

# 2015 NSMHPCN REGIONAL CONFERENCE

## SESSION DESCRIPTION AND LEARNING OBJECTIVES

Day 2: Wednesday, May 27th, 2015

<p><b>HSIEN SEOW: Building a Palliative Care System – Are We Asking the Right Questions?</b></p> <p>Explore the evidence Dr. Seow and his team discovered when looking at the effectiveness of interdisciplinary palliative care teams in the community. What do planners and providers really need to be asking? What are the barriers to implementing regional plans and what tools will help implement a successful and effective plan?</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"> <li>1. Identify the 5 most commonly asked questions that planners and providers face when trying to develop a regional hospice palliative care plan.</li> <li>2. Examine common barriers to implementing regional plans and provide solutions to overcome them.</li> <li>3. Demonstrate 5 tools that will help implement a successful and effective regional plan.</li> </ol>	<p>Mainpro-M1 Credits: 1.25</p>
<p><b>HSIEN SEOW: Workshop: Applying the lessons learned when developing our own teams</b></p> <p>This workshop will provide an opportunity for participants to apply the tools presented in the keynote address, relating them to their own teams, and determining effective models of how and where to start.</p> <p><b>Learning objectives:</b></p> <ol style="list-style-type: none"> <li>1. Discuss lessons learned from community based palliative care teams across the province.</li> <li>2. Apply the lessons learned to ongoing regional planning in your own LHIN.</li> <li>3. Discuss how to implement the lessons learned within your own team.</li> </ol>	<p>Mainpro-M1 Credits: 1.25</p>
<p><b>CORI JOHNSON: Regional Team Development in North Simcoe Muskoka</b></p> <p>This session will review the current status and identify local initiatives to advance HPC in NSM, and discuss opportunities to implement recommendations within the region.</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review the current provision of palliative care in NSM</li> <li>2. Identify local initiatives to advance HPC in the region</li> <li>3. Discuss opportunities to implement recommendations within the region</li> </ol>	<p>Mainpro-M1 Credits: 1.25</p>
<p><b>EXPERT PANEL PRESENTATION: Preparing for Death in the Home—What do we need to consider?</b></p> <p>This case based presentation will examine and discuss the components of care that should be considered when helping a family prepare for death in the home.</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Examine the EDITH protocol and SRK use.</li> <li>2. Recognize the importance of physician involvement and comprehensive team communication</li> <li>3. Discuss appropriate utilization and benefit of primary, secondary and tertiary levels of palliative care.</li> </ol>	<p>Mainpro-M1 Credits: 1.25</p>

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### **SHEILA ATKINSON: Being Ready to Die: The emotional, spiritual and psychosocial journey towards dying**

Mainpro-M1  
Credits: 1.25

This workshop will examine the complex landscape of dying and explore creative ways to guide clients and loved ones along this journey. How do we invite those we care for to explore the emotional, spiritual and psychological dimensions around the journey towards dying? Sheila will encourage you to consider the deep crises which face those who are trying to be ready to die. Themes will include: grieving the losses, unfinished and unresolved issues, release and resolution, creating memories, use of creative ritual, and spiritual reflection and meaning making. Opportunity will be given for reflection on our own experiences.

#### **Learning Objectives:**

1. Examine components of being ready to die and challenges faced by patients and families when preparing for death – emotional, spiritual and psychosocial.
2. Illustrate the complex nature of providing support and tools that may help.
3. Discuss learned experiences and reflect on effective approaches.

### **DICK O'BRIEN: Have You Ever Had A Bad Day?**

Mainpro-M1  
Credits: 1.00

Do you have the occasional bad day? Would you like to have less of them in the future? We are more often than not a product of our choices, and Dick O'Brien will remind us that amidst new realities and demands in our fast changing world, we must remember to take time to calm the mind, exercise the body and feed the spirit. This humorous and uplifting presentation will teach us how personal resiliency is an important mindset to help deal with whatever life may throw at you.