



NSMHPCN COMFORT & CARE CHRONICLES | MAR 2025

2025

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Colorectal Cancer Awareness Month National Social Work Month					1	2
3	4 CAPCE Winter 2025 Module #3 Pancake Tuesday	5	6 FHPC Winter 2025 Enhanced Week 8	7	8 <i>Women's Day</i>	9 Daylight Savings Begins
Social Work Week						
10	11	12 World Delirium Awareness Day	13	14	15	16
March Break						
17 <i>St. Patrick's Day</i>	18 EPM Winter 2025 Coaching Session Social Work Day	19	20	21	22	23
24 Death over Apps National Indigenous Languages Day	25 CAPCE Winter 2025 Module #4	26 EPM Winter 2025 APM Session	27	28	29	30
31						

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NORTH SIMCOE MUSKOKA HOSPICE PALLIATIVE CARE NETWORK

2025 CLINICAL CONFERENCE

Palliative Approach to Progressive Heart Disease

Prioritizing Symptom Management and Quality of Life

Virtual Access \$25
Access to Prerecorded Sessions
Week of May 19th - 23rd
à la carte access



Attend in Person \$75
Ferndale Banquet Hall, Barrie
Thursday, May 8th, 2025
8:30 am - 2:00 pm

VIRTUAL AND IN PERSON OPTIONS [HTTPS://NSMHPCN.CA/CONFERENCE](https://nsmhpcn.ca/conference)

NSMHPCN Staff Directory

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PPSMC = Palliative Pain and Symptom Management Consultants

*= Hospice Orillia **= On Leave





BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://nsmhpcn.ca/beyond-the-stethoscope/)

Air Date: 01-MAR-25

Palliative Care Discussions

Join our host, Lori Gill, NSMHPCN Education Specialist, and her guests, Nancy Good-Kennedy, Palliative Pain and Symptom Management Consultant with the NSMHPCN, for an in depth conversation about the importance of Palliative Care Discussions.



Did you miss an episode?

It's ok, we've got you covered!

You can catch up on past episodes with Apple Podcasts.

<https://apple.co/4kmr22b>



The Vital Role of Social Workers in Hospice and Palliative Care

Social workers play a central and indispensable role in supporting patients with terminal and chronic illnesses, as well as their families. As integral members of hospice and palliative care teams, they not only provide essential psychosocial support but also serve as advocates for patients' and families' needs, ensuring their voices are heard throughout the care process. Social workers facilitate meaningful conversations around complex healthcare decisions, offering emotional support, helping manage expectations, and navigating issues such as end-of-life planning, grief, and loss.

Their role has expanded significantly in recent years, as they contribute to the development of innovative models for psychosocial care and care coordination. This includes addressing the unique challenges faced by marginalized and special needs populations, ensuring that all patients receive care that respects their individual circumstances. Social workers help bridge the gap between medical care and emotional, social, and practical concerns, offering resources like financial assistance, access to support groups, and guidance on coping with illness. Their work not only enhances the quality of care but also improves the overall experience for patients and families, providing comfort and peace during one of the most challenging times in life. Through their expertise and compassion, social workers play a vital role in ensuring holistic, patient-centered care in palliative settings.

Read:
Understanding the Roles of Social Workers in Palliative Care

<https://bit.ly/Mar25R>

Watch:
Key Principles of Psychosocial Practice in Death, Dying, and Bereavement

<https://bit.ly/Mar25W>

Listen:
Social Workers as Leaders on Palliative Care Teams: A Podcast with Barbara Jones

<https://bit.ly/Mar25L>



North Simcoe Muskoka Hospice Palliative Care Network
169 Front St. S., Orillia, ON L3V4S8
<https://nsmhpcn.ca/education> | Ph: (705) 325-0505



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:

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

Duration: Approximately 9 weeks

Fee: \$40

Pre-requisites: None

UPCOMING SESSIONS:	Spring 2025 #1	Spring 2025 #2	Fall 2025	Winter 2026
Start Date:	April 17th, 2025	May 15th, 2025	Sept. 11, 2025	Jan. 15th, 2026
Registration Deadline:	April 3rd, 2025	May 1st, 2025	Aug. 28th, 2025	Jan. 1st, 2026
Time:	9:00 AM – 12:00 PM	9:00 AM – 12:00 PM	9:00 AM – 12:00 PM	9:00 AM – 12:00 PM
Required Sessions:	April 17th, 2025 May 8th, 2025 May 22nd, 2025	May 15th, 2025 June 5th, 2025 June 19th, 2025	Sept. 11th, 2025 Oct. 2nd, 2025 Oct. 16th, 2025	Jan. 15th, 2026 Feb. 5th, 2026 Feb. 19th, 2026

