

Provincial Integrated Palliative Care Program Newsletter Summer 2019



Dear Health Care Provider,

Since our last newsletter, we continue to make great progress in building our Provincial Integrated Palliative Care Program by focusing on palliative care competency and capacity of our providers. During April and June, we held two LEAP training sessions conducted by facilitation experts from Pallium Canada where 165 care providers, including 20 physicians and 8 nurse practitioners received training in the palliative approach to care. The dates for the second LEAP session for GPs/NPs is set for October 3 and 4 at the Loyalist Country Inn in Summerside and a training session for Emergency Physicians is also being planned for November.



2-day Course for Healthcare Professionals Working in the Community

Course Modules include: Being Aware, Respiratory Symptoms, Taking Ownership, Psychosocial & Spiritual Care, Decision-Making, Grief, Pain, Essential Conversations, Gastrointestinal Nutrition & Hydration, Last Days & Hours, Advance Care Planning, Palliative Sedation, Delirium, Resources & Quality Improvement

During the next few months, we will also continue to conduct project sessions for primary care providers in medical clinics Summerside/West. To-date we have reached more than 80 providers including 28 GPs and 11NPs. We continue to focus on Primary Care to ensure as many providers as possible receive training in the palliative approach to care.

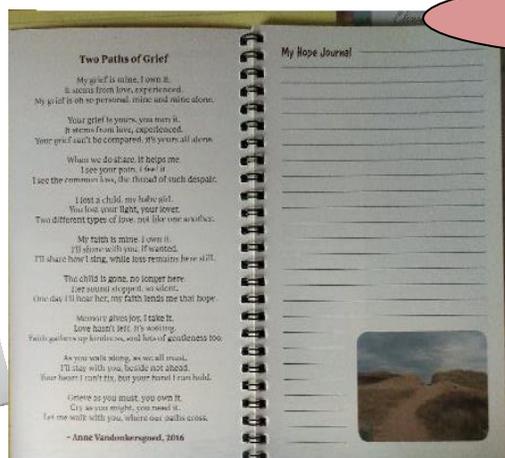
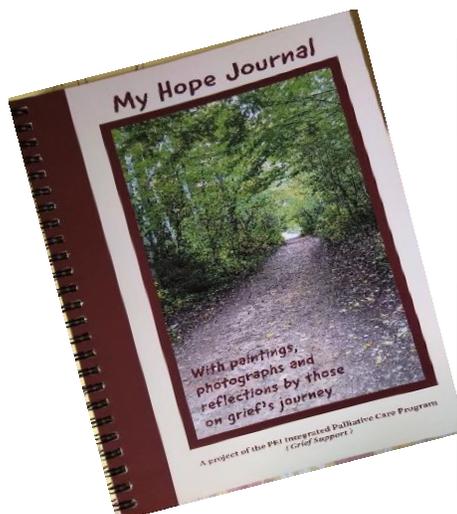
INTRODUCING TWO NEW RESOURCES

The “Palliative Care Ruler” as we call it has the Edmonton Symptom Assessment System (ESAS-r) scale on one side and the three steps to the palliative approach to care on the other – Identify, Assess and Plan/Manage listing the care tools and resources for each of these three steps. It acts as a “prompt” tool to remind providers of ESAS-r and the main assessment tools and resources for the three steps of the palliative approach care. This tool can also serve as a ruler – hence its name.



MY HOPE JOURNAL

This is a project of the PEI Integrated Palliative Care Program – Bereavement Grief Support co-led by Blanche Ward, Social Worker, and Mark Buell, Spiritual Care Clinician. It was inspired by the artistic expressions and thoughts provided by those on grief's journey and contains paintings, photos and passages submitted by participants of the Grief Support groups. Copies of the journal are \$10 and are available at Lillibet's Gift Shop at the Queen Elizabeth Hospital or from Blanche Ward at email btward@ihis.org or 902-368-4347. Proceeds will be used to print additional copies.



A Peek Inside Cover

NEW WATER FALLS ROCK GARDEN AT THE CENTRE

Nestled in the centre of the back of the property of the Palliative Care Centre is a beautiful **Water Falls Rock Garden** created recently - the work of love of a man in memory of his wife. This Rock Garden is positioned so that each patient can see it from their individual room. Surrounded by nature and water trickling from the falls, the Garden gives a sense of peace and calmness for all patients and their families to enjoy.

It is a wonderful addition to the Centre!



We continue to look forward to advancing the palliative approach to care in all healthcare settings within our system. Have a great summer!

Dr. Mireille Lecours
Provincial Palliative Care Medical Consultant

