

Palliative Care Can Happen Anywhere: Tools for Psychosocial Spiritual Professionals

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Date:

November 21st, 2024



Covenant Health
Palliative Institute



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

- This session is being recorded. Your microphones are on mute.
- 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.



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Land Acknowledgement

Treaty 6 Territory and Metis Nation Region 4

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





Outline

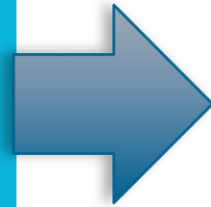
1. Background
2. Education
3. Tools
4. Why it matters

What is Palliative Care?

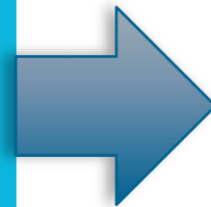


KEY FINDINGS

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.



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



Nearly **three-quarters (73%)** of Albertans are either **“very aware” (27%)** or **“somewhat aware” (47%)** of palliative care.

What's the link?

Palliative Approach to care supports people's emotional, social, spiritual and cultural needs across the illness trajectory

1. Compassionate listening
2. Therapeutic Interventions / Counselling
3. Grief & loss resources
4. Spiritual and cultural support
5. Referrals & teamwork



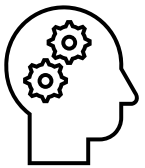
What's the link?



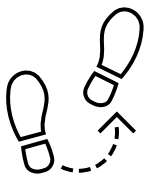
Honoring the values, goals, beliefs, culture and desires of the person with serious illness



Assess and identify unmet psychological spiritual needs



Provide therapeutic interventions including mindfulness-based interventions, verbal counselling and coping strategies



Facilitate access to meaningful activities, practical support & resources



Story

“Spirituality is about human beings seeking and expressing ultimate meaning and values, and connecting to the rich dimensions of our relationships, including our relationship with the transcendent or sacred. “ – Christine, Chaplain