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 2025
Start Date:	Sept. 10th, 2025
Registration Deadline:	Aug. 27th, 2025
Time:	1:00 PM – 3:00 PM
Required Sessions:	Sept. 24th, 2025 Oct. 15th, 2025 Nov. 5th, 2025



Comprehensive Advanced Palliative Care Education (CAPCE)

<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: \$200

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

UPCOMING SESSIONS:	Fall 2025	Winter 2026
Start Date:	Sept. 2nd, 2025	Jan. 20th, 2026
Registration Deadline:	Aug. 19th, 2025	Jan. 16th, 2026
Time:	1:00 PM - 3:00 PM	1:00 PM - 3:00 PM
Required Sessions:		
Intro to CAPCE	Sept. 2nd, 2025	Jan. 20th, 2026
Module #1	Sept. 16th, 2025	Feb. 3rd, 2026
Module #2	Sept. 30th, 2025	Feb. 17th, 2026
Module #3	Oct. 14th, 2025	Mar. 3rd, 2026
Module #4	Oct. 28th, 2025	Mar. 24th, 2026
Module #5	Nov. 11th, 2025	Apr. 7th, 2026
Module #6	Nov. 25th, 2025	Apr. 21st, 2026
Module #7	Dec. 9th, 2025	May 5th, 2026
Module #8	Dec. 30th, 2025	May 19th, 2026

Death Cafe

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



"Breaking bread together fosters connection and is a universal human tradition. Throughout history, important conversations over meals have sparked significant artistic and political movements. Death over Dinner, founded in 2013 as a nonprofit, began after discovering that most Americans want to die at home but many don't due to discomfort talking about death. This initiative offers a safe space to discuss death and end-of-life planning. Now a global movement with over 100,000 events, Death over Dinner invites you to join the conversation.

To book a Death Café session for your organization, visit <https://nsmhpcn.ca/death-cafe>



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.

The focus of this course is on the pharmacological management of pain. Pain assessment, management, and evaluation are foundational skills for nurses working in any practice setting. EPM aims to equip nurses with a foundational knowledge base and skills around pain management, from a palliative care approach, that can be applied to your practice.

EPM

You will have a minimum of six weeks to complete the course. To receive an EPM certificate, you must:

- complete the four modules online and
- attend one 90-minute, mandatory online coaching session.

OPTIONAL MODULE - Advanced Approaches to Manage Pain (AMP) Preparation

Following EPM, you will have automatic access to the online AMP Preparation Module to explore advanced pain management.

Following successful completion of the AMP Preparation module, and the AMP module quiz, you'll earn your AMP Preparation badge. At this time, you will be able to attend the 3-hour AMP coaching session. To receive an AMP certificate, you must complete:

- the online AMP Preparation Module
- one mandatory 3-hour, AMP coaching session with case-based activities to practice your skills

Duration: Approximately 6 weeks

Fee: \$40.00

UPCOMING SESSIONS:	Spring 2025	Fall 2025 #1	Fall 2025 #2	Winter 2026
Start Date:	April 21st, 2025	Sept. 8th, 2025	Oct. 20th, 2025	Feb. 2nd, 2026
Registration Deadline:	April 7th, 2025	Aug. 25th, 2025	Oct. 6th, 2025	Jan. 19th, 2026
Independent Study:	April 21st, 2025 - June 16th, 2025	Sept. 8th, 2025 - Nov. 3rd, 2025	Oct. 20th, 2025 - Dec. 15th, 2025	Feb. 2nd, 2026 - Mar. 30th, 2026
Coaching Session #1:	June 9th, 2025 9:00 AM - 10:30 AM	Oct. 27th, 2025 9:00 AM - 10:30 AM	Dec. 8th, 2025 9:00 AM - 10:30 AM	Mar. 23rd, 2026 9:00 AM - 10:30 AM
Coaching Session #2:	June 16th, 2025 9:00 AM - 12:00 PM	Nov. 3rd, 2025 9:00 AM - 12:00 PM	Dec. 15th, 2025 9:00 AM - 12:00 PM	Mar. 30th, 2026 9:00 AM - 12:00 PM



Canadian Serious Illness Conversation (CSIC)

<https://nsmhpcn.ca/csic>



This program equips health care professionals with the skills to have compassionate and effective conversations with patients, families, and caregivers facing serious illness. By focusing on person-centered values, goals, and wishes, these conversations help reduce confusion and ensure that care decisions align with what matters most to the individual. The training includes a self-learning module and a facilitated session, guiding professionals in the use of the Serious Illness Conversation Guide developed by Ariadne Labs and Pallium Canada.

