



WHAT'S UP AND COMING!!!



BEYOND THE STETHOSCOPE A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

Air Date: 01-APR-24

Topic of Discussion: Advance Care Planning

Please join us for a special edition of Beyond the Stethoscope as we join Lynda Meeks and Rachel Lapensee for a conversation on Advance Care Planning.



NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/



Hot Tips: Advance Care Planning for Caregivers

If you are a caregiver, discussing end-of-life decisions with the person in your care can be very difficult. You may need to initiate and encourage the conversation. To make the topic less overwhelming, try bringing it up in a comfortable, relaxed setting. Begin with a situation they can relate to like another loved one's end-of-life experience and remind them how this type of planning will reduce stress, anxiety and conflict between family members and loved ones. Don't be discouraged if you are initially met with resistance. Advance Care Planning requires many conversations and is an ongoing process.

Five Steps of Advance Care Planning

By planning early, you can ensure that you have a voice in your future medical decisions. To help you (or a loved one) work through the advance care process, here are five steps to follow:

- **THINK** about your beliefs, values and concerns. What brings you quality of life?
- **LEARN** about various end-of-life medical procedures and the care decisions you may be asked to make (e.g. life-prolonging measures).
- **DECIDE** who will be your Substitute Decision Maker(s). Who would you like to speak for you if you are unable to make decisions?
- **TALK** about your wishes with your Substitute Decision Maker, loved ones and health care providers.
- **RECORD** your wishes and ensure that your decision maker(s) understands your choices and has a copy of your plan. Write your decisions down in an Advance Care Directive or record or videotape them.

Read:
Advance Care Planning



<https://bit.ly/Apr24Read>

Watch:
The FIVE Steps of
Advance Care Planning



<https://bit.ly/Apr24Watch>

Listen:
Speak Up Podcast - Episode 1: What
If? Let's Think About ACP



<https://bit.ly/APR24Listen>

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





WHAT'S UP AND COMING!!



Palliative Care ECHO Project

Advanced Care Planning

Advance Care Planning (ACP) is an essential aspect of healthcare, particularly for those with life-limiting illnesses, focusing on preparing for future healthcare preferences to ensure they are respected even if the individual can't communicate them. ACP requires reflecting on personal values and healthcare wishes, allowing individuals to specify their care preferences for scenarios where they cannot make decisions themselves. The session, led by experts Laura Bates and Lynda Meeks, will cover the critical role of choosing a Substitute Decision Maker (SDM) to make healthcare decisions aligned with the patient's wishes when they are unable to. Participants will also learn strategies for initiating and facilitating ACP discussions, overcoming barriers, and creating a supportive environment for ACP. This is crucial for improving the quality of care and life for patients with serious illnesses.

The session aims to empower healthcare providers and individuals to engage in ACP conversations early in the disease trajectory, ensuring patients' wishes are well-documented and understood.

UPCOMING SESSION

Thursday, April 25th, 2024
1:00 pm - 2:00 pm

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



Evidence-Based Palliative Symptom Assessment and Management

Excellent Palliative symptom assessment and ongoing management are based on the acuity, complexity and variability of the person's condition. The use of standardized and evidence based tools promote this excellence in practice.

Please join as we revisit 3 Cancer Care Ontario Symptom Management Algorithms. This review will assist you to identify and manage palliative symptoms, alleviate suffering and improve quality of life for your palliative patients/clients.

To view previous sessions in our ECHO series, please visit <https://nsmhpcn.ca/ECHO>



UPCOMING SESSIONS

Thursdays
1:00 PM - 2:00 PM

May 30th, 2024 Nausea & Vomiting

June 27th, 2024 Constipation & Diarrhea

Sept. 26th, 2024 Dyspnea

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



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





2024 CLINICAL CONFERENCE

Providing Palliative Care in a

Diverse World

**MAY
28
2024**

Together we will embark on a journey to explore and address the complexities of delivering palliative care in a diverse world.

Itinerary

- 8:30 am Registration Opens
- 9:00 am Opening Ceremony
- 9:30 am Keynote Speaker
- 10:45 am Break
- 11:00 am Breakout Session #1
- 12:00 pm Lunch
- 12:45 pm Breakout Session #2
- 1:45 pm Break
- 2:00 pm Closing Speaker
- 3:00 pm Special Guest
- 3:30 pm Closing Ceremony with Troy Monague



TUESDAY, MAY 28, 2024



BEST WESTERN PLUS MARIPOSA INN & CONFERENCE CENTRE



\$100* EARLY BIRD PRICE - VALID UNTIL APRIL 29TH!!



NSMHPCN.CA/CONFERENCE

Topics of Discussion

Palliative Care and Severe Mental Illness

Palliative Care and Sexual and Gender Minorities

Palliative Care and Intellectual and Developmental Disabilities

Palliative Care and the Vulnerably Housed

NSMHPCN



North Simcoe Muskoka Hospice
Palliative Care Network



705-325-0505



1-877-235-2224



705-325-7328



<https://nsmhpcn.ca>



169 Front St. S.

Orillia, ON L3V 4S8

Early bird price of \$100 is valid until April 29, 2024

Student discount available. Please contact Laura Bates (laura@nsmhpcn.ca) for further details.

Group discount available. Purchase 3 or more conference tickets at the same time and receive a \$25 discount on each ticket purchased (applied automatically when you register).



SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME



Fundamentals of Hospice Palliative Care (FHPC)

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

The Fundamentals of Hospice Palliative Care program is a highly interactive, introductory course for all healthcare providers, support workers, and volunteers interested in enhancing their knowledge of Hospice Palliative Care.