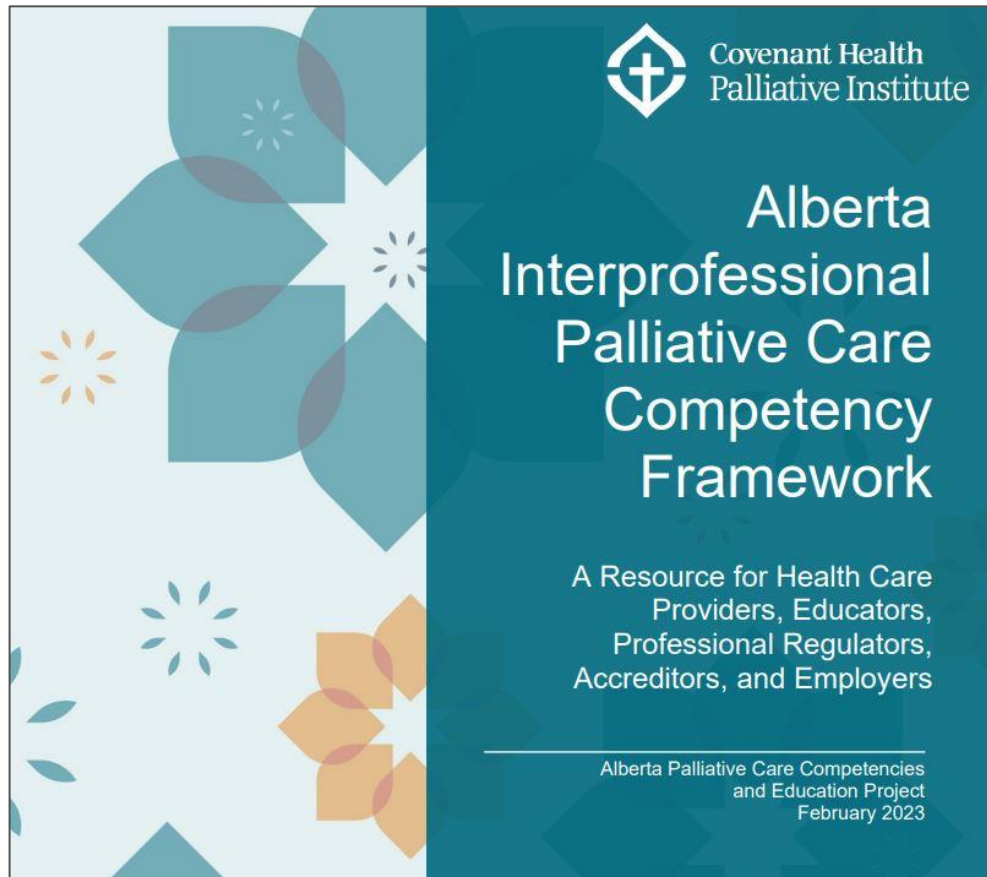


Let's reflect

What resonates with you from these stories?

Was there a time when you were able to provide a palliative approach to care in your role?

Background



Palli Pro

Palliative Care
Interprofessional Education



**Interprofessional
Competencies**



**Advance Care
Planning**



**Continuing
Education**



**Learning about
Palliative Care**



PalliPro

**My Wishes Alberta
Workbook**

ECHO hub

**Understanding
Palliative Care**

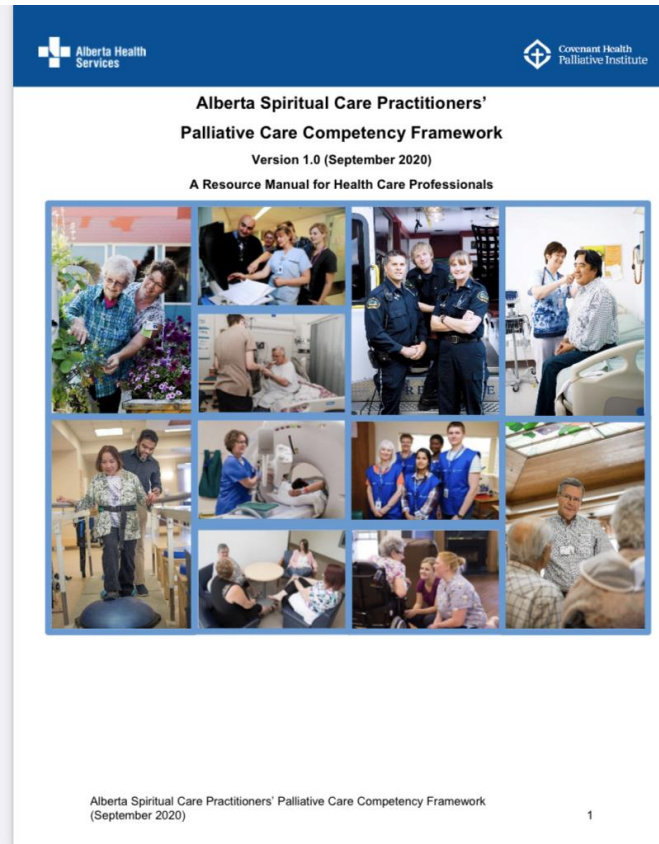
Competency Frameworks

Developed with Albertan practitioner content experts in palliative care.

[Alberta Social Workers Palliative Care Competency Framework \(covenanthealth.ca\)](https://covenanthealth.ca)