Course Overview

- Designed to provide health care 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 regards to health care treatment ease confusion and fear while ensuring decisions reflect what is most important to the individual
- Research shows that timely, person-centered 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

Duration: 2-hours

Fee: FREE

UPCOMING SESSIONS:	Spring 2025	Summer 2025	Fall 2025	Winter 2026
Date:	Apr. 11th, 2025	June 25th, 2025	Nov. 18th, 2025	Feb. 12th, 2026
Time:	10:00 AM - 12:00 PM	9:00 AM - 11:00 AM	9:00 AM - 11:00 AM	9:00 AM - 11:00 AM

A Palliative Approach to Care with Dementia

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



Taking a palliative approach to care improves the quality of care provided and enhances the overall well-being of the person with dementia and their family and caregivers. However assessing and managing symptoms and ensuring the plan of care for someone living with dementia maintains their dignity and follows their wishes, goals, and values can be difficult when the disease reaches the stage where the person is not able to speak for themselves.

This workshop's learning objectives:

- Describe the prevalence and pathophysiology of the various types of dementia
- Better support the person living with dementia and their family/caregivers through end of life
- Understand some of the commonly used medications in dementia
- Understand specialized tools available for symptom assessment and management in dementia

Education specific to dementia for health care professionals allows for:

- Better symptom management as symptom assessment and management is more complex in the context of cognitive impairment
- Improved communication between family/caregivers and health care professionals by giving health care professionals strategies for facilitating open and honest discussions about condition, prognosis, and end-of-life preferences
- Effective interdisciplinary collaboration to tailor the plan of care to the unique needs of each patient and their family/caregivers living with dementia
- Increased caregiver support by better recognizing their unique needs and providing resources, education, and support during an extended illness journey that can place a significant burden on family caregivers
- Improved coping skills for health care professionals to promote resiliency and minimize the risk of burnout

UPCOMING SESSION:	Spring 2025
Date:	May 28th, 2025
Registration Deadline:	May 14th, 2025
Time:	1:00 PM - 3:00 PM



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NOT SURE WHERE TO BEGIN YOUR EDUCATION JOURNEY?

Recommended Order

Fundamentals of Hospice Palliative Care (FHPC)
<https://nsmhpcn.ca/fhpc>



Advance Palliative Practice Skills (APPS)
<https://nsmhpcn.ca/apps>



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



Learning Essential Approaches to Palliative Care (LEAP)
<https://nsmhpcn.ca/leap>



Available in No Particular Order

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



Essential Pain Management (EPM)
<https://nsmhpcn.ca/education/epm/>



Canadian Serious Illness Conversation (CSIC)
<https://nsmhpcn.ca/csic>



A Palliative Approach to Care with Dementia
<https://nsmhpcn.ca/apacd/>



Palliative Care ECHO Project
<https://nsmhpcn.ca/echo>



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<https://bit.ly/NSMHPCN>



FNIMUI Resource Collection

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



Grief & Bereavement Resources

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



Resource Library for Patients, Family Members and Caregivers

[HTTPS://NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/](https://NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/)



NSMHPCN Digital Resource Binder

Hospice Palliative Care resources at your finger tips!
[HTTPS://NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE](https://NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE)



Request a Speaker



If you are seeking education on a specific topic or would like to request a speaker for an upcoming presentation at your organization or service group, we would be happy to assist! Please complete the online request form to provide us with the details. You can easily access the form by scanning the QR Code to the left, or by visiting the following link: <https://bit.ly/Req25>.

Alternatively, you may contact Lori Gill, Education Specialist, directly via email at lori@nsmhpcn.ca.

Wellness Moment The Power of Journaling

Looking for a simple yet powerful way to boost your mental well-being, practice self-care, and foster personal growth? Journaling might be the key!

Whether you're easing stress, tracking emotions, or setting goals, putting pen to paper can help you gain clarity, build resilience, and cultivate a more positive mindset. Not sure where to start? Try gratitude journaling, free writing, or bullet journaling!

Check out our latest Wellness Wednesday article for tips, free templates, and inspiration to kickstart your journaling journey!



<https://bit.ly/WWJournaling>

