



North West LHIN

Regional Palliative Care Program

Province Holds Public Consultation on Physician-Assisted Dying and End-Of-Life Care

On February 6, 2015 the Supreme Court of Canada gave its decision in *Carter v Canada* unanimously striking down the federal law prohibiting physician-assisted dying. The ruling applies to a competent adult who; clearly consents to the termination of life and; has a grievous and irremediable medical condition (including an illness, disease or disability) that causes enduring suffering that is intolerable to the individual in the circumstances of his or her condition. The court gave federal and provincial governments 12 months to respond to the ruling.

On Monday January 11th the Supreme Court of Canada granted the federal government a four-month extension to pass assisted dying legislation. The court also ruled that those wishing to exercise their right to die with the help of a doctor, during the four month extension, can apply to a superior court in their home province for 'relief in accordance with the criteria' set out in the court's ruling last February.

Prior to the Supreme Court's January announcement, the Ministry of Health and Long Term Care scheduled a series of in-person consultation sessions across the province. A public consultation session was held at the Valhalla Inn in Thunder Bay on January 20, 2016. These consultations provided community members the opportunity to provide their input on key issues surrounding Physician Assisted Dying. Participants were asked for their input on safeguards to protect vulnerable people, the impact the Supreme Court decision has on families and caregivers, and the role health care providers have in providing physician assisted dying. The feedback from these public consultations will be used to inform the Ontario government's approach to this sensitive and complex topic, and engage more voices and gather public input before policies are made.

For more information a link to the Provincial-Territorial Expert Advisory Group on Physician-Assisted Dying can be found at http://www.health.gov.on.ca/en/news/bulletin/2015/docs/eagreport_20151214_en.pdf

First Nations Collaborations

The Regional Palliative Care Program (RPCP) was invited to the community of Wapekeka the week of November 16-20, 2015 to provide palliative care consultation and education to Home and Community Care staff, the Health Director, and Community Health Representative. The RPCP telemedicine/clinical lead also participated in the delivery of the community palliative care needs assessment survey. An event to launch the community needs assessment was held in the late afternoon and early evening and was attended by community members of all ages.

In the new year, the RPCP was invited to provide education at a Palliative Care Workshop held January 11-15, 2016 in Sioux Lookout and organized by the Windigo Tribal Council. At this workshop presentations were given on:

- Creating Context
- Community Teams
- Advance Care Planning
- Working with Individuals and teams
- Reviewing components of Honoring the Choices
- Peer Led Debriefing

In conjunction with this palliative care education, the RPCP assisted with delivery of the community palliative care needs assessment. This assessment is an important step in understanding community needs and perspectives about palliative and end-of-life care.



'Following Success' by Roy Thomas (1949-2004)

The Centre for Education and Research on Aging & Health in collaboration with several First Nations communities and the RPCP hosted a 3 day Palliative Care workshop February 2-4th 2016, in Thunder Bay. Over 50 participants from the communities of Eabametoong, Lac Seul, Naothamegwanning, Neskantaga, North Caribou Lake, Webequie, and Nibinamik came to Thunder Bay to enhance their knowledge, understanding, and skill in delivering a palliative approach to care.

The Improving End of Life Care in First Nations Communities project (EOLFN) announced that Developing Palliative Care Programs in First Nations Communities: A Workbook is now available to download from the website www.eolfn.lakeheadu.ca. The Workbook is a free resource and guide that can support First Nations communities interested in developing a palliative care program. It offers a process for community development and change, practical guides, ideas, and lessons learned. The RPCP and several First Nations communities in the North West have already been using the resources in the Workbook and we highly recommend it to anyone who would like to start improving palliative care in their community.



HIGHLIGHTS

Sue Bailey of Thunder Bay receives the highest honor, the Order of Ontario on January 22, 2016. For many years Sue was a palliative care nurse, teacher, pioneer, and advocate for the rights of the dying. Sue was named among 25 inductees to the Order of Ontario, which recognizes individuals who have demonstrated excellence and achievement. Her dedication and high level of expertise and knowledge has helped shape the development of palliative care locally and provincially, transforming the way the medical community approaches patients who are nearing the end of life. The North West LHN Regional Palliative Care Program congratulates Sue and thanks her for her valuable contributions to her work and commitment to improving palliative care locally and beyond.



The RPCP would like to bid a very fond farewell to Robin Cano RN, BScN, Telemedicine Nurse and Clinical Capacity Lead to the program. Robin has been outstanding in her role promoting and supporting the use of telemedicine for palliative care consultation. Robin has been an exceptional palliative care resource to the North West Region and several First Nations communities

by providing palliative care education, consultation, and support for the development of local palliative care programs. Robin is taking on a new and challenging role as Palliative Pain & Symptom Management Consultant and Manager with the North West CCAC. Congratulations Robin, we look forward to working with you in your new role!