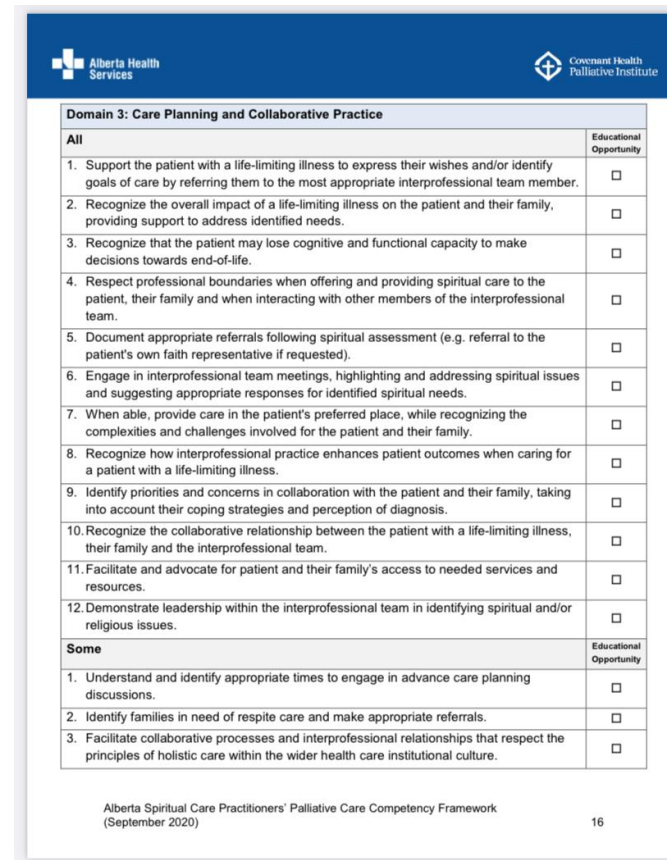
[Alberta Spiritual Care Practitioners Palliative Care Competency Framework \(covenanthealth.ca\)](https://covenanthealth.ca)

[Alberta Psychologists Palliative Care Competency Framework \(covenanthealth.ca\)](https://covenanthealth.ca)



Alberta Spiritual Care Practitioners' Palliative Care Competency Framework
Version 1.0 (September 2020)
A Resource Manual for Health Care Professionals

Alberta Spiritual Care Practitioners' Palliative Care Competency Framework (September 2020) 1



Domain 3: Care Planning and Collaborative Practice	
All	Educational Opportunity
1. Support the patient with a life-limiting illness to express their wishes and/or identify goals of care by referring them to the most appropriate interprofessional team member, providing support to address identified needs.	<input type="checkbox"/>
2. Recognize the overall impact of a life-limiting illness on the patient and their family, providing support to address identified needs.	<input type="checkbox"/>
3. Recognize that the patient may lose cognitive and functional capacity to make decisions towards end-of-life.	<input type="checkbox"/>
4. Respect professional boundaries when offering and providing spiritual care to the patient, their family and when interacting with other members of the interprofessional team.	<input type="checkbox"/>
5. Document appropriate referrals following spiritual assessment (e.g. referral to the patient's own faith representative if requested).	<input type="checkbox"/>
6. Engage in interprofessional team meetings, highlighting and addressing spiritual issues and suggesting appropriate responses for identified spiritual needs.	<input type="checkbox"/>
7. When able, provide care in the patient's preferred place, while recognizing the complexities and challenges involved for the patient and their family.	<input type="checkbox"/>
8. Recognize how interprofessional practice enhances patient outcomes when caring for a patient with a life-limiting illness.	<input type="checkbox"/>
9. Identify priorities and concerns in collaboration with the patient and their family, taking into account their coping strategies and perception of diagnosis.	<input type="checkbox"/>
10. Recognize the collaborative relationship between the patient with a life-limiting illness, their family and the interprofessional team.	<input type="checkbox"/>
11. Facilitate and advocate for patient and their family's access to needed services and resources.	<input type="checkbox"/>
12. Demonstrate leadership within the interprofessional team in identifying spiritual and/or religious issues.	<input type="checkbox"/>
Some	Educational Opportunity
1. Understand and identify appropriate times to engage in advance care planning discussions.	<input type="checkbox"/>
2. Identify families in need of respite care and make appropriate referrals.	<input type="checkbox"/>
3. Facilitate collaborative processes and interprofessional relationships that respect the principles of holistic care within the wider health care institutional culture.	<input type="checkbox"/>

Alberta Spiritual Care Practitioners' Palliative Care Competency Framework (September 2020) 16

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
\(articulate.com\)](#)

Next steps



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)



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.”