Course Components (all course components are mandatory, including attendance at all virtual in-class learning sessions):

- Three, 3-hour virtual in-class Case Based Learning sessions
- Self-directed online learning modules x 11
- Two Peer-to-peer exchanges
- One reflective Activity



Duration: Approximately 9 weeks

Fee: \$40

Pre-requisite: None

Upcoming Offerings:

<p>Start Date: April 18, 2024</p> <p>Registration Deadline: April 4, 2024</p> <p>Time: 9:00 AM – 12:00 PM</p> <p>Required Sessions: Apr. 18, 2024 May 9, 2024 May 23, 2024</p> <p>Enhanced Course Day: June 6, 2024 10:00 AM – 12:00 PM</p>	<p>Start Date: May 16, 2024</p> <p>Registration Deadline: May 2, 2024</p> <p>Time: 9:00 AM – 12:00 PM</p> <p>Required Sessions: May 16, 2024 June 6, 2024 June 20, 2024</p> <p>Enhanced Course Day: July 4, 2024 10:00 AM – 12:00 PM</p>	<p>Start Date: September 12, 2024</p> <p>Registration Deadline: August 29, 2024</p> <p>Time: 9:00 AM – 12:00 PM</p> <p>Required Sessions: Sept. 12, 2024 Oct. 3, 2024 Oct. 17, 2024</p> <p>Enhanced Course Day: Oct. 31, 2024 10:00 AM – 12:00 PM</p>	<p>Start Date: January 16, 2025</p> <p>Registration Deadline: January 2, 2025</p> <p>Time: 9:00 AM – 12:00 PM</p> <p>Required Sessions: Jan. 16, 2025 Feb. 6, 2025 Feb 20, 2025</p> <p>Enhanced Course Day: March 6, 2025 10:00 AM – 12:00 PM</p>
--	---	--	--

Advance Palliative Practice Skills (APPS)

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

Building on the Fundamentals of Hospice Palliative Care Program, The Advanced Palliative Practice Skills (APPS) program is an interactive, educational opportunity for Personal Support Workers (PSWs), Health Care Aides and Hospice Volunteers who are graduates of the Core Fundamentals of Hospice Palliative Care Program.

Course Components (all course components are mandatory, including attendance at all virtual in-class learning sessions):

- Three, 2-hour virtual in-class Case Based Learning sessions
- Self-directed online learning modules x 4
- Two peer-to-peer exchanges
- Ongoing self-reflection with practical application activities

Duration: Approximately 9 weeks

Fee: \$40.00

Pre-requisite: Fundamentals of Hospice Palliative Care



Upcoming Offerings:

<p>Start Date: May 1, 2024</p> <p>Registration Deadline: April 17, 2024</p> <p>Time: 1:00 PM – 3:00 PM</p> <p>Required Sessions: May 15, 2024 June 5, 2024 June 26, 2024</p>	<p>Start Date: September 11, 2024</p> <p>Registration Deadline: August 28, 2024</p> <p>Time: 1:00 PM – 3:00 PM</p> <p>Required Sessions: Sept. 25, 2024 Oct. 16, 2024 Nov. 6, 2024</p>
--	--

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





Comprehensive Advanced Palliative Care Education (CAPCE) Program

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

The CAPCE program is uniquely designed for nurses (RPN, RN, NP) to develop their leadership and expertise skills in hospice palliative care across all healthcare sectors.

All course components are mandatory, including attendance at all virtual in class learning sessions.

Duration: Approximately 5 months

Fee: \$250

Pre-requisites (to be eligible to participate in the CAPCE program, the following pre-requisites are required):

- Fundamentals of Hospice Palliative Care Program
- A minimum of 1-year experience caring for people with a progressive, life-limiting illness
- Ability and interest to function as a Resource Nurse, providing primary level support and advanced level knowledge and skills for care team members in his or her organization
- Ability and interest to coach others, facilitate change and be a role model
- Sensitivity to the impact of attitudes, behaviours, life experiences, values, thoughts and feelings on the well-being and quality of life from the perspective of all partners in care

2024

Course Components:

- Four, 4-hour virtual in-class Case Based Learning sessions
- Coaching Sessions (6-8) 2-hours each
- Two Practical Application Assignments
- Self directed reading
- Independent Online Modules x 6
- Four Peer-to Peer exchanges

Start Date: September 3, 2024

Registration Deadline: August 20, 2024

Time: 11:00 AM – 3:00 PM

Required Sessions:

Sept. 3, 2024*

Sept. 10, 2024

Oct. 15, 2024

Dec. 10, 2024

*Sept. 3rd time is

11:00 am – 12:00 pm



2025 (NEW: course components and dates)

Course Components:

- Nine two-hour virtual in-class coaching sessions over 18 weeks
- Self-directed reading and tasks
- Complete and submit three learning goals and attend a 1:1 review of goals with facilitator
- Three Peer-to-Peer exchanges
- Four discussion board postings
- End of module quizzes
- Complete a final assignment and application of knowledge in the final coaching session
- All course components are mandatory, including attendance at all virtual in class learning sessions.

Start Date: January 21, 2025

Registration Deadline: January 7, 2025

Time: 1:00 PM – 3:00 PM

Required Sessions:

- January 21, 2025
- February 4, 2025
- February 18, 2025
- March 4, 2025
- March 25, 2025
- April 8, 2025
- April 22, 2025
- May 6, 2025
- May 20, 2025



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



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>

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

