



Provincial Integrated Palliative Care Program Update December 2020

Dear Colleagues,

I hope this newsletter finds you safe and well. Since March 13th, our Provincial Palliative Care Team has been focusing on pandemic planning including ways to provide care virtually to our patients. This letter is a snapshot of the Edmonton Symptom Assessment System revised (ESAS-r) and the work done to-date to embed this best practice assessment tool across our health system.

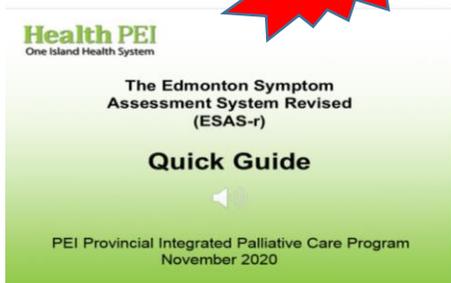
What is ESAS-r and why is it important?

(ESAS-r)

- ✓ A recognized pain and symptom assessment tool acknowledged as best practice within the palliative care community.
- ✓ Widely used internationally for pain and symptom assessment and management for patients facing a life-limiting illness.
- ✓ Assesses nine common symptoms commonly experienced by patients facing life-limiting illnesses including cancer.
- ✓ Designed so that the patient, or his/her family/caregiver, can complete the tool.
- ✓ Adopted by HPEI as the tool for pain and symptom management for palliative care and end-of-life patients.

ESAS-r Resources

Visit our HPEI Staff Resource Centre at <https://src.healthpei.ca/palliative-care> for additional ESAS-r resources including the ESAS-r form, ESAS-r Graph/Progress Notes, Assessment Guide and Patient Education brochure.



The Quick Guide to ESAS-r
by
Sharon Ruckley, RN BScN MSc, CHPCN(c),
Provincial Palliative Care Nurse, provides an
overview of what, why, how, when and
where to document an ESAS-r.

Online ESAS-r for patients admitted to the Provincial Integrated Palliative Care Program

A new Online Patient Portal found at www.healthpei.ca/ESAS has been launched for patients admitted to the P-IPCP to complete the ESAS-r and the Patient Reported Functional Status (PRFS). This Online Portal was developed and supported to allow patients and family members/caregivers to self-report their own symptoms. Guidance on how to complete this tool is integrated within the Portal. Patients are asked to rate the nine symptoms on a scale from 0 to 10 according to how they feel NOW as well as the PRFS question related to activity and function.



Within the P-IPCP, Palliative Care Coordinators monitor and track these results for better planning of patient care. This assessment tool will also allow adjustment of patient medications more effectively when they are facing changes in their condition.

New patients registered with the Provincial Integrated Palliative Care Program receive information about this Portal including a patient education brochure and a sticker to put on their home care binder. To-date, patients from all five Home Care Regions are using this tool. Our next step is to begin to measure and track the number of patients who use this tool as well as their experience with this and the impact on their care.

Looking Forward to 2021!

Like most of you, we are looking forward to a vaccine, hopefully in 2021. We are also looking forward to being together again in other ways than through Webex or Zoom. That said, much progress has happened as a result of this pandemic particularly around virtual care. We, on Prince Edward Island have a lot to be grateful and thankful for!

Like Dr. Morrison would say, please continue to be patient and kind.

On behalf of the Provincial Palliative Care Team, I wish all of you a happy holiday season, health, joy and happiness in 2021!



Dr. Mireille Lecours
Provincial Palliative Care Medical Consultant
On behalf of the Provincial Integrated Palliative Care Team