1. What matters most to you?

2. Thinking about your wishes for care.

3. Talking about your wishes.

4. Making sure your wishes are honored.

ECHO

- Free webinars for public and HCP
- Palliative Institute series:
 - *ACP Alberta*
 - *PalliLearn*
 - *Psychosocial Spiritual Alberta CoP*

[ECHO Hub](http://covenanthealth.ca)
(covenanthealth.ca)



BY
 Pallium Canada

Upcoming Sessions:

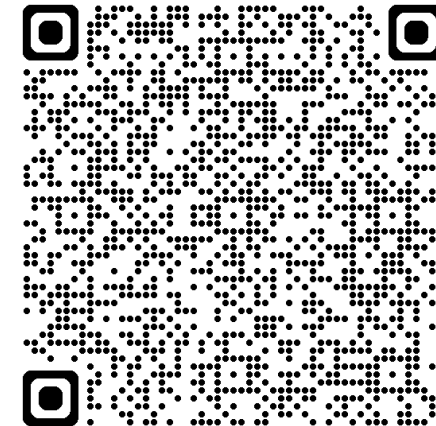
Session 2: Culturally Safer Care

Juliet Foster, RN, Indigenous Nurse Navigator

December 19th

Free Webinars 12-1 PM MST

[ECHO Hub \(covenanthealth.ca\)](http://covenanthealth.ca)



Upcoming Sessions: [ECHO Hub \(covenanthealth.ca\)](https://covenanthealth.ca)

Session 3: Mindful Self-Compassion, Dr. Charlie Chen – Jan. 16, 2025

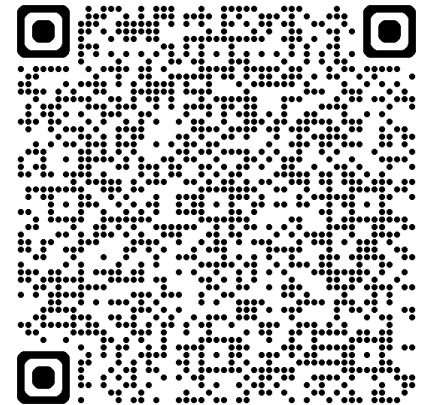
Session 4: How To Care, What To Say, Becky Van Tassel- Feb. 20

Session 5: Skill Building For Difficult Conversations, Kimberly Crosby – March 20

Session 6: Dementia & Grief, Kim Everingham – April 24

Session 7: Poetry in Therapy, Joanne Morcom – May 15

Session 8: Suffering and Spirituality in EOL –
Craig Traynor, Wenda Salomons – June 12, 2025




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?

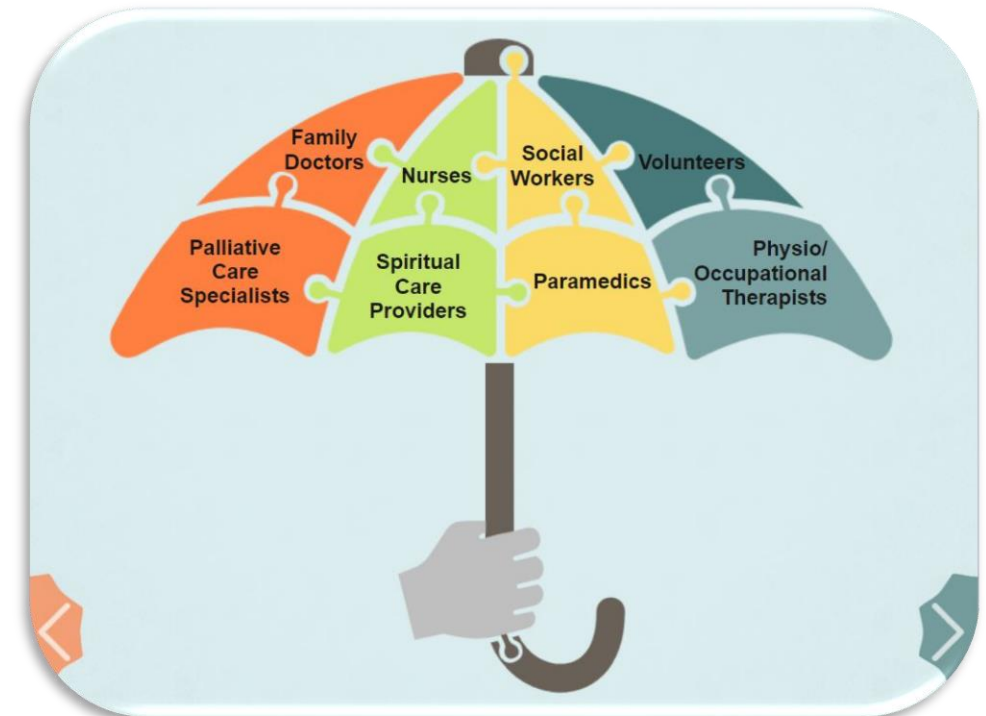
This presentation will explore what palliative care is and the types of supports it offers.

