



# NSMHPCN COMFORT & CARE CHRONICLES | OCT 2024

## October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Hot Tips</b>	2 <b>BSLA Nomination Deadline</b>	3 <b>FHPC Week 4 Fall 2024</b>	4	5 <b>World Meningitis Day</b>
6 <b>World Cerebral Palsy Day</b>	7	8 <b>Pregnancy and Infant Loss Awareness Day</b>	9 <b>World Wave of Light</b>	10 <b>Children's Hospice Palliative Care Awareness Day</b>	11	12 <b>World Hospice and Palliative Care Day</b>
13	14 <b>Happy Thanksgiving</b>	15 <b>CAPCE Week 6 Fall 2024</b>	16 <b>APPS 3 of 4 Fall 2024</b>	17 <b>FHPC Week 6 Fall 2024</b>	18	19
20 <b>Invisible Disabilities Week OCT. 20-27</b>	21	22	23	24 <b>ECHO Palliative Care Emergencies: DYKWTD?</b>	25 <b>Registration Deadline CSIC</b>	26
27	28	29 <b>World Psoriasis Day</b>	30	31 <b>FHPC Enhanced - Week 8 Fall 2024</b>	<b>Trick or Treat</b>	

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PPSMC = Palliative Pain and Symptom Management Consultants  
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Revised September 25, 2024

## Breast Cancer Awareness Month

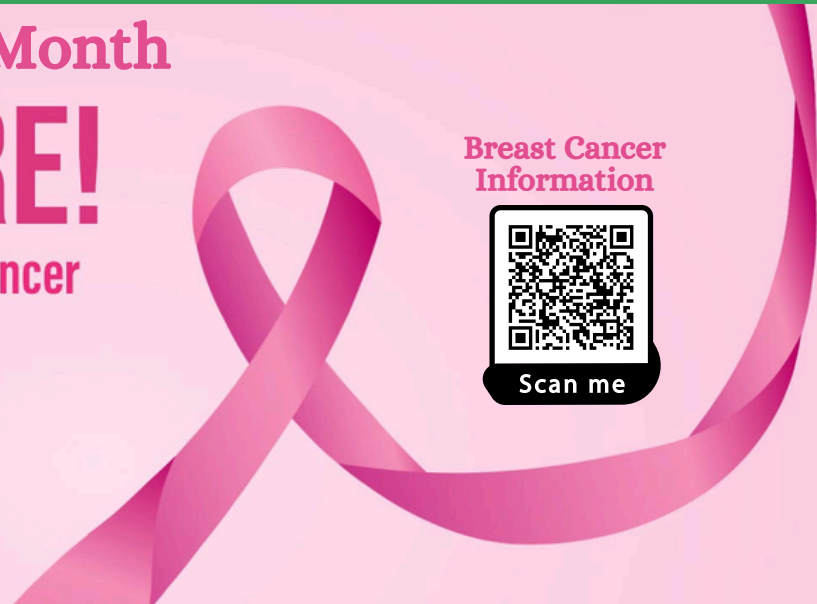
# LET'S BE AWARE!

You have a good chance to cure breast cancer if you find and treat it early.

If you think something's wrong, don't wait.

Seek care immediately.

Breast Cancer Information



## Pregnancy and infant loss awareness month

OCTOBER

One in four pregnancies ends in miscarriage. This doesn't mean that one in four women will experience a miscarriage, but rather that 25% of all pregnancies will end in grief. You are not alone, there is support available.

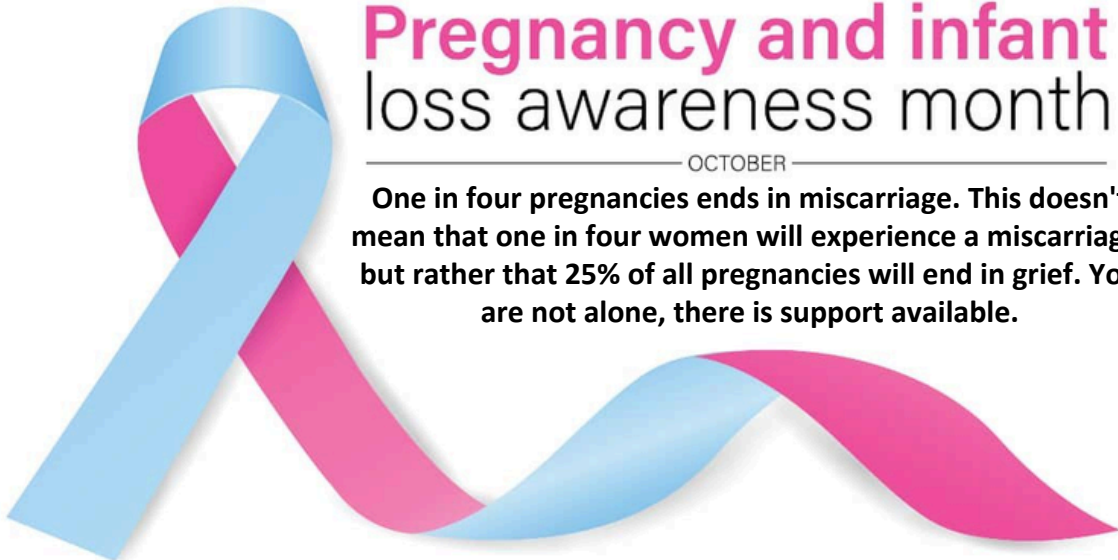


Pregnancy & Infant Loss Outreach of North Simcoe Muskoka

Pregnancy and Infant Loss Support



[nsmhpcn.ca/pilo-nsm/](https://nsmhpcn.ca/pilo-nsm/)



