

Palliative Care Can Happen Anywhere: Education and Tools for Rehabilitation Staff

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Date:

October 7, 2024



Covenant Health
Palliative Institute

BY
Pallium Canada

The Palliative Care ECHO Project

The Palliative Care ECHO Project is a five-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

Stay connected: www.echopalliative.com



Disclosures

The Palliative Care Public Awareness project is funded by the Government of Alberta. The views expressed herein do not necessarily represent the views of the Government of Alberta.



Reminders

- Please do not disclose any personal health information during the session.
- Your microphones are muted. When we invite participation, please unmute yourself if you'd like to speak at that time.
- If you experience technical difficulties, please let us know in the chat.



Learning Objectives

By the end of the session, participants will be able to:

Be informed of palliative care and the Palliative Institute.

Experience and know how to access free palliative care education for health care providers.

Identify relevant tools and how they can be used in their practice.

Land acknowledgement

Treaty 6 Territory and
Metis Nation Region
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Traditional meeting
ground and home for
many indigenous
peoples, including
Cree, Saulteaux,
Niisitapi (blackfoot)
and Metis and Nakota
Sioux.



Outline



1. Background
2. Education
3. Tools
4. Why it matters



What is Palliative care?



It can be someone who's young, someone who's old.





Nearly three-quarters (73%) of Albertans are either “very aware” (27%) or “somewhat aware” (47%) of palliative care. This is a substantial increase from 2016, when just over half (58%) of Canadians* were “very aware” (16%) or “somewhat aware” (43%) of palliative care.



Nearly two-thirds (63%) of Albertans agree that caring for people with serious illness is everyone’s responsibility, but only 35% were aware of supports available in their community, and 43% would know how to support someone with a serious illness.



Most Albertans (55%) want to receive information about advance care planning from their health care provider.

Rehabilitation and palliative care, what's the link?

Improving quality of life and functional independence



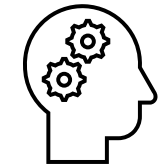
Honoring the values, goals, and desires of the person with serious illness



Anticipate decline and safety concerns



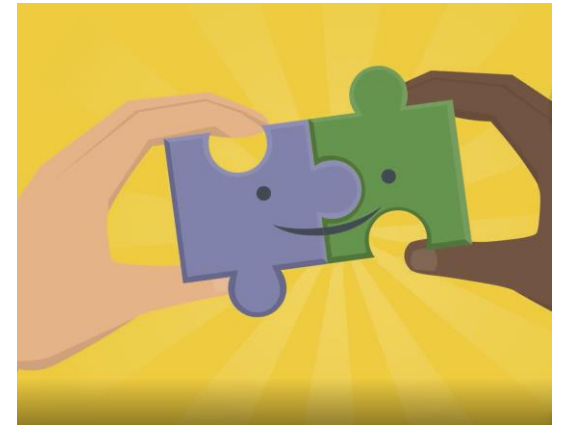
Identify unmet symptom management needs



Provide mindfulness-based interventions



Decline with dignity



- creating a culture of helping people with serious illness decline with dignity
- Shifting our focus from task performance to active participation in meaningful tasks
- Helping people save their energy for activities that are important to them

Rehab in Reverse



Sandy Palliative OT

Rehab **continues until death** and should be focused on the **big picture**

Staff can **offer choices** and ideas to meet someone's goal within **their “why”** and **the context.**

Case: 72 year old patient who was 3 days away from their birthday

Cord Compression and Spinal Mets

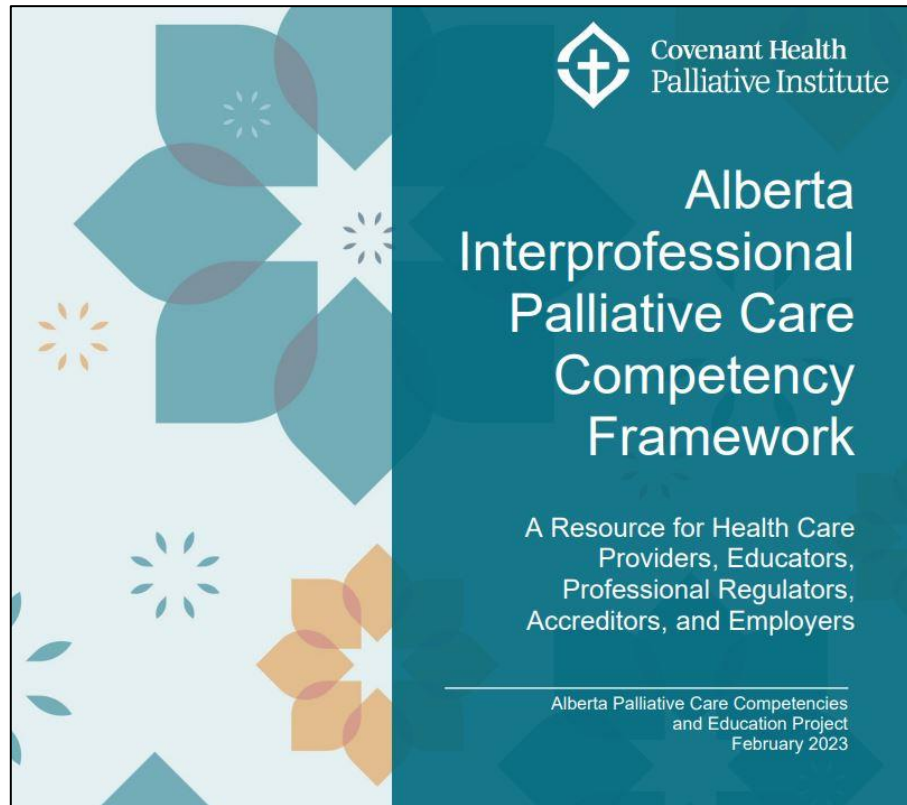


Let's Reflect

**What resonates
with you from this
story?**

**Was there a time
when you were able to
see the big picture
and help a client with
a serious illness reach
their goals?**

