

Unpacking the Principles of a Palliative Approach to Care Series

The Philosophy of Palliative Care and a Palliative Approach

Presenters:

Nadine Valk, Director of the Mindfulness Informed End of Life Care Program at the University of Toronto School of Continuing Studies, certified Integral Professional Coach™

Deborah Francis RN MN CHPCN (C), Advanced Practice Leader- Palliative Care/Child and Family/BPSO Lead, SE Health

Rosalyn Straw RN BScN, Clinical Practice Coach, SE Health

Host and Moderator: Jennifer Campagnolo, CHCA

Date: April 10, 2024



Land Acknowledgement



We recognize with humility and gratitude that Canada is located in the traditional, historical and ceded and unceded Lands of First Nation, Inuit and Metis Peoples. On behalf of us all, we acknowledge and pay respect to the Indigenous peoples past, present and future who continue to work, educate and contribute to the strength of this country.

Learning Objectives

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

Describe how the palliative approach enhances care and its benefits

Identify people and opportunities to implement a palliative approach

Learn how principles of palliative care are being integrated into home care practice/ planning / care delivery

THE CANADIAN INTERDISCIPLINARY PALLIATIVE CARE COMPETENCY FRAMEWORK

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A curriculum guide for educators and reference manual for disciplines providing palliative care.

Health Canada / Santé Canada

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A curriculum guide for educators and reference manual for disciplines providing palliative care.

What this framework seeks to achieve, and how to use it

This framework establishes a minimum national standard for palliative care in Canada.

It is written with several readers in mind:

- Individuals, managers and human resources personnel** will use it to fill skills gaps and guide hiring practices.
- Educators** will use it to identify minimum standards for palliative care competencies, weave the development of essential skills into existing curricula, or build new curricula to teach the competencies.
- National accreditation and regulatory agencies** will use it as a guide for establishing minimum national standards in palliative care.

Specifically, the disciplines with competencies in the framework:

- Nurses
- General Physicians
- Social Workers
- Personal Support Workers
- Volunteