



North West LHIN

Regional Palliative Care Program

Province Announces New Palliative Care Secretariat

The Ontario Palliative Care Network Secretariat (OPCN) was officially launched March 11th 2016 with much provincial and regional anticipation. As the principal advisor to the government for quality, coordinated palliative care in Ontario, the OPCN will bring forward recommendations for provincial standards and guidelines that are based on sound evidence and best practice. The OPCN will also support regional implementation of high-quality, high-value palliative care. In addition to the OPCN announcement, the Ministry of Health and Long-Term Care Parliamentary Assistant, John Fraser released the *Palliative and End-Of-Life Care Provincial Roundtable Report* which emphasized that the findings and recommendations of the original 2011 Declaration of Partnership and Commitment to Action still hold true. For more information a link to the Provincial Roundtable Report can be found at: <http://www.health.gov.on.ca/en/public/programs/palliative/default.aspx>

In addition to the announcement of OPCN, Ms. Melody Boyd and Dr. Ahmed Jakda were selected as the Provincial Clinical Co-Leads and co-chairs for a newly formed OPCN Clinical Council. Through their leadership, they will provide primary input for the clinical improvement in palliative care in Ontario, support the advancement of high quality and patient-centred palliative care in the province from a clinical perspective, and provide direction on clinical implications of policy.



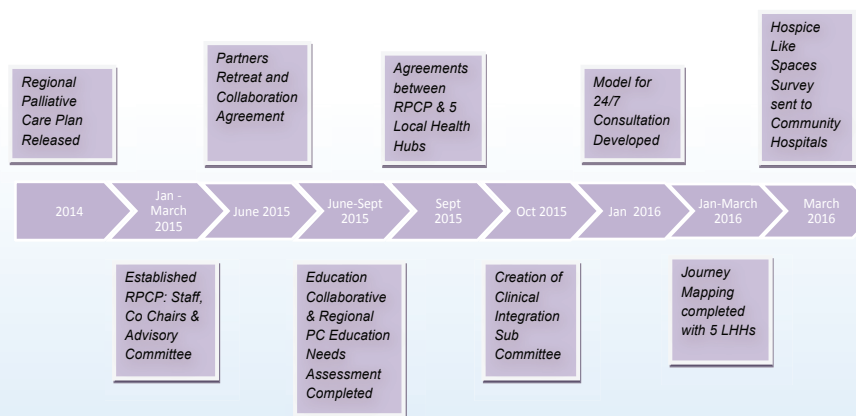
L-R Melody Boyd; Angelika Gollnow; Deanna Bryant; Dr. Ahmed Jakda (OPCN Secretariat staff)

On April 28th the North West LHIN RPCP had the opportunity to meet both clinical leads, along with Angelika Gollnow Director Ontario Palliative Care Network Secretariat, Palliative Care, Primary Care, and Survivorship; and Deanna Bryant Lead with OPCN. The meeting provided the RPCP an opportunity to share information, challenges, future planning, and milestones achieved in Year 1 implementation.

North West LHIN Regional Palliative Care Program Year 1 Milestones

The RPCP has completed the first year of a three year implementation plan outlined in the comprehensive **Regional Palliative Care Plan**. Over the course of the year a number of notable achievements were met. For example, establishing a program structure and governance, and identifying five local health hub communities ready to develop their local palliative care programs. These are the kind of achievements that bring the region closer to meeting the goal of mobilizing, strengthening and reorienting the health care system to improving access to safe, comprehensive and high quality palliative care for all residents of the North West Region. The diagram highlights the RPCP milestone achievements for 2015/16.

North West LHIN Regional Palliative Care Program Year 1 Milestones

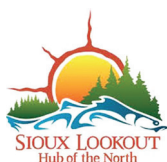


Targeted and Continuing Engagement with First Nations Communities, All Providers, and Key Stakeholders

HIGHLIGHTS



The RPCP sends a warm welcome to Marlene Benvenuto to the position of Regional Palliative Care Telemedicine Consultant. Marlene has her Canadian Hospice Palliative Care Nursing certification and brings with her over 13 years of practical experience in hospice palliative care, including clinical mentorship and preceptorship in nursing, and facilitating palliative care education. Marlene's role with the Regional Palliative Care Program has a primary focus of promoting and supporting the use of telemedicine for palliative care consultation, education, and being a palliative care resource to the North West Region. The RPCP is very fortunate to have Marlene as a member of the team!



Sioux Lookout Northern Palliative Care Program

Local Facilitator: Denise Wojciechowski, Meno Ya Win Health Centre

Achievements to date:

- 36 individuals representing a variety of care settings and disciplines have committed to participating on the Sioux Lookout Northern Palliative Care Program committee.
- A community vision was developed and overarching goals for the committee have been established.
- An End-of-Life Order Set was approved by the Medical Advisory Committee at Meno Ya Win and a Palliative Care Order Set has been drafted.
- A LEAP in Long-Term Care course was held in Sioux Lookout in March.
- A public display on Advance Care Planning was set up at Meno Ya Win to promote National Advance Care Planning Day.

REGIONAL UPDATE

Local Health Hubs

The RPCP Team has been working with 5 Local Health Hubs (LHHs) 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.