MEET YOUR ADVISORY COMMITTEE

Kathy Kortess-Miller

Lakehead University/Hospice Northwest

Kathy lives in Thunder Bay and is currently selfemployed, with strong affiliations to both Hospice Northwest and CERAH at Lakehead University. Kathy is interested in palliative care because as John Cleese says: "Life is a terminal illness which is sexually transmitted" so it only makes sense that we get better at how we care for one another at the end of our lives. Pictured above is Kathy welcoming Ian Bos to Thunder Bay at the Terry Fox Lookout as he neared the halfway mark of his walk across Canada to raise awareness about hospice palliative care. On top of her passionate involvement in the palliative care community, Kathy also loves being a parent, biking, and reading.



Heather Lee

Meno Ya Win Health Centre

Heather is the Vice President of Health Services & Chief Nursing Executive at Sioux Lookout Meno Ya Win Health Centre. Heather says, "Ensuring the provision of care that is respectful and compassionate for clients in the hospital setting and a seamless transition between providers in the community is essential in meeting our client needs. As such, I am passionate about the fundamental principle of "client-centred care" and strive to make continuous improvements which benefit our clients, their family and their community." Outside of work, Heather enjoys time together with her husband fishing and/or hunting depending on the season. She loves gardening and finds time spent working on her flower beds very relaxing.



REGIONAL UPDATE

Local Health Hubs

The RPCP Team has been working with 5 Local Health Hubs to improve the delivery of palliative and end-of-life care in their communities. These 5 Local Health Hubs are: Nipigon, Geraldton, Dryden, Sioux Lookout, and Red Lake.

The local facilitators have been working hard to bring together providers from across care settings to talk about how they can offer an integrated palliative approach to care to all individuals and families who could benefit from it. Each of the LHH palliative care committees are now completing an assessment of the current state of palliative care in their community, identifying what works well and where things could improve. The next step is for each committee to identify priority action areas and create a work plan to improve the quality of care being provided to individuals and families.

If you are interested in joining the Palliative Care Committee in any of the Local Health Hubs (LHHs), please contact Hilary at the RPCP (mettamh@tbh.net)

Spotlight: Nipigon Palliative Care Program

Local Facilitator: Judy Harvey, Nipigon District Memorial Hospital

Achievements to date:

- A Last Days of Life Palliative Care Order Set was approved by the Medical Advisory Committee and is being used in the hospital.
- A Standard of Care has been added to Meditech which includes the Palliative Performance Scale (PPS), Edmonton Symptom Assessment System (ESAS), Delirium Screening Tool, and Team Rounds interventions.
- Education for providers – Nipigon hosted a LEAP course in November and is incorporating palliative care into its annual staff education days at the hospital.
- A contest is being held with local high school students to design a logo for the palliative care program.
- Planning for a public event on Advance Care Planning is underway.

A Public Health Approach To Dying



The Centre for Education and Research on Aging & Health (CERAH) was pleased to collaborate with the North West LHIN Regional Palliative Care Program on the Palliative Care Booster 2015. 124 delegates came from 26 communities across the region to attend the Booster.

The theme for the Booster was: Our Life & Death – A Public Health Approach to Dying. This portrayed the notion that while health care providers and volunteers are vital in providing palliative care, that palliative care is really “Everybody’s Business,” and everybody’s responsibility. This reflects that communities involved in their own health and wellbeing must also include their multiple experiences of death, dying, loss and care. The event recognizes that death and dying is a normal life event and encouraged participants to talk about death and dying, and recognize death as a social event -- not just a medical one.

The Booster began with opening keynote speaker Kathy Kortess-Miller, MSW, PhD and her presentation: “Keep Calm and Discuss Death.” This talk was a call to action for those working in hospice palliative care to communicate openly about death and dying. Two concurrent sessions included “An Aboriginal View on Death & Dying” with Community Elder Gerry Martin, LPN, PSW, MOAA, and “Powers of Attorney: Who will make decisions for me when I can’t?” with Michelle Allain, MSc, Bioethicist. Day one concluded with approximately 85 community members and delegates attending an evening film screening of the Australian documentary “Love in Our Own Time” which illustrated what it is to exist: to live, to love, and to die encouraging the normalization of death and creating a space for reflection on our own lives, death and dying.

