

Provincial Integrated Palliative Care Program Newsletter

Fall 2021



Dear Colleagues,

The COVID-19 pandemic has led to rapid and profound changes in our healthcare system including heightening of the importance of initiating advance care planning (ACP) discussions. This letter provides helpful tools and resources for having these ACP conversations with your patients.

PROVIDERS



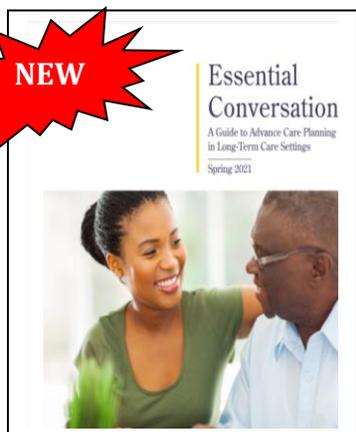
ACP presentation for providers and public found at <https://src.healthpei.ca/advance-care-planning> focuses on:

- What is Advance Care Planning?
- What is an Advance Care Plan?
- Why we should have an Advance Care Plan?
- Who needs to do the Plan?
- Important words around Advance Care Planning
- The five main steps to Advance Care Planning

Additional ACP resources can be found at this site.

LONG-TERM CARE

Essential Conversations: A Guide to Advance Care Planning in Long-Term Care Settings



by the Canadian Hospice Palliative Care Association (CHPCA) found at https://www.advancecareplanning.ca/wp-content/uploads/2021/06/LongTermCare-Toolkit_EN.pdf identifies best practices in ACP and palliative approaches in LTC featuring:

- When and how ACP should happen in LTC
- Tips and tools for integrating ACP into LTC
- Training and supporting the LTC team

A national team of health researchers developed **Strengthening a Palliative Approach in Long-term Care (SPA-LTC)** as an approach to care that draws together best practices in palliative care within long-term care settings across the globe. These practices were tested in Canadian LTC settings and adapted to fit our local context. SPA-LTC supports the needs of people living with a variety of life-limiting illnesses, including frailty, dementia, and cancer.



For more information, visit <https://spaltc.ca/>

The Palliative Approach in LTC Community of Practice has three main goals:

- Acts as a professional resource on ACP and palliative approaches in LTC education and implementation;
- Shares tools and resources to advance best practices in ACP and palliative approaches in LTC across Canada; and
- Provides a safe space to discuss, learn and explore different perspectives on ACP and palliative approaches in LTC.

To join this Community of Practice, visit <https://www.advancecareplanning.ca/ltc-cop/>

HOME & COMMUNITY CARE PROVIDERS



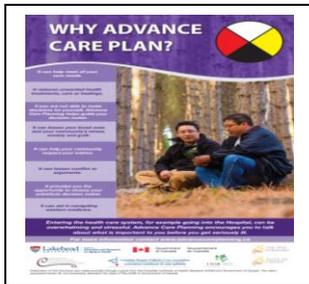
Resource Guide for Home and Community Care Providers by the Canadian Home Care Association for CHPCA on behalf of the ACP in Canada project found at https://www.advancecareplanning.ca/wp-content/uploads/2021/06/ACP-Home-and-Community-Care_ENG.pdf supports healthcare professionals involved in home-based care environments across Canada. It engages home and community care providers in three target behaviors for successful ACP:

- Facilitating early and ongoing ACP conversations
- Understanding patients' care wishes
- Reflecting wishes in the care plan and legal considerations



To download this guide or other ACP in Canada resources, visit https://www.advancecareplanning.ca/resources-and-tools/?jet-smart-filters=eposts/default&jet_paged=2

FIRST NATIONS



ACP is a key process for supporting First Nations people to receive palliative and end-of-life care at home, in hospital or in a long-term care home. Everyone involved in the circle of care must know the wishes of the seriously ill person, which includes the immediate family, Substitute Decision Maker, extended family, local health care providers and external health care providers. For ACP resources for people living in First Nations Communities, visit

<https://www.advancecareplanning.ca/resource/first-nations-ACP-resources/>

PRIMARY CARE

Introducing

The **ACP Primary Care Toolkit** - essential items to help you to encourage your patients to engage in ACP. You can download them individually by visiting our Staff Resource Site at: <https://src.healthpei.ca/advance-care-planning>

- A poster for your waiting room to encourage your patients to think about ACP.
- A handout for clinicians in your practice.
- A booklet for patients - it explains ACP and why they should do it.
- A handout that explains the difference between a substitute decision maker and a proxy.
- A Word List - explaining terms such as life-sustaining treatment, CPR, substitute decision maker.
- Just Ask - A card for clinicians with questions you can use to start the conversation with patients.
- Advance Care Planning Workbook and Wallet Card for you patients.

We continue to look forward to advancing ACP in all healthcare settings within our system.

Have a great fall!

Dr.Mireille Lecours, Provincial Palliative Care Medical Consultant