



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

NSMHPCN COMFORT & CARE CHRONICLES | AUG 2024



BRENDA SMITH LEADERSHIP AWARD

Do you know an exemplary hospice palliative care provider in North Simcoe Muskoka?

Nominate them for the Brenda Smith Leadership Award! This prestigious award recognizes individuals who display passion, commitment, leadership, and determination in their field.

 **Nomination Deadline: September 27, 2024**

 <https://www.surveymonkey.com/r/QHTCPGY>



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North Simcoe Muskoka Hospice Palliative Care Network
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<https://nsmhpcn.ca/education> | Ph: (705) 325-0505





Subscribe to Never Miss Another Newsletter Again!

Stay up to date with our monthly Education Newsletter delivered directly to your inbox at the beginning of each month. We will never sell your information to any outside organization and we will never spam your inbox! On average we will send 1 email per month; however, if we have something exciting that just can't wait until the next month, we may send you a second email. To register scan the QR code or visit: <https://bit.ly/NSMHPCN>



BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/

Air Date: 01-AUG-24

Topic of Discussion: Palliative Care for Vulnerable Populations

Join our host, Lori Gill, NSMHPCN Education Specialist and her guests Rachel Lapensee, NSMHPCN Clinical Nurse Manager, as they discuss palliative care for vulnerable populations.



The Difference Between Delirium and Dementia



Healthcare providers distinguish between delirium and dementia-related confusion using various factors. Delirium typically appears suddenly, with fluctuating symptoms, while dementia progresses gradually and exhibits more stable symptoms. Delirium often involves a departure from the individual's usual mental state and may be accompanied by other medical symptoms. Treatment can improve delirium, but dementia is incurable, leading to persistent confusion despite interventions.

Read:

Differentiating Delirium Versus Dementia in the Elderly



<https://bit.ly/AUG24R>

Watch:

What is the difference between Delirium and Dementia?



<https://bit.ly/AUG24W>

Listen:

Delirium and Dementia



<https://bit.ly/AUG24L>



BY Pallium Canada



Palliative Care ECHO Project

Back by Popular Demand!

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 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>

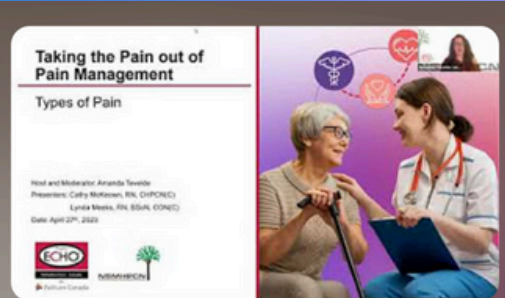


Catch up on YouTube

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



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



ECHO Evidence-Based Palliative Symptom...



<https://bit.ly/ECHOTools>

<https://bit.ly/ECHOPain>

<https://bit.ly/ECHOSymptom>



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SAVE THE DATE

**NOV. 14
2024**

Register to receive updates via email!



SCAN ME



NSMHPCN

North Simcoe Muskoka Hospice Palliative Care Network

NSMHPCN Regional Conference

“Honouring Cultural Diversity in the Realm of Palliative Care”



Essential Pain Management (EPM)

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



Over the course of six weeks, NSMHPCN Palliative Pain and Symptom Management Consultants (PPSMCs) will work with EPM learners to provide foundational knowledge and skills in pain assessment, management, and evaluation from a palliative care approach. The focus of the course is on the pharmacological management of pain, which can then be applied to practice.

Fee: \$40.00

Technology Requirements: Access to the internet to complete the online learning modules on D2L’s Brightspace learning platform along with access to the Zoom platform and an operational microphone and camera for participating in the coaching session(s).

UPCOMING SESSIONS:	Fall 2024	Winter 2025
Course Dates:	Oct. 1st, 2024 - Nov. 26th, 2024	Jan. 28th, 2025 - Mar. 25th, 2025
Registration Deadline:	Sept. 17th, 2024	Jan. 14th, 2025
Independent Study:	Scheduled by participants.	Scheduled by participants.
Coaching Session:	Nov. 19th, 2024 9:00 am - 10:30 am	Mar. 18th, 2025 9:00am - 10:30am
APM Session:	Nov. 26th, 2024 9:00 am - 12:00 pm	Mar. 25th, 2025 9:00am - 12:00pm

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 SESSIONS:	Fall 2024	Winter 2025
Start Date:	Sept. 12th, 2024	Jan. 16th, 2025
Registration Deadline:	Aug. 29th, 2024	Jan. 2nd, 2025
Time:	9:00 AM – 12:00 PM	9:00 AM – 12:00 PM
Required Sessions:	Sept. 12th, 2024 Oct. 3rd, 2024 Oct. 17th, 2024	Jan. 16th, 2025 Feb. 6th, 2025 Feb 20th, 2025
Enhanced Course Day:	Oct. 31st, 2024 10:00 AM – 12:00 PM	Mar. 6th, 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 SESSION:	Fall 2024
Start Date:	Sept. 11th, 2024
Registration Deadline:	Aug. 28th, 2024
Time:	1:00 PM – 3:00 PM
Required Sessions:	Sept. 25th, 2024 Oct. 16th, 2024 Nov. 6th, 2024



Comprehensive Advanced Palliative Care Education (CAPCE) Program <https://nsmhpcn.ca/education/capce/>



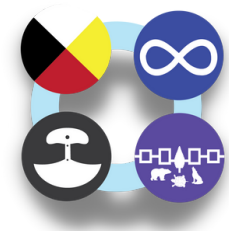
The CAPCE program is uniquely designed for nurses (RPN, RN, NP) to develop their leadership and expertise skills in hospice palliative care across all healthcare sectors.

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

Duration: Approximately 5 months

Fee: \$250

UPCOMING SESSIONS:	Fall 2024	Winter 2025
Start Date:	Sept. 3rd, 2024	January 21, 2025
Registration Deadline:	Aug. 20th, 2024	January 7, 2025
Time:	11:00 AM – 3:00 PM	1:00 PM – 3:00 PM
Required Sessions:	<ul style="list-style-type: none"> • Sept. 3rd, 2024* • Sept. 10th, 2024 • Oct. 15th, 2024 • Dec. 10th, 2024 *Sept. 3rd time is 11:00 am – 12:00 pm	<ul style="list-style-type: none"> • Jan. 21st, 2025 • Feb. 4th, 2025 • Feb. 18th, 2025 • Mar. 4th, 2025 • Mar. 25th, 2025 • Apr. 8th, 2025 • Apr. 22th, 2025 • May 6th, 2025 • May 20th, 2025
Course Components:	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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.
Course Pre-requisites:	<ul style="list-style-type: none"> • 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 	



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

[HTTPS://NSMHPCN.CA/GRIEF-BEREAVEMENT/](https://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.