Day two began with a concurrent session featuring Hospice Northwest’s “Die-alogues: Are you Ducking the Conversation?,” along with Claudia Otto’s session “The Grief and Mourning Dance.” Closing keynote speaker Dr. Denise Marshall, BSc, MD, CCFP, FCFP lead a discussion titled “Be the Change...Act Locally, Connect Globally, with Palliative Care Public Health International.” This inspiring close called upon delegates to facilitate and lead the change towards the social transformation around death, dying, loss and bereavement.

CERAH is excited to begin planning for the next Palliative Care Conference for 2016 and shares some of the positive feedback expressed in the 2015 evaluations:

- “Presenters were from various agencies and had a wealth of information to share. The Booster was a great learning experience as it is important to learn how to properly deal with dying, death and grieving, as well as talk about it openly.”
- “The Aboriginal concurrent presentations were eye opening and empowering. I have always been curious about death rituals and the culture of Aboriginal people. It is essential to educate in schools, work and community groups -- bringing care back to basic (past) traditions of the community approach is very reassuring moving forward.”
- “The speakers were engaging, knowledgeable and easy to understand. The interaction with other participants was relaxed and allowed time to reflect on the information. It’s really, really time to wake up and get moving on promoting palliative care.”



Concurrent Session



Keynote Session

UPCOMING EVENTS

Palliative Care Lunch & Learn Winter Series: Planning an Expected Death in the Home: Community Services and Supports, and the In-Home Chart

March 17th @ 12:00pm

Long Term Care LEAP

March 29th & 30th Sioux Lookout

Hospice Palliative Care Ontario Putting the Pieces Together - Collaborating for Quality Hospice Palliative Care in Ontario

April 17th-19th Richmond Hill

Palliative Care for Front-Line Workers

Bi-weekly, beginning February 23rd @ 6:00 pm

For information on Upcoming Events, please visit the Lakehead University Centre for Education and Research on Aging & Health (CERAH) Website <http://cerah.lakeheadu.ca>



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North West LHN Regional Palliative Care Program 2016 — 2017 Advisory Committee Membership

OFFICER	POSITION	COMMUNITY	IDN
KATHLEEN LYNCH St. Joseph's Care Group	Co-Chair	Thunder Bay	City of Thunder Bay (Regional Mandate)
DR. MARY LOU KELLEY Academia / Research	Co-Chair	Thunder Bay	City of Thunder Bay
ANNE TURCOTTE Caregiver	Member	Thunder Bay	City of Thunder Bay
PAULA DONLYLYK North West CCAC	Member	Thunder Bay	City of Thunder Bay (Regional Mandate)
ANDREA DOCHERTY Regional Cancer Care Northwest	Member	Thunder Bay	City of Thunder Bay (Regional Mandate)
MARY WRIGLEY Thunder Bay Regional Health Sciences Centre Regional Renal Service	Member	Thunder Bay	City of Thunder Bay (Regional Mandate)
KATHY KORTES-MILLER Lakehead University / Hospice Northwest	Member	Thunder Bay	City of Thunder Bay
DONNA MAKOWSKY Lake of the Woods District Hospital	Member	Kenora	Kenora
BRENDA DECK Hagi Community Services Manager	Member	Thunder Bay	Thunder Bay & Northwestern Ontario
HEATHER LEE Meno Ya Win Health Centre	Member	Sioux Lookout	Northern
AMANDA WARFORD Manitouwadge General Hospital	Member	Manitouwadge	District of Thunder Bay
SEEMA PARAMESWARAN Greenstone Family Health Team	Member	Geraldton	District of Thunder Bay
JUDY HARVEY Nipigon District Memorial Hospital	Member	Nipigon	District of Thunder Bay
DARRYL GALUSHA Fort Frances Tribal Area Health Services	Member	Fort Frances	Rainy River District
PATRICIA LEE LTC Director of Care	Member	Thunder Bay	Regional Mandate
HEATHER GRAY / HELI MEHTA North West LHN	Ex-Officio (Non-Voting)	Thunder Bay	Regional Mandate
DR. KATHY SIMPSON CCO Palliative Care Physician Lead	Ex-Officio (Non-Voting)	Thunder Bay	Regional Mandate
ROBIN CANO Regional Palliative Pain & Symptom Management Consultant (CCAC)	Ex-Officio (Non-Voting)	Thunder Bay	Regional Mandate
STEPHANIE HENDRICKSON Regional Palliative Care Education Planner (CERAH)	Ex-Officio (Non-Voting)	Thunder Bay	Regional Mandate
JILL MARCELLA Northwest RPCP Co-ordinator	Support Staff	Thunder Bay	Regional Mandate
HILARY METTAM Northwest RPCP Community Development Lead	Support Staff	Thunder Bay	Regional Mandate
VACANT Northwest RPCP Clinical Capacity Lead	Support Staff	Thunder Bay	Regional Mandate

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