



WHAT'S UP AND COMING!!!



BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/

Air Date: 01-JULY-24

Topic of Discussion: Mental Health and Hospice Palliative Care

Join our host, Lori Gill, NSMHPCN Education Specialist and her guests Chantal Byrnes Leadbeater, Clinical Educator for the Horizon Program for Geriatric Psychiatry, and Laura Naumann, Clinical Orientation and Preceptor Leader, both of Waypoint Centre for Mental Health Care, as they discuss Mental Health and Hospice Palliative Care.



Hot Tips: Integrating Palliative Care Early in Illness Trajectory

Palliative care is not just about end-of-life care; it is about improving the quality of life for patients facing serious illnesses at any stage of their illness trajectory. Here are some key points to highlight:

1. **Early Integration of Palliative Care:** Research supports the idea that integrating palliative care early in the course of a serious illness can lead to better outcomes. This approach focuses on providing relief from symptoms, pain, and stress of the illness, alongside curative treatments. It helps patients and their families better cope with the emotional and physical challenges they face.
2. **Improvements in Quality of Life:** Early palliative care can lead to improvements in mood, coping strategies, and overall quality of life for patients. Palliative care teams are skilled in addressing a wide range of needs, including pain management, emotional support, spiritual care, and assistance with decision-making.
3. **Longer Survival:** Surprisingly, studies have shown that patients who receive early palliative care interventions may live longer than those who do not. This could be due to various factors, such as better management of symptoms, reduced stress, and improved adherence to treatment plans.
4. **Adaptability Over Time:** Palliative care is flexible and can adapt to the changing needs of patients as their illness progresses. It addresses not only physical symptoms but also psychological, social, and spiritual needs. As patients' conditions change, so too can the focus of palliative care interventions.
5. **Support for Caregivers:** Palliative care does not just benefit patients; it also provides much-needed support for their caregivers, who are often family members or close friends. Caregivers may experience significant stress and burden while caring for a loved one with a serious illness. Palliative care teams can offer assistance, education, and emotional support to caregivers, helping them better cope with their roles.

By emphasizing the importance of early integration of palliative care and highlighting its benefits throughout the course of a serious illness, healthcare providers can better meet the holistic needs of patients and their families.

Read:
Palliative Care in Ontario:
Everything You Need to Know



<https://bit.ly/July24R>

Watch:
Palliative Care from
Diagnosis to Death



<https://bit.ly/July24W>

Listen:
The Practice and Trajectory of
Palliative Care in Oncology



<https://bit.ly/July24L>

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

North Simcoe Muskoka Hospice Palliative Care Network
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Palliative Care ECHO Project



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 SESSION

Dyspnea

Thursday, Sept. 26th, 2024

1:00 PM - 2:00 PM

Zoom

Register online:

<https://nsmhpcn.ca/echo>



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 scanning 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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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:	
Start Date: September 12, 2024	Start Date: January 16, 2025
Registration Deadline: August 29, 2024	Registration Deadline: January 2, 2025
Time: 9:00 AM – 12:00 PM	Time: 9:00 AM – 12:00 PM
Required Sessions: Sept. 12, 2024 Oct. 3, 2024 Oct. 17, 2024	Required Sessions: Jan. 16, 2025 Feb. 6, 2025 Feb 20, 2025
Enhanced Course Day: Oct. 31, 2024 10:00 AM – 12:00 PM	Enhanced Course Day: March 6, 2025 10:00 AM – 12:00 PM

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:
Start Date: September 11, 2024
Registration Deadline: August 28, 2024
Time: 1:00 PM – 3:00 PM
Required Sessions: Sept. 25, 2024 Oct. 16, 2024 Nov. 6, 2024

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

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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>

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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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