



North West LHIN

Regional Palliative Care Program

Ontario Palliative Care Network Update

The Ontario Palliative Care Network (OPCN) is working towards completion of a 3 Year Provincial Action Plan. The goals of this Action Plan continue to be the goals outlined in the Declaration of Partnership and Commitment to Action. The OPCN has identified four priority areas for the three year timeline of the Action Plan. The priorities are to:

1. Strengthen earlier and more equitable access to end of life and palliative care services
2. Increase access to home based palliative care
3. Enhance connections across settings and providers
4. Improve patient and caregiver experience, and its alignment with the patients goals.

To meet these priority areas twenty two action items have been identified along with four system level measures that will measure each region's progress on 'moving the mark' in palliative care. The four system level measures are

1. Percentage of palliative care patients who die in hospital
2. Percentage of community palliative care clients who receive physician home visits or home care services in the last 90 days of life
3. Percentage of palliative care clients who had an emergency room visit in the last 30 days of life
4. Percentage of people receiving palliative care services for whom a Caregiver Voices survey was completed.

Ontario Palliative Care Network



Each LHIN Regional Palliative Care Program/Network was asked to provide feedback on the proposed Provincial Action Plan. The RPCP engaged the Advisory and working groups by inviting members to complete a survey and share the survey link with appropriate partners and stakeholders. A summary of our region's feedback was provided to OPCN for consideration. The 3 Year Action Plan is expected to be finalized in the fall, and it will guide the RPCP's work plan for the next three years.

North West LHIN Regional Palliative Care Program

The North West Region's vast geography and dispersed population often makes timely access to palliative care services, equipment or supplies a challenge for individuals wishing to remain in their communities to receive palliative and end-of-life care. Having access to a hospice like space provides residents in that community the opportunity to receive care close to home. This year the Ministry of Health and Long Term Care committed to funding six residential hospice beds. The decision in the North West was made to co-locate these beds in rural hospitals that identified capacity to create new net space available for the implementation of the hospice bed. Having the

beds co-located in rural hospital enables those communities to have access to a designated and dedicated space when required. These six new beds are in addition to the 10 hospice beds located at St. Joseph's Hospital in Thunder Bay. These new hospice beds will have access to 24/7 clinical care in a home-like environment, while offering a calm and inclusive atmosphere with flexible visiting hours. The six new beds will be located in the communities of Nipigon, Geraldton, Manitouwadge, Dryden, Kenora and Fort Frances. The Regional Palliative Care Program is excited to be part of the working group established by the North West Local Health Integration Network to implement the hospice beds.

Innovative Models of Palliative Care for Vulnerable and Underserved Populations

Poverty and homelessness are growing socio-economic issues locally and nationally. Homeless and vulnerable populations living with life limiting and terminal illnesses often are identified late and die early without access to high quality palliative care. There is stigma, discrimination, racialization, and trauma known to be associated with the provision of care from social institutions. These practices create significant barriers to palliative care identification, and access to quality end of life care.

In March 2017, Dilico Anishinabek Family Care in partnership with the North West Local Health Integration Network and several community organizations submitted a proposal to explore current practices and best approaches for delivering palliative and end of life care services to people who are vulnerable and live homeless in Northwestern Ontario. With the assistance of health and social service agencies, Dilico will build meaningful partnerships with local and regional stakeholders to carry out a community minded needs assessment and evaluation of the current circumstance occurring in the region. A final report will be prepared with recommendations to determine the best approaches for delivering palliative care services to this population.

If you are interested in being a participant or would like additional information please feel free to contact;

Yolanda Wanakamik, Integrated Policy Officer,
Dilico Anishinabek Family Care
200 Anemki Place, Fort William First Nation, ON P7J 1L7
(Direct) 807-626-5005 or (Cell) 807-632-5781



Kenora-Rainy River District
**Palliative Care
Volunteer Program**

*Companions on
Life's Final
Journey*

Visiting Hospice Volunteers Kenora/Rainy River Palliative Care

The Kenora/Rainy River Palliative Care Volunteer Program puts on a workshop every year that helps to bring the volunteers in the area together as well as educate the public as to what we do. We have had some wonderful speakers over the years. This year we had Audrey Stringer talk to us on Surviving Grief to Live Again. Audrey has written several books on grief and is a motivational speaker. She shared her own personal stories with us and how she was able to get through her grief. Audrey felt that we needed to make grief our friend.

Your grief is more bearable if you make grief your friend. Remember if you go swimming in the ocean and fight the waves, you will get sucked under, but if you swim with the waves, you will be buoyantly carried along. That is so with grief and mourning.

Audrey advised us to go with our emotions of grief, don't stuff them inside. Unresolved grief can put your life on hold and potentially destroy you. Grasp the hand of grief and mourning and hold tight for if you don't feel you will not heal. Let go as needed. Respect that if you love hard, you will grieve hard. It is your choice to feel, heal and live a happy healthy life again but forever changed.

