

Provincial Integrated Palliative Care Program Newsletter

January 2020



Dear Colleagues,

Last year was a big year for palliative care in PEI as we made significant progress in building palliative care competency and capacity of our providers. During the year, we held four LEAP training sessions conducted by facilitation experts from Pallium Canada where 183 care providers, including 54 physicians and 14 nurse practitioners received training in the palliative approach to care. This year we will continue competency building with a focus on Primary Care and Long-term Care to ensure as many providers as possible in these care settings receive training in the palliative approach to care.

FROM OUR ALBUM - LEAP TRAINING, OCTOBER 3 & 4 - SUMMERSIDE



Pallium Canada Facilitators

David Henderson MD, CCFP(PC) - NS
Maryse Bouvette, PC Advance Practice Nurse - QUE
Lisa Weatherbee, RN, CHPCN(C) - NS

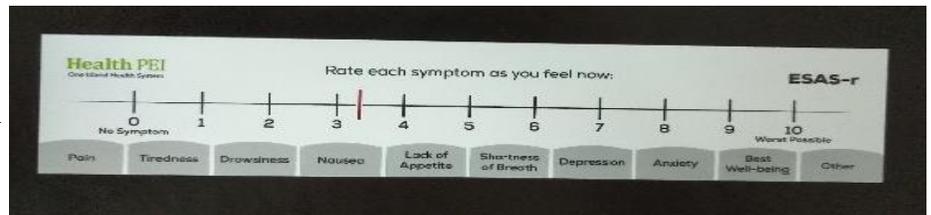


Pallium Canada
LEAP CORE
Learning Essential Approaches to Palliative Care

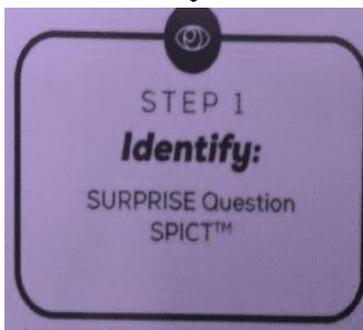
THE PALLIATIVE CARE RULER

Our “Palliative Care Ruler” as we call it has the Edmonton Symptom Assessment System (ESAS-r) scale on the front side and the three steps to the palliative approach to care on the back – Identify, Assess and Plan/Manage listing the care tools and resources for each of these three steps. These steps follow the Gold Standards Framework structure, and the care tools and resources selected for each step are used in numerous health jurisdictions across Canada and beyond. This tool can also serve as a ruler – hence its name the “Palliative Care Ruler.”

RULER FRONT
Edmonton
Symptom Scale



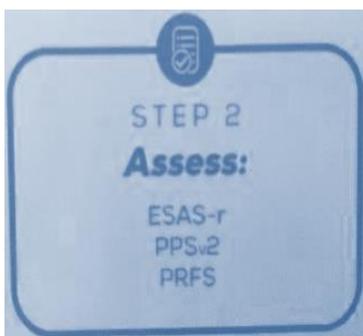
RULER BACK
3-Steps to Palliative
Approach to Care



The Surprise Question (SQ) “Would you be surprised if this patient were to die in the next 6-12 months?” is NOT a stand-alone prognostic tool, but rather one used alongside other “trigger” tools such as Supportive and Palliative Care Indicators Tool (SPICT™). If the answer to the SQ is YES, the patient should be reassessed regularly. If the answer to the SQ is NO or NOT SURE, the SPICT™ can be used to confirm that the patient has general or specific indicators of decline.



The outcome of identification and assessment leads to determine the care required to meet a patient’s needs. To assist with symptom management, the BC Guidelines are helpful found at www.bc-cpc.ca/cpc/symptom-management-guidelines. Tools for Advance Care Planning are the Health Care Directive and the ACP Workbook PEI found at www.advancecareplanningpei.ca. Other tools for care planning include the Goals of Care form, Virtual Hospice at www.livingmyculture.ca and our Health PEI “The Serious Illness Conversation Guide.”



Patients who could benefit from palliative care early are flagged and assessed using best practice tools including the ESAS-r, the Palliative Performance Scale version 2 (PPSv2), and the Patient Reported Functional Status (PRFS). The Eastern European Oncology Group (ECOG) scale is also used for research, treatment planning and clinical trials at the Cancer Treatment Centre.

ANNOUNCING ON-LINE RESOURCE LIST



NEW

PALLIATIVE CARE RESOURCES

On-line Resource List

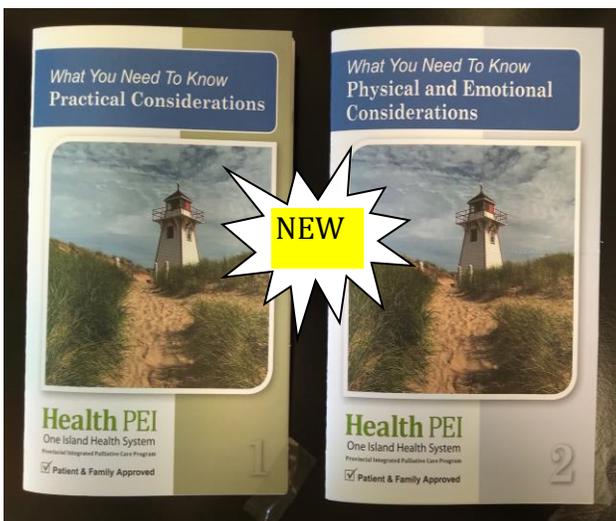
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Health PEI Staff Resource Centre

<https://src.healthpei.ca/>

Clinical Resources & Click on See More
Clinical Resources - Palliative Care

NEW RESOURCE BOOKLETS



NEW

Two new resource booklets have been developed by our Provincial Integrated Palliative Care Team and copies are available from Blanche Ward at btward@ihis.org or 902-368-4347.

Booklet 1 – What You Need to Know Practical Considerations explains what happens at the end of life. It gives information about issues such as choosing where to be looked after, sorting out unfinished business, getting financial help, and who can help if you are cared for at home.
Booklet 2 – What You Need to Know Physical and Emotional Considerations explains changes to expect near death and provides information for caregivers on topics such as taking care of yourself, children, grief, and planning ahead.

LOOKING FORWARD TO 2020!

It is with great enthusiasm that we enter the new decade. Of significance is the ongoing implementation of the “Early Integration of Palliative Care” project and the building of provider competency in palliative care. In addition, we will focus our emphasis on patient, family and caregiver engagement and education.

We look forward to advancing the Palliative Approach to Care in all care settings within our health system.

On behalf of the Provincial Program, I wish all of you Health, Happiness and Prosperity in 2020!

Sincerely,



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



This winter we have had many sightings of this beautiful Snowy Owl perched on the flower boxes located just outside of patient room windows.
Photo by Johnny Ross