeves with label

In addition, the Provincial ACP/GCD Team is also revising and developing new additional resources to further assist the zones with implementation.



## North Zone



### Happy Holidays from your North Zone Palliative Care Team!

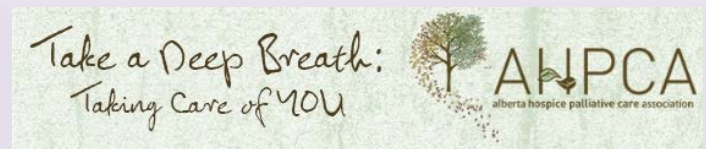
Your North Zone Palliative Care Resource Nurses are working hard to meet your education and consultant needs. We need to take a pause in January from LYNC education but join us on Tuesdays Feb 4, 11, 18 and 25, 2014 1-2 pm as we resume our sessions with *Delirium: A Palliative Emergency*.

[Join online meeting](#)

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

### It has been a busy year for those providing palliative care in North Zone. Some of our accomplishments in 2013 include:

- Two Death Dying and Dementia **workshops** in Grande Prairie and Peace River to over **200** participants. This was a very worthwhile partnership with Central Zone.
- Five Learning Essential Approaches (LEAP) to Palliative and End of Life Care workshops offered from High Level to Hinton for over **120** staff
- Palliative Care Education for Health Care Aides provided via Telehealth. It was provided over **2** months, 4 sessions each month. One hundred and fifty four staff attended in **33** sites across NZ
- “Sharing the Journey” Palliative Care Conference in Grande Prairie, in partnership with the Grande Prairie Hospice Palliative Care Society to **175** community members and staff
- Tuesday LYNC sessions offered up to **18** staff per session on topics such as Palliative Care Emergencies; Delirium; Depression, Anxiety and Suffering; Advanced Care Planning: Designations of Care; Essential Tools in Palliative Care; Pain Management and Wound management in Palliative Care. These sessions are open to staff from anywhere in the province
- Ongoing direct and phone consultations in all health care settings across the NZ for palliative expertise and connection with the Virtual Pain and Symptom Clinic



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, B.Th., 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 humor, 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)

#### 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- 4:00 PM

#### 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)

**\*AHPCA Roadshow as ASW**

## Edmonton Zone

The 4th edition of 99 Common Questions (and more) About Hospice Palliative Care: A nurse's handbook is now available on [www.palliative.org](http://www.palliative.org) as an interactive PDF free of charge. The handbook was developed in collaboration with health care professionals from Alberta and Canada, and written to enhance the professional caregiver's capacity and confidence in offering Hospice Palliative Care.

In addition to the Tertiary Palliative Care Unit at Grey Nuns Hospital, 2 hospice palliative care units, Edmonton General Mel Miller Hospice and Capital Care Norwood Hospice, have now adapted and implemented a Screening Tool for Organ and Tissue Donation in collaboration with the Comprehensive Tissue Centre. Offering the option of tissue donation empowers individuals and their families to make choices in keeping with their wishes and goals of care at the end of life.

When possible, screening for initial eligibility before approaching patients and families may help eliminate false expectations. Discussing donation prior to determining an individual's eligibility to donate can create false hope. Health care professionals can work with their local organ and tissue donation program to develop a process for initial screening.

For more information on organ and tissue donation, contact the donation / transplantation program in your region.



## Central Zone

Central Zone is offering 'Death, Dying & Dementia' in Red Deer on Feb 26<sup>th</sup>

It is a one day workshop, offered multiple times per year in various locations throughout our zone

To register go to MyLearningLink (MLL)  
<http://insite.albertahealthservices.ca/1881.asp>

Also watch for other courses in April / May 2014

## Calgary Zone

### **Santa Comes to Hospice Calgary**

The Living with Cancer Program, a support group for palliative cancer patients, received a jolly visitor at the annual Christmas party held on December 18 at Hospice Calgary, Sage Centre. Participants in the group include anyone who has received a palliative diagnosis and their immediate families or caregivers. Held on Wednesdays, the program offers peer support, hot lunch, entertainment and complementary therapies such as massage and reflexology. New participants are always welcome. Check <http://www.hospicecalgary.com/> for more information. Also watch for upcoming workshops for hospice and palliative care professionals. Don't forget that you can always refer children, teens and families for counseling during illness and after a death.



**SAVE THE DATE!!**



**14<sup>th</sup> Annual Mary O'Connor Palliative and Hospice Care Conference**

**Mark your calendar for May 9<sup>th</sup>, 2014**

Plan to join us for this one day conference aimed at furthering understanding, discussing trends, and exploring new information in palliative care.

The conference planning committee would like your input on the topics that you want to hear more about.

If you would like to influence the topics and speakers presented at the 2014 conference, please [click here](#) to access a 2 question survey (responses requested by January 3, 2014).

Registration will open late February 2014. For more information, please contact [conference.planning@albertahealthservices.ca](mailto:conference.planning@albertahealthservices.ca)

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



## National Launch of the Quality Palliative Care in Long Term Care Toolkit

January 20, 2014 from 12:00pm-1:00pm EST

**Presented by:** Dr. Mary Lou Kelley, QPC-LTC Alliance **Where:** Toll-Free Teleconference + Online **How:** Telephone + Computer Access - [Test your computer for compatibility](#)

In 2009, the Social Sciences and Humanities Research Council funded the Quality Palliative Care in Long Term Care Alliance (QPC-LTC) for five years to address the need to develop formal palliative care programs in LTC homes. The Quality Palliative Care in Long-Term Care Alliance was comprised of 30 researchers and 50 organizational partners who actively contribute their expertise to the research project entitled, *Improving Quality of Life for People Dying in Long-Term Care Homes*. The Alliance's primary goal was to develop sustainable, person-focused palliative care programs consistent with the Canadian Hospice Palliative Care Association's Square of Care using a capacity development process. For further information please see the project website [www.palliativealliance.ca](http://www.palliativealliance.ca). The major finding of this research was the creation of a palliative care program that considers the unique setting and context of care delivery in long term care and consists of a program framework and toolkit for implementation of the framework. The Quality Palliative Care in Long Term Care Framework includes three core components: a philosophy of palliative care, a program description and organizational policy, and a process for organizational change. These core components are supported by 40 tools, modules, in-services, and innovations for direct care, education, and community partnerships which were also created by the Alliance.

### Learning Objectives:

To orient participants to the QPC-LTC Toolkit which includes a framework and over 40 additional operational resources  
To describe a three year recommended process of change for long term care homes wanting to implement the toolkit  
and develop a formalized palliative care program

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