She was a great speaker and very entertaining. These workshops are educational but they are inspiring as well. They remind us why we volunteer and give us a chance to share our experiences. I know that I enjoy putting them on and I also enjoy the feedback I get from the participants. It's a lot of work but well worth it. Thanks again to all the volunteers for the great work that you do.

Sharon McIsaac Regional Coordinator, Kenora/Rainy River Palliative Care Volunteer Program

REGIONAL UPDATE

Local Health Hubs

This year the RPCP Team is supporting the work of palliative care committees in 10 Local Health Hubs. One of the common priorities that communities have identified is public education. The RPCP has provided advance care planning resources to every palliative care committee to organize a public awareness activity in their community. Examples of activities completed in the region include: display booths at Trade Shows and Health Fairs, open house & BBQ at the Family Health Team, public service announcements on the radio, and presentations to service clubs & faith groups.

Raising awareness around the importance of advance care planning is an ongoing priority of the RPCP and Local Health Hub committees, so if you have an idea for an activity in your community, please get in touch!



If you are interested in joining the palliative care committee in your LHH, or starting a palliative care committee in your community, contact Hilary at the RPCP (mettamh@tbh.net)

Hospice Northwest

Volunteer Recruitment is underway at Hospice Northwest and applications are being accepted until mid September. This year HNW is piloting a totally new volunteer training model. We will be using both the online training program launched last year by Hospice Palliative Care Ontario, in partnership with St. Elizabeth Health Care, as well as face to face sessions presented by local experts. The new model will augment the online learning and provide a supportive environment where new volunteers can get to know each other and grow together. The face to face sessions will be done over OTN for our regional partners. Thanks to our good friends at CERAH who are generously hosting these sessions.

If you are interested in joining Hospice Northwest to become a volunteer, please call Terri at 626 5570, ext 5572, as soon as possible. We are filling up quickly.



Become a Hospice Northwest Volunteer and help make every moment matter

Hospice Northwest is seeking palliative and grief and bereavement volunteers.

Are you a compassionate listener with a caring attitude who wants to add meaning to your life and the lives of others?
Become a Hospice Northwest Volunteer and help make every moment matter.

For more information, please contact Terri Kannegger at 626-5570 x5572 or by email at terri@hospicenorthwest.ca or visit www.hospicenorthwest.ca

Hospice Northwest, 63 Carrie St. Thunder Bay P7A 4J2

Funded by: 



Don't Duck the Conversation

It's one of the most important talks you'll ever have

A Personal Planning Guide

We can help you get your ducks in a row



Online Resources

National Advance Care Planning Day took place on April 16th, but we should all be encouraging people to talk to their loved ones about their wishes throughout the year.

Don't Duck the Conversation is an initiative from Hospice Northwest that encourages people to think about and discuss their end of life wishes in advance. To facilitate these discussions, a **Personal Planning Guide** was created to help people start the conversation and document their wishes. The guide provides questions – both factual and contemplative – to get people to think about, record, and discuss important personal information. The guide has been designed for people to complete at their own pace that feels comfortable and manageable to them. It is a practical tool that is highly recommended for anyone wanting to “get their ducks in a row”.

Don't Duck the Conversation: A Personal Planning Guide is available to download or complete online at the Hospice Northwest website:

www.hospicenorthwest.ca/resources/dont-duck-the-conversation/

Regional Education

Improving End-of-Life Care in First Nations Communities

The Ministry of Health and Long-term Care (MOHLTC) is working with the Chiefs of Ontario, Health Canada and other partners to explore initial steps to build community capacity and improve access to palliative services in First Nations communities. The Centre for Education and Research on Aging & Health (CERAH) is currently collaborating with the Ministry on the implementation plan for the delivery of palliative care training for First Nations communities in Ontario.

In 2017-2018, CERAH will be organizing and delivering 25 two-day workshops across Ontario utilizing our curriculum “Palliative Care for Front Line Workers in First Nations Communities.” The workshops are designed as one step in the larger process of the development of comprehensive palliative care services in First Nations communities.

The workshops are designed to teach palliative care knowledge and skills to First Nations people who provide healthcare and social services to individuals with life limiting illnesses. The curriculum uses the holistic teaching concepts of the Indigenous Wellness Framework that focuses on health and balance, which is then combined with the holistic focus of palliative care. A new culturally relevant resource manual also has been developed which will be used to enhance the curriculum content. This resource manual is designed to provide practical tools and resources for care at the bedside.

CERAH has already started to engage the First Nations communities requesting the training. This engagement focuses on discussing community values, cultural and spiritual beliefs and practices, as well as identifying additional resources, tools and strategies that can be used to tailor the education to respond to unique community needs.

Where there is expressed interest and readiness by the community leadership to create a local palliative care program, another day of education may be added and will focus on helping them implement the *Developing Palliative Care in First Nations Communities Workbook* created by the *Improving End of Life Care in First Nations Communities* (EOLFN) project.

