

WHAT IS PALLIATIVE CARE

Palliative care is an approach to care that provides comprehensive support, focusing on physical comfort, emotional well-being, and the overall quality of life of individuals with serious illnesses. It aims to manage symptoms, alleviate pain, and address any emotional or spiritual concerns experienced by patients or their families.



WHAT IS THE PALLIATIVE APPROACH PROGRAM

A palliative care approach would make certain aspects of palliative care available to patients and their families at appropriate times throughout the illness trajectory, after diagnosis and in the early stages of the illness. In addition to any pain or symptom management that may be required, the palliative care approach focuses primarily on open and sensitive communication about the person’s prognosis and illness trajectory. Importantly, it focuses on advance care planning, including discussing the range of treatments available and setting goals of care. It provides psychosocial and spiritual support to help individuals and families struggling with any issues related to the illness.

WHAT IS THE PROVINCIAL INTEGRATED PALLIATIVE CARE PROGRAM (P-IPCP)

P-IPCP is a specialized palliative care program through Home Care that provides care to Islanders with complex, intensive, or tertiary palliative care needs. The program consists of specialized interdisciplinary professionals that work as a team to provide holistic, person-centered care. This team uses their varying levels of expertise to create personalized care plans to meet the unique needs and goals of patients – helping them find comfort, dignity, and meaning during their palliative care journey.

SERVICES OFFERED WITHIN P-IPCP

- Understanding the illness and treatment options
- Pain and symptom management
- Expressing wishes and personal goals and helping to achieve these goals
- Advance care planning
- Emotional and spiritual support
- Ongoing bereavement support

HOW TO PRESENT PALLIATIVE CARE TO PATIENTS

“I want to refer you to our home-based palliative care team who will help us better manage your symptoms. The palliative care team will focus on understanding what matters most to you and your family which will help guide our recommendations.”

HOW TO REFER A PATIENT TO P-IPCP

Complete the P-IPCP referral form and fax to the appropriate Home Care office – the fax numbers can be found on the front page of the form. Please make sure the form is entirely filled out or it will be returned to you for completion.

[https://src.healthpei.ca/files/Palliative-Care/Provincial Integrated Palliative Care Program Client Referral Form.pdf](https://src.healthpei.ca/files/Palliative-Care/Provincial%20Integrated%20Palliative%20Care%20Program%20Client%20Referral%20Form.pdf)

If your patient doesn't meet the eligibility criteria for P-IPCP, they may still meet the criteria for a palliative approach to care through another Home Care service. The Home Care intake process will help determine the most appropriate service for each patient.

ELIGIBILITY FOR P-IPCP

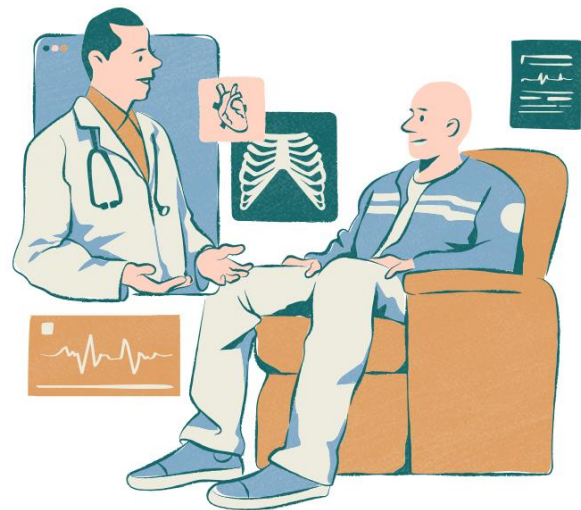
1. Diagnosis of progressive life-limiting illness:
 - Disease specific indicators of significant decline (complex illness such as ALS)
 - And/or Palliative Performance Scale of 50% or lower (ECOG >2)
2. Client aware of and accepting of referral (for pediatric or cognitively impaired clients, parents or guardians aware and accepting)
3. Client requires coordinated care for complicated palliative care needs as evidenced by one or more of the following:
 - Palliative signs and symptoms that need management and cannot solely be managed by a primary care provider
 - Repeated unplanned crisis/admissions to facility-based care
 - Progressive weight loss (>10%) in past six months
 - Serum albumin <28g/l
 - Caregiver(s) demonstrating significant distress

HOW TO REFER PATIENTS TO THE PROVINCIAL PALLIATIVE CARE CENTRE (PPCC)

You can page our on-call palliative care physician to discuss your patient. If applicable, complete the Provincial Palliative Care Centre Application for Admission form:

[https://src.healthpei.ca/files/Provincial Palliative Care Centre Application for Admission Form.pdf](https://src.healthpei.ca/files/Provincial%20Palliative%20Care%20Centre%20Application%20for%20Admission%20Form.pdf)

If deemed appropriate, the patient is then added to our admission list and will be considered alongside others as beds become available.



PALLIATIVE CARE RESOURCES

We have an excellent list of resources on the Palliative Care page of the Health PEI Staff Resource Centre. This includes referral forms, educational presentations, guidelines, assessment tools and so much more:

<https://src.healthpei.ca/palliative-care>