Background



Palli Pro

Palliative Care
Interprofessional Education





**Interprofessional
Competencies**



PalliPro

**Advance Care
Planning**



**My Wishes
Alberta Workbook**

**Continuing
Education**



ECHO hub

**Learning about
Palliative Care**



**Understanding
Palliative Care**

Competency Frameworks

- [Dietitians](#) 
- [Emergency medical responders and paramedics](#) 
- [Health care aides](#) 
- [Medical radiation and imaging technologists](#) 
- [Nurses](#) 
- [Occupational therapists](#) 
- [Pharmacists](#) 
- [Psychologists](#) 
- [Physiotherapists](#) 
- [Respiratory therapists](#) 
- [Social workers](#) 
- [Speech language pathologists and audiologists](#) 
- [Spiritual care](#) 
- [Volunteers](#) 



PalliPro

- Self-directed, interactive, free, online
- Based on Alberta Palliative Care Interprofessional Competencies
- Created in consultation with clinicians



Let's play PalliPro



[PalliPro: Palliative Care
Interprofessional Education -
Overview | Rise 360 \(articulate.com\)](#)

My Wishes Alberta

- Fillable workbook
- Adapted from *Coming Full Circle*, Canadian Virtual Hospice and Circle of Elders and Knowledge Carriers
- Print and digital versions



My Wishes Alberta: Planning for My Care

A workbook to help you explore and share your health care wishes



[My Wishes Alberta](https://www.compassionatealberta.ca) on [CompassionateAlberta.ca](https://www.compassionatealberta.ca)

Thinking about your wishes for care

Next, think about your wishes for your care and what you value the most. How would you like your physical, emotional, social, and spiritual needs met?

If you were to get very sick, what would matter the most to you?

(For example: being able to spend time with your family and friends, being in your own home, having people around you who speak your language, being pain-free, being treated with dignity)

If you were to get very sick, what would you be most worried about?

(For example: being in pain, being alone, needing to leave your home or community to receive care, that the people you care for are looked after, finances)

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What would you want your care providers to know about you as a person so that they could give you the best possible care?

“I follow a traditional lifestyle and that would be part of my expectations in my care – that it would be incorporated into Western medical interventions. That might mean plant medicines, teas, or even ceremonies in a medical context. I would want my health care providers to support this.”

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1. What matters most to you?

2. Thinking about your wishes for care.

3. Talking about your wishes.

4. Making sure your wishes are honoured.

ECHO

- Free webinars for public and HCP
- Palliative Institute series:
 - *ACP Alberta*
 - *PalliLearn*
 - *Psychosocial Spiritual Alberta CoP*
- [ECHO Hub \(covenanthealth.ca\)](http://covenanthealth.ca)



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Understanding Palliative Care

UNDERSTANDING PALLIATIVE CARE

Palliative care helps relieve the symptoms and stress of living with a serious illness. But many people who could benefit from this support do not access it. There are a lot of misunderstandings about palliative care - could it be more than you think?

This presentation will explore what palliative care is and the types of supports it offers.



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- Interactive
- Multimedia
- Self-directed
- Free online
- For a public audience



[Learn about palliative care \(covenanthealth.ca\)](http://covenanthealth.ca)



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Palliative care provides support in four areas:

Select each "+" image below to learn more.



Physical



Emotional



Social



Spiritual



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Colleen's Story






In summary

Rehab in
Reverse

Patient centered
care

Decline with
dignity

Big picture
thinking

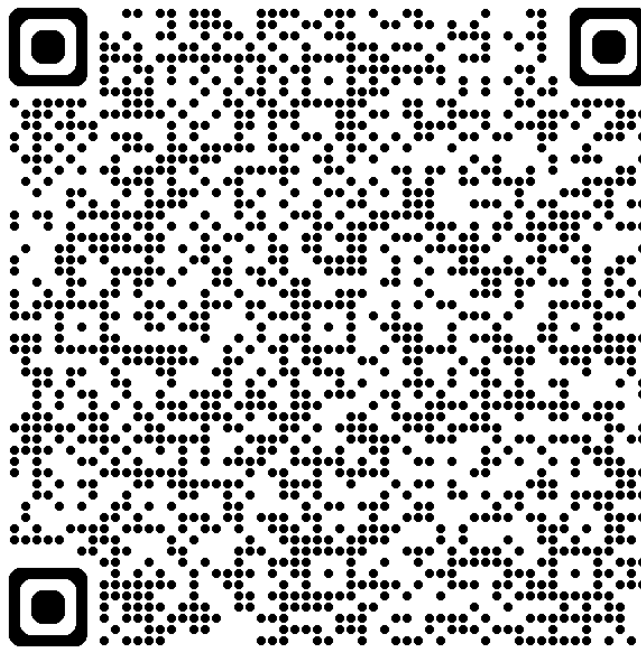


Discussion

- What has been your experience supporting palliative patients/clients in your roll?
- What could you bring to your work setting?
- How can learning more about palliative care change the care you deliver?
- What opportunities or barriers do you see?



Evaluation



<https://redcap.link/rehabecho>

Stay Connected



- Visit [Compassionate Alberta \(covenanthealth.ca\)](https://covenanthealth.ca) to access all our tools and resources.
- Please subscribe to our newsletter: [Palliative Institute | Compassionate Alberta newsletter](#)
- Contact us at: Palliative.Institute@covenanthealth.ca



Thank You!

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.

