

# Provincial Integrated Palliative Care Program Newsletter

## December 2018



*Happy Holiday Season to everyone on behalf of the Provincial Palliative Care Program Team!*

### Dear Colleagues,

As the Provincial Integrated Palliative Care Program (P-IPCP) of Health PEI continues to develop and grow, the Palliative Care Team would like to rekindle our newsletter to keep health care providers updated on program progress.

### HEALTH PEI PALLIATIVE CARE FRAMEWORK AND ACTION PLAN

Since our last newsletter, the Executive Leadership Team of Health PEI mandated the development of a palliative care action plan for PEI to guide work for the next three-to-five-years. This action plan was developed and includes: gaps in palliative care services; framework for an Integrated Palliative Approach in PEI; Australian model for population-based palliative approach; an action plan for the implementation of the framework. The P-IPCP has adopted the *Framework and Action Plan* to develop and grow the program. For more information about the *Framework*, visit the Health PEI Staff Resource website @ <https://src.healthpei.ca> and click on Clinical Resources.

### THE ROADMAP: AN INTEGRATED PALLIATIVE APPROACH IN PEI

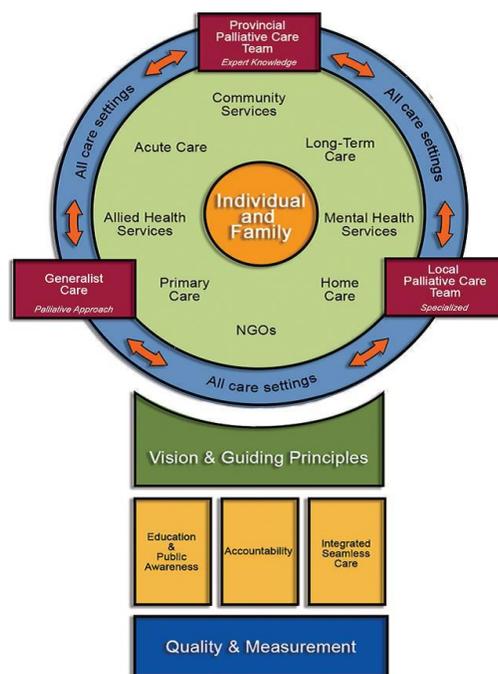
Included in the Action Plan is the Framework for an Integrated Palliative Care Approach in PEI. The Framework recognizes that individuals and their families are at the centre. Based on *The Way Forward Integration Initiative* @ [www.hpcintegration.ca](http://www.hpcintegration.ca), an integrated palliative approach to care makes key aspects of palliative care available in the regular care they are already receiving from their primary care provider, at home, in long-term care, in the hospital or in other community settings.

An integrated palliative care approach is a shared-care model where **Generalist** care providers, **Local Palliative Care Teams** and the **Provincial Integrated Palliative Care Team** work together to provide an integrated palliative care approach.

In this palliative approach to care, regardless of the care setting, the individual and family would receive:

- Communication about prognosis and illness trajectory,
- Advance care planning,
- Psychosocial and spiritual support,
- Pain and symptom management, and
- Referral to expert palliative care services if required for more complex needs.

The integrated palliative care model is underpinned by the vision and guiding principles of the Framework. There are three pillars of key priorities for action: Education and Public Awareness, Accountability and Integrated Seamless Care.



## ONGOING SUPPORT FROM THE CANADIAN PARTNERSHIP AGAINST CANCER

During recent years, the P-IPCP has been fortunate to have the ongoing support from the Canadian Partnership Against Cancer (CPAC) to help grow and develop the program. By way of this support, a number of projects have been funded including, the “Paramedics Providing Palliative Care at Home Program” (2015), and the Person-Centred Goals of Care/Advance Care Planning project (2016).

The Department of Health and Wellness has provided ongoing funding to support the Provincial Palliative Care Drug program. This last year, we have also been fortunate to receive CPAC funding for a new initiative “Early Integration of Palliative Care” project that will ensure that patients receive some aspects of palliative care as part of their regular health care.

## EARLY INTEGRATION OF PALLIATIVE CARE

In June, we were fortunate to obtain funding to implement the four-year “Early Integration of Palliative Care” project. The aim of the project is to build upon the foundation of the P-IPCP and the palliative approach to care by providing earlier integration in many care settings including Home Care, Long-Term Care, Acute Care and the Provincial Cancer Treatment Centres, Primary Care, Emergency Medical Services and First Nations Communities.

The project is focusing on building the competency and capacity of health care providers, so they can identify at an earlier stage, those patients who need palliative care. Providers will receive training on pain and symptom management, clinical assessment tools, planning for end of life, serious illness conversations and advance care planning. Regardless of the care setting, we want the patient and family to receive communication about prognosis and illness path, advance care planning, pain and symptom management, and referral to expert palliative care services if required for complex needs. The project will also focus on patient and caregiver education and engagement. We want patients and their families to develop a better understanding of and engage in discussions about palliative care and advance care planning.

A Provincial Project Management Team, co-lead by Dr. Mireille Lecours and Peter Howatt has been formed to manage the project. For more inform about the project, contact the project coordinator Carolyn Villard @ [cxvillard@ihis.org](mailto:cxvillard@ihis.org) or call 902-620-3146.