 Learn More



 Covenant Health
Palliative Institute

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



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



Palliative care provides support in four areas:

Select each "+" image below to learn more.



Physical



Emotional



Social



Spiritual



PalliLearn courses in Alberta



What is palliative care?



Your role in a Compassionate Community



How to have conversations about dying and grief



What matters most?

In summary

Patient
centered care

Assess and
Support
psychological &
spiritual needs

Compassionate
Listening

Advocating for
patient's wishes

Access to
Resources &
support

Discussion

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



Thank you, Let's 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



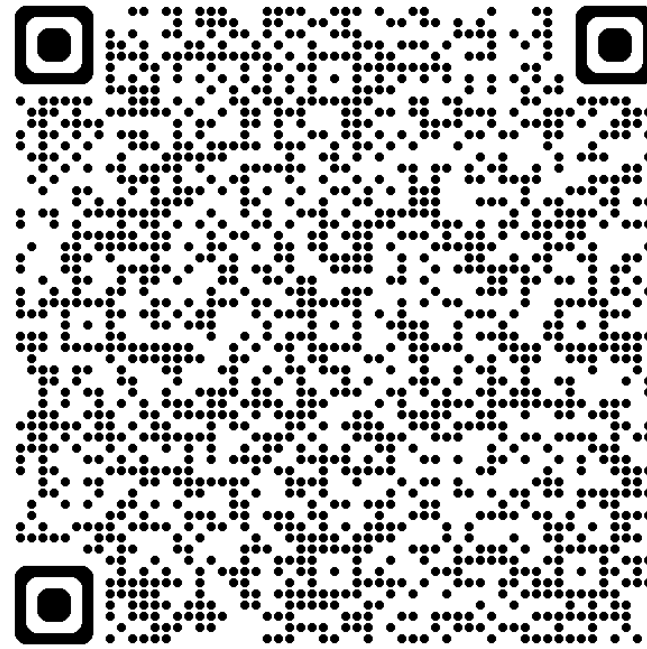
Resources

1. [Compassionate Care Benefits](#)
2. [Palliative Health Benefits](#)
3. [Canadian Virtual Hospice](#)
 1. My Grief.ca
 2. Youth Grief.ca
 3. Kids Grief.ca
 4. Living My Culture
 5. Two-Spirit and LGBTQ+
 6. My Learning Hub – link to learn more
4. [Dougy Center – support for children](#)

References

- Covenant Health Palliative Institute. Alberta Spiritual Care Practitioners' Palliative Care Competency Framework: A Resource Manual for Health Care Professionals. Edmonton, AB: September 2020
- Gardner F. A social work contribution in end-of-life care: incorporating critical spirituality. *Palliative Care and Social Practice*. 2024;18. doi:10.1177/26323524241282683
- Gijsberts, M. H. E., Liefbroer, A. I., Otten, R., & Olsman, E. (2019). Spiritual care in palliative care: A systematic review of the recent european literature. *Medical sciences (Basel, Switzerland)*, 7(2), 25. <https://doi.org/10.3390/medsci7020025>
- Gómez-Batiste X., Mateo-Ortega D., Lasmarías C., Novellas A., Espinosa J., Beas E., Ela S., Barbero J. (2017). Enhancing psychosocial and spiritual palliative care: Four-year results of the program of comprehensive care for people with advanced illnesses and their families in Spain. *Palliative Support Care*;15 :98–109. doi: 10.1017/S1478951516000857.

Evaluation



<https://redcap.link/psecho21nov>

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.