UPCOMING EVENTS

September 14th & 15th: 26th Annual Provincial Palliative Care Conference: The Hidden Faces of Palliative Care, Winnipeg Manitoba: Information on this conference can be found at <http://palliativemanitoba.ca/education/conference/>

Sept 17th-20th International Public Health & Palliative Care Conference, Ottawa: Information on this conference can be found at www.iphpc2017.com

Sept 18th 7-9pm Young Carers: Support Matters, Waverly Library Thunder Bay: For more information contact Deb (807) 766- 7271 email dridell1@lakeheadu.ca

Sept 20th-23rd Canadian Hospice Palliative Care Conference, Ottawa: Information on this conference can be found at www.conference.chpca.net

Sept 29th-Oct 1st Learning Essential Approaches to Palliative Care (LEAP), Sioux Lookout: For more information contact Stephanie Hendrickson (807) 766-7222 or email shendric@lakeheadu.ca

Nov 2nd & 3rd CERAH Palliative Care Booster: Information on this conference can be found at www.cerah.lakeheadu.ca



Centre For Education and Research on Aging & Health

Planning is well underway for CERAH's bi-annual Northwestern Ontario Palliative Care Booster, which will take place this November 2nd & 3rd at the Victoria Inn and Convention Centre in Thunder Bay. The Booster is a small conference designed to engage health care providers involved in various aspects of palliative care. As in past years, we anticipate it will be a great networking opportunity, bringing those with an interest in palliative care together from across the region for learning.

The event entitled: ***Let's Talk About It: Conversations Worth Having*** will feature a half day of presentations focused on topics such as Advance Care Planning and Medical Assistance in Dying (MAiD) and a half day dedicated to the always important theme of self-care. Keynote speakers Kathy Kortess-Miller and Dr. Kevin Miller will open the event with an interactive case-based session on *Navigating the Conversations that Matter*. Jill Marcella will speak about the importance of the Health Care Consent Act as it relates to Advance Care Planning (ACP) and provide participants with the opportunity to further develop their ACP conversation skills. Dr. Margaret Woods, Dr. Andrew Turner and Michelle Allain will then provide an important update on MAiD in Northwestern Ontario. The panel will explore lessons learned since the legislation came into effect and relevant ethical issues moving forward.

A special optional evening event will help delegates shift into the self-care mode. Angela Gollat will lead an *Art of Self-Care* workshop where attendees will create their own heart-based paintings as they are offered simple techniques and a new perspective on art making as a self-care practice. Day two of the event will continue to explore and encourage self-care with a presentation by Jo-Ann Vis on developing self-help and peer support skills in response to disenfranchised grief. Rev. Michael Robinson will speak on practices for self-care management, providing the opportunity to explore Indigenous practices. The event will close with a series of flash talks. Keri-Lyn Durant will speak to the importance of affirming death in our lives; Edith Gagne will provide an introduction to meditation, and Elaine Wiersma will talk about how health and social care providers can support self-management for people with dementia.

After the official Booster program, delegates are invited to stay for a face-to-face meeting of the Palliative Care Education Community of Practice (PC Ed CoP). Participants can expect even more education to be offered, based on CoP member interests, and again, more opportunity for networking with those who have a passion for palliative care!

Registration for this event will open in early September.

St. Joseph's Hospital
35 North Algoma Street
Thunder Bay, ON P7B 5G7
1 (807) 343-2431
www.rpcp.sjcg.net (website)
rpcp@tbh.net (email)



Clinical Practice: Importance of Self Care

When working in palliative care, clients present with many emotional and physical challenges. Dealing with the issues associated with dying, death, and cumulative loss can impact the wellbeing of clinicians.

Whether working as a sole practitioner or as part of a team, every health professional needs to consider how they take care of their own mental and physical health and achieve a work/life balance. Burnout and compassion fatigue can be serious consequences of workplace stress, especially in palliative care.

Developing self awareness is an important step in self care. It helps you identify your strengths and weaknesses as well as understanding of your reactions in certain situations. Reflection on how you respond to stress and why you respond this way helps your development of self awareness.

Self care strategies can include:

- Debriefing with colleagues after complex or emotional cases
- Identifying a workplace mentor
- Making sure that work is not the only priority in your life
- Looking after your physical health through healthy eating and regular exercise
- Having activities that you look forward to ie. sports, gardening, family time
- Practicing meditation and/or mindfulness
- Connecting to a group of like minded professionals to avoid feeling isolated
- Acknowledging your grief and recognizing it as a normal reaction to an experience of loss

Adapted from <https://www.caresearch.com.au/caresearch.tabid/2180/Default.aspx>

Tips for self care from palliative care nurses at St. Joseph's Hospital

"Maintain balance in your life and incorporate a reflection practice into your care for yourself"

"Our colleagues are our strength.
Be good to each other"

"Self awareness is key to identify your needs in order to help others during their journey"

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