Journey mapping sessions were completed with providers in all 5 LHHs and priority action projects have been identified for each palliative care committee to begin working on. Although every LHH has its own unique strengths and challenges, some common areas for improvement include:

- Education on the palliative approach to care – for both frontline providers and the general public
- Communication & Coordination - across care settings and providers
- Clinical Care – introducing a standardized approach to care through the use of common tools & order sets
- Measuring patient & caregiver experiences

MEET YOUR ADVISORY COMMITTEE



Andrea Docherty

Andrea is the Program Director for Regional Cancer Care Northwest, Thunder Bay Regional Health Sciences Centre. She is interested in palliative care because of the opportunity to dramatically change an

individual's quality of life with good care planning, pain and symptom management and an interdisciplinary provider approach. Andrea says, "Collaborating to ensure equitable access to palliative care services and innovative ways to use our collective resources to fill those gaps in service and reach those under served from a systems level is very meaningful work." Outside of work, Andrea enjoys paddle boarding, cooking with family and friends, and snowshoeing.



Seema Parameswaran

Seema is the Social Worker with the Greenstone Family Health Team located in Geraldton. She developed an appreciation for the need for palliative care while working in a hospital setting and seeing that many end of life issues are not appropriately/adequately met

in a way that is meaningful or helpful for patients and families. Seema looks forward to working towards putting together a program that will meet the unique needs of families and service providers in the region in a meaningful way. When it comes to things that she likes to do for fun, Seema enjoys spending time with her friend and family, traveling around the world, and trying something new, big or small, every single day.



The RPCP Team continues to work with the local facilitators in each LHH to support their committees in addressing these areas.

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)

Regional Education



At the end of March, Meno Ya Win Health Centre in Sioux Lookout hosted a *Learning Essential Approaches to Palliative and End-of-Life (LEAP) Long Term Care (LTC)* course with 16 participants. LEAP LTC is an interactive two-day course that offers interprofessionals competency-based palliative care education based on Canadian realities and current best evidence. The course includes enhanced content that is specifically relevant to LTC, and was heavily influenced by research done locally as part of Dr. Mary Lou Kelley's five-year research project *Improving Quality of Life for People Dying in Long Term Care*.

Pallium Canada just recently released the curriculum, and this facilitation team was fortunate to pilot the materials with an enthusiastic and dedicated group of health care providers in Sioux Lookout. Disciplines represented at the course were a physician, pharmacist, social worker, registered dietitian, numerous registered nurses, and registered practical nurses.

This course was facilitated by Dr. Ross Johnson, Valerie Jensen, RN, and Jill Marcella, RSW, MSW, and provided by the North West LHIN Regional Palliative Care Program and the Centre for Education and Research on Aging & Health (CERAH), Lakehead University. This was the 4th LEAP course offered over 2015/16 in the North West LHIN. Three of the five Integrated District Networks (IDNs) had LEAP courses in the past year (City of Thunder Bay, District of Thunder Bay - Nipigon, and the Northern District - Sioux Lookout) and regional education will continue to be prioritized in 2016/17.

New Online Resources

Hospice Northwest has a new online Caregivers' support group that connects caregivers through sharing experiences and offering emotional and informative support. For more information email caregivers@hospicenorthwest.ca

Virtual Hospice and their pan-Canadian partners launched **LivingMyCulture.ca**

LivingMyCulture.ca shares the stories and wisdom of members of eleven cultural communities about serious illness, end of life and grief to address a gap in service and support. The video series

helps improve quality of life and supports quality care at the end of life. Videos are available in ten different languages. Canadian Virtual Hospice launched a new web space for grief and loss. **MyGrief.ca** can help you understand grief and work through some of the difficult issues you may be facing. MyGrief.ca has been developed by a team of national and international grief experts together with people who have experienced significant loss in their own lives. It is not meant to replace professional counselling or other health care services.



What Health Care Providers Need to Know

Health Care Consent & Advance Care Planning in Ontario

What is Advance Care Planning? It is a process that involves the mentally capable patient:

- 1. IDENTIFYING** his/her future Substitute Decision Maker (SDM) by either
 - a. confirming his/her satisfaction with their default/automatic Substitute Decision Maker in the SDM hierarchy list in the *Health Care Consent Act***OR**
 - b. choosing someone else to act as SDM by preparing a **Power of Attorney for Personal Care** (a formal written document)
- 2. SHARING HIS/HER WISHES, VALUES, AND BELIEFS** – through conversations with the SDM and others that clarify his/her wishes, values, & beliefs, and more generally how he/she would like to be cared for in the event of incapacity to give or refuse consent (i.e. What is quality of life to that patient? What is important to that patient in respect to his or her health?)

How Advance Care Planning is Done

A person may communicate his/her wishes orally, in writing, or by whatever means he/she uses to communicate.

It is a **VOLUNTARY** process and health facilities/practitioners **CANNOT REQUIRE** a patient to do advance care planning **OR** to use any particular form or method of advance care planning (i.e. levels of care forms)

For Ontario-specific resources on Advance Care Planning & Health Care Consent, please visit: www.speakupontario.ca and www.makingmywishesknown.ca

Source: Advocacy Centre for the Elderly – April 2016



Advance Care Planning Is Not Informed Consent

Expressed Wishes Are Not Decisions

Even if a patient has done advance care planning, health practitioners **MUST** talk to the patient or if the patient is incapable, the patient's SDM to get an informed consent before treatment.

UPCOMING EVENTS

24/7 Palliative Care Consultation Line launch
May 30th

Canadian Hospice Palliative Care Association free on line event 'Medical Assistance In Dying'
June 14th, 1:00-2:30 pm EST

Canadian Hospice Palliative Care Association free on line event 'Advance Care Planning for Men with Prostate Cancer'
Monday June 20th, 4:00-5:00 pm EST

Save the Date!
Northwestern Ontario Palliative Care Conference - "Caring for Each Other: Connections in Communities"
November 2nd-4th - Thunder Bay

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

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)
LORI BYERLY 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
MARLENE BENVENUTO North West RPCP Palliative Care Telemedicine Consultant	Support Staff	Thunder Bay	Regional Mandate

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