## 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>





# NSMHPCN

NORTH SIMCOE MUSKOKA HOSPICE PALLIATIVE CARE NETWORK

NOV.  
14th  
2024

# 2024 Regional Conference Honouring Cultural Diversity in the Realm of Palliative Care

TICKETS NOW  
AVAILABLE



EARLY BIRD  
PRICING \$75



Scan me

*Join us for a day of insightful discussions, workshops, and networking opportunities as we explore the intersection of cultural diversity and palliative care. This conference will bring together healthcare professionals, caregivers, and community leaders to share knowledge, celebrate diverse practices, and enhance culturally sensitive care for individuals with life-limiting illnesses.*

### 2024 Regional Conference Guests

Sheila Atkinson | Elder Hector Copegog | Lori Dallimore  
Brenton Diaz | Zoe Horst | Dr. Mihaylova  
Troy Monague | Dr. Parbtani | Kathy St. Amant

PRESENTED BY  
North Simcoe Muskoka  
Hospice Palliative  
Care Network

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nsmhpcn.ca

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**THURSDAY, NOV. 14TH, 2024**



**BEST WESTERN PLUS MARIPOSA  
INN & CONFERENCE CENTRE**



**\$75\* EARLY BIRD PRICE**



**NSMHPCN.CA/CONFERENCE**





# BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/)



**Air Date: 01-OCT-24**

**Topic of Discussion: MAID**

Join our host, Lori Gill, NSMHPCN Education Specialist, and her guests Julie Leighton-Phelps, NSMHPCN PPSMC, and MJ, who has developed a support group for survivors of MAID. Julie and MJ will take you along for a heartfelt discussion on MAID and what it is like to be a survivor of MAID.



## Palliative Care for People with Intellectual and Developmental Disabilities

The palliative care needs of individuals with intellectual and developmental disabilities share the same fundamental goals as those of the general population: the desire for a death free from pain and discomfort, the opportunity to spend time with loved ones, and the importance of having their personal preferences and decisions honoured when it comes to their care and treatment.

While these core needs are consistent across all individuals, those with intellectual and developmental disabilities often encounter specific and unique issues that can make it significantly more challenging to meet these needs effectively. These challenges may include difficulties with communication, which can affect every aspect of palliative care, as well as struggles with insight and the ability to participate in decision-making processes.

Additionally, individuals with intellectual and developmental disabilities might express signs and symptoms of illness and distress in unconventional ways, face multiple co-existing medical conditions, experience complex family and social dynamics, and deal with higher levels of behavioural or psychiatric issues. As a result, addressing their palliative care needs requires tailored approaches and heightened attention to these unique factors.

**Read:**

Palliative Care for People with Intellectual & Developmental Disability (PWIDD) Barriers and Enablers



<https://bit.ly/OCT24R>

**Watch:**

Palliative Care Good Practice for People Living with Intellectual and Developmental Disabilities



<https://bit.ly/OCT24W>

**Listen:**

'When Deaths Go Wrong: The Story of Richard Handley'



<https://bit.ly/OCT24L>





# Palliative Care ECHO Project



## Palliative Care Emergencies: Do You Know What To Do?

In hospice palliative care, the situations that constitute a palliative care emergency require urgent response to and treatment of in order to alleviate the distress and suffering they cause both the patient and their family or caregivers. The response and treatment of these emergencies must align with the patient's goals of care in relation to their current status and prognosis. Those working with patients receiving a palliative approach to care or at end of life need to be able to recognize the early signs and symptoms of palliative care emergencies in order to respond in a timely and efficient manner. This session will review the most common emergencies in hospice palliative care and the pharmacological and non-pharmacological interventions for each. It will also touch on how to educate and prepare families and caregivers about potential emergencies and how to support them during and after such an event. Target audience: RN, RPN, PSW



Thursday, October 24th, 2024 | 1:00 PM - 2:00 PM | Zoom  
Register online: <https://nsmhpcn.ca/echo>

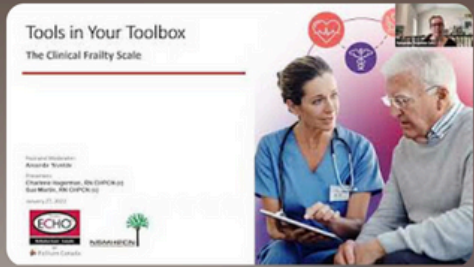


## Building Bridges Behind Bars

Join our host and special guest, Louise Brazier, Bereavement Services Coordinator, as they discuss the "Building Bridges Behind Bars" initiative. This initiative focuses on providing essential bereavement support to inmates and building capacity within correctional facilities. By addressing the unique challenges of delivering bereavement support to incarcerated individuals, the program aims to foster a compassionate approach that considers the physical, emotional, and spiritual needs of this population. Through collaborative learning and expert guidance, participants will gain the skills and knowledge necessary to build bridges of understanding and dignity in the correctional setting.