## LEAP TRAINING FOR PHYSICIANS AND NURSE PRACTITIONERS



As part of the “Early Integration of Palliative Care” project, physicians and nurse practitioners working in the community will be offered a 2-day training in LEAP Core facilitated by Pallium Canada during April/May 2019 providing them with the essential competencies of the palliative care approach. This accredited

learning program will help to develop teamwork and promote inter-professional collaboration amongst providers in different care settings. The program is certified by the College of Family Physicians of Canada for up to 28 Mainpro+ credits. For more information, visit Pallium Canada @ <https://pallium.ca>. Please note that the Pallium pocketbook (a peer-reviewed resource) is now in E-Format! You can download it to your smart phones or iPads through I Book’s! Any questions, email [pallium.ca](mailto:pallium.ca), or call Jennifer Dawson at the Provincial Office @ [902-620-3219](tel:902-620-3219)/[jcdawson@ihis.org](mailto:jcdawson@ihis.org).

## PALLIATIVE CARE CONFERENCE

We are gearing up for another great annual Palliative Care conference in June 2019 with the theme of “Enrich, Empower, Accomplish - Promoting Continued Education”.

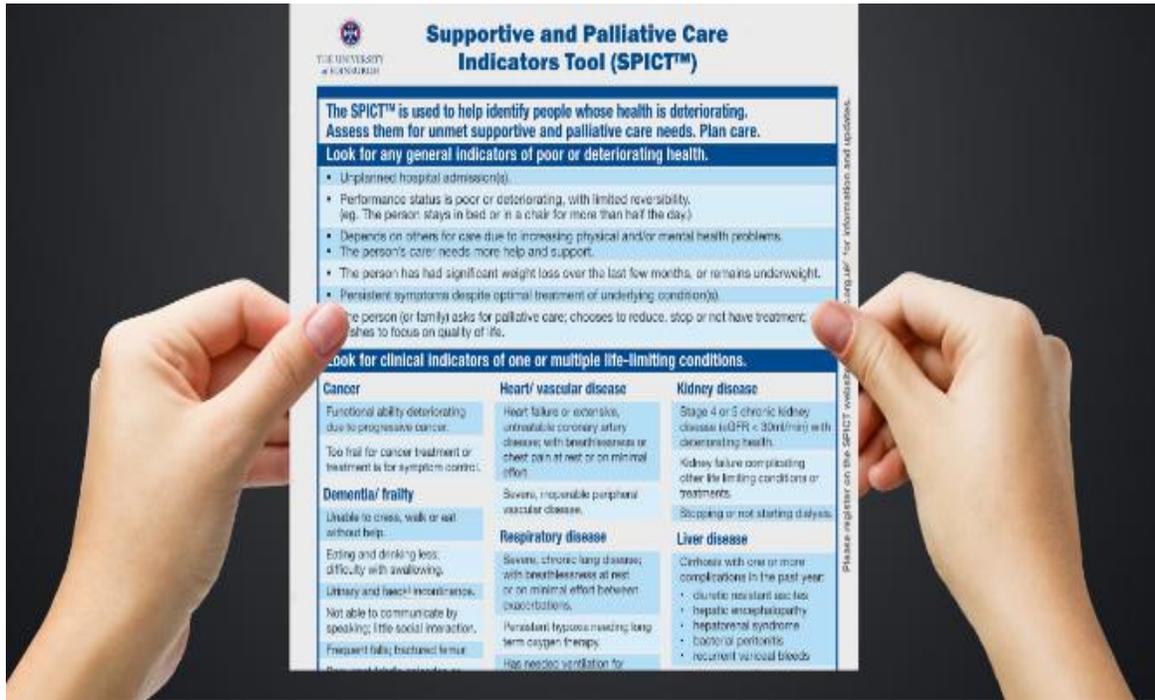
As usual, the location will be “the Loyalist” in Summerside PEI.

SAVE THE DATE: June 13th and 14th. Hope to see you there!



## NEW PALLIATIVE CARE RESOURCES

The P-IPCP has adopted the use of SPICIT™ @ <https://www.spict.org.uk> as one of the palliative care screening tools. SPICIT™ is used by health and care professionals in many jurisdictions world-wide to help them identify people at risk of deteriorating and dying with one or more advanced, progressive conditions or a new life-limiting illness. Many of these people (particularly if they don't have cancer) are identified too late to benefit from well-coordinated, supportive and palliative care integrated with appropriate treatment of their underlying illnesses. You will hear more about this tool soon! Stay tuned... We also have an App.



## LOOKING FORWARD!

It is with great enthusiasm that we enter the New Year! Of significance, is the ongoing implementation of the “Early Integration of Palliative Care” project and the enhancement of palliative care services across Prince Edward Island. We hope we will be able to provide all of you with educational and training opportunities as we build the foundation of our program.

Next year will be marked with continued advancements in Palliative Care, continued standardization of practice and continued sharing of best practices, knowledge and opportunities. We look forward to advancing the palliative approach to care in all care settings within our health system.

To close, on behalf of the Provincial Program, I wish all of you a Happy Holiday Season, Health, Joy and Happiness in 2019.

Sincerely,

Dr. Mireille Lecours, MD, CCFP(PC), FCFP  
Provincial Palliative Care Medical Consultant  
on behalf of the Provincial Integrated Palliative Care Team