



WHAT'S UP AND COMING!!!



BEYOND THE STETHOSCOPE A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

Air Date: 01-FEB-24
Hospice Palliative Care in a Diverse World

Please join Lynda Meeks and Laura Bates, NSMHPCN Palliative Pain and Symptom Management Consultants with the Mentorship and Education Portfolio, along with Rachel Lapensee, NSMHPCN Clinical Nurse Manager, as they discuss hospice palliative care in a diverse world, focusing on increasing inclusivity of LGBTQIAP+ individuals in hospice palliative care.



NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/



Caregiver Burnout Presented by the Hospice Orillia team

Caregivers are an integral part of the healthcare team for an individual receiving palliative care. All too often, however, a caregiver's own needs and self-care are low on the list of competing priorities. This can lead to caregiver burnout, a term for when caregivers experience mental, physical and emotional exhaustion while caring for someone else. It is so important that caregivers are taking time to focus on their well-being, even if it is just a few minutes a day.

Audrey Hepburn said it best, "You have two hands. One to help yourself, and one to help others". Getting outside for a walk, phoning a supportive friend or family member, or going into a separate room to take a few deep breaths or complete a breathing or grounding exercise are just a few simple ways that caregivers can replenish their spirit. Formal support is available at many hospices in North Simcoe Muskoka, including Hospice Orillia, should caregivers need a little extra help to cope with their situation.

"Sometimes the strength within you is not a big fiery flame for all to see, it's just a tiny spark that whispers ever so softly "You've got this, keep going"
~ Diana Haymond

Read:
How to Care for Yourself When You Have Caregiver Burnout



<https://bit.ly/Feb24Read>

Watch:
Preventing Burnout



<https://bit.ly/Feb24Watch>

Listen:
DocTalk podcast with Dr. Hennawi:
Caring for the caregiver



<https://bit.ly/Feb24Listen>

For more information please visit: <https://nsmhpcn.ca/education>

North Simcoe Muskoka Hospice Palliative Care Network
169 Front St. S., Orillia, ON L3V 4S9 | Phone: 705-325-0505





Palliative Care ECHO Project

Register Online: [HTTPS://NSMHPCN.CA/ECHO](https://NSMHPCN.CA/ECHO)

Back by Popular Demand!

Join our team of Palliative Pain and Symptom Management Consultants as we review two of the most commonly used tools in providing a palliative approach to care. We will take an in-depth look at how to utilize the tools through the review of case studies. Visit NSMHPCN.CA/ECHO for more information.

Topic **Edmonton Symptom Assessment Scale**

Date: **Thursday, February 8th, 2024**

Time: **1:00 PM - 2:00 PM**

Location: **Zoom**

The Edmonton Symptom Assessment System (ESASr) is a tool designed to assist in the assessment of ten symptoms common in cancer patients: pain, tiredness, drowsiness, nausea, lack of appetite, shortness of breath, depression, anxiety, well-being and constipation.



Catch up on YouTube

You can now catch up on our past ECHO series through the playlists listed below. Each series can be viewed in its entirety by visiting the links listed or by scanned the QR codes provided.



ECHO Tools in Your Toolbox



<https://bit.ly/ECHOTools>



ECHO Taking the Pain out of Pain Management: One Step...



<https://bit.ly/ECHOPain>



ECHO Evidence-Based Palliative Symptom...



<https://bit.ly/ECHOSymptom>

For more information please visit: <https://nsmhpcn.ca/education>

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WHAT'S UP AND COMING!!

2024 EDUCATION SCHEDULE



NOT SURE WHERE TO BEGIN YOUR EDUCATION JOURNEY?

Recommended Order

Fundamentals of Hospice Palliative Care (FHPC)

<https://nsmhpcn.ca/fundamentals-of-hpc/>



Advance Palliative Practice Skills (APPS)

<https://nsmhpcn.ca/apps/>



Comprehensive Advanced Palliative Care Education (CAPCE) Program

<https://nsmhpcn.ca/education/capce/>



Available in No Particular Order

Death Cafe

<https://nsmhpcn.ca/death-cafe/>



ECHO Palliative Care Project

<https://nsmhpcn.ca/echo/>



Palliative Care for the Dementia Journey

<https://nsmhpcn.ca/workshops/>



Pills, Pumps and Patches: The Pharmacologic Management of Pain in

Palliative Patients <https://nsmhpcn.ca/workshops/>



For more information please visit: <https://nsmhpcn.ca/education>

NORTH SIMCOE MUSKOKA HOSPICE PALLIATIVE CARE NETWORK USEFUL TOOLS AND RESOURCES



FNIMUI RESOURCE COLLECTION

[HTTPS://NSMHPCN.CA/FNIMUI-RESOURCES/](https://NSMHPCN.CA/FNIMUI-RESOURCES/)

Resources include:

- Community Resource Directory
- First Nations Communities Directory
- Illness Specific Resources



GRIEF & BEREAVEMENT RESOURCE COLLECTION

WWW.NSMHPCN.CA/GRIEF-BEREAVEMENT/

Resources tailored to:

- Children's Grief
- Healthcare Workers
- Patients & Families
- Pregnancy and Infant Loss
- Educational Resources



Resource Library for Patients, Family Members and Caregivers

WWW.NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/

- Advance Care Planning
- Hospice Directory
- Illness Specific Resources
- Palliative Care Myth Busting
- Supporting Children
- Resources for Following Death



NSMHPCN DIGITAL RESOURCE BINDER

Hospice Palliative Care resources at your finger tips!

WWW.NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE



We are pleased to share the NSMHPCN Virtual Resource Binder which includes a wealth of resources for all staff of any discipline providing palliative, or end-of-life care, to residents and families in NSM. This includes links to gold standard assessment tools and client/family handouts, regardless of where you work in NSM (Retirement and Long-Term Care Homes and acute care, and community) you have access to these resources and to the services of the Palliative Pain and Symptom Management Consultants (PPSMC's) with the NSMHPCN.

The dedicated team of PPSMC's have carefully curated the resources for you as a Hospice Palliative Care Provider.

For more information please visit: <https://nsmhpcn.ca/education>

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