Wednesday, January 22nd, 2025 | 1:00 PM - 2:00 PM | Zoom  
Register online: <https://nsmhpcn.ca/echo>



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>





## 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:	Winter 2025
<b>Course Dates:</b>	Jan. 28th, 2025 - Mar. 25th, 2025
<b>Registration Deadline:</b>	Jan. 14th, 2025
<b>Independent Study:</b>	Scheduled by participants.
<b>Coaching Session:</b>	Mar. 18th, 2025 9:00am - 10:30am
<b>APM Session:</b>	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 SESSION:	Winter 2025
<b>Start Date:</b>	Jan. 16th, 2025
<b>Registration Deadline:</b>	Jan. 2nd, 2025
<b>Time:</b>	9:00 AM – 12:00 PM
<b>Required Sessions:</b>	Jan. 16th, 2025 Feb. 6th, 2025 Feb 20th, 2025
<b>Enhanced Course Day:</b>	Mar. 6th, 2025 10:00 AM – 12:00 PM





## 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

### 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.

### Course Pre-requisites:

- 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

<b>UPCOMING SESSION:</b>	<b>Winter 2025</b>
<b>Start Date:</b>	January 21, 2025
<b>Registration Deadline:</b>	January 7, 2025
<b>Time:</b>	1:00 PM – 3:00 PM
<b>Required Sessions:</b>	<ul style="list-style-type: none"> <li>• Jan. 21st, 2025</li> <li>• Feb. 4th, 2025</li> <li>• Feb. 18th, 2025</li> <li>• Mar. 4th, 2025</li> <li>• Mar. 25th, 2025</li> <li>• Apr. 8th, 2025</li> <li>• Apr. 22nd, 2025</li> <li>• May 6th, 2025</li> <li>• May 20th, 2025</li> </ul>



**Canadian Serious Illness Conversations (CSIC)**  
<https://nsmhpcn.ca/courses/>



Location: Virtual  
 Duration: 2 hours  
 Fee: FREE  
 Registration Deadline: October 25th, 2024 via Pallium Canada website

<b>UPCOMING SESSION:</b>	<b>Fall 2024</b>
<b>Date:</b>	November 5, 2024
<b>Registration Deadline:</b>	October 25, 2024
<b>Time:</b>	9:00 am – 11:00 am

**Course Overview:**

- Designed to provide healthcare professionals with the tools and knowledge needed to have compassionate and effective conversations with patients, families, and caregivers who are dealing with a serious illness
- Effective conversations between clinicians and individuals about values, goals and wishes in regard to healthcare treatment ease confusion and fear while ensuring decisions reflect what is most important to the individual
- Research shows that timely, person-centred serious illness conversations and care planning improve the care experience for both the clinician and the individual and their family/caregivers
- Provides a comprehensive understanding for healthcare professionals of the use and application of the Serious Illness Conversation Guide, developed by Ariadne Labs of Harvard Medical School and hosted through Pallium Canada
- Contains 2 parts: an online self-learning module (approximately 1.5-2 hours) and a 2 hour facilitated session led by certified facilitators to practice and refine the use of the guide through role-playing exercises

**How to register:**

- Login or create your Pallium Central account at [ca](https://pallium.ca)
- Select I have an Enrolment Key (yellow key icon)
- Enter the following enrolment key: NSM\_CSIC\_NOV2024
- Select Go to course

**How to access your course materials:**

- Login to your Pallium Central account at [pallium.ca](https://pallium.ca)
- Select My Courses and then select the Course Work button on the right side of your course name
- Complete the Letter of Information for Research Data Collection to access the pre-course activities, online self-learning modules and required 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

[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/](http://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](http://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.





**NSMHPCN**  
North Simcoe Muskoka Hospice Palliative Care Network

Thank You

Thank you to the  
Canada's Wonderland Tickets  
Canada Wonderland  
and  
Color Street  
for generously supporting our  
Employee Wellness Program.

colorSTREET



## *It's Time to Make YOU a Priority*

This is your monthly reminder that it is ok to take a break, recharge and come back stronger! Take a break from people, places and things that do not support your emotional well-being. It's okay to say no and to set boundaries.

Wellness Resources



Scan me

[nsmhpcn.ca/self-care/](https://nsmhpcn.ca/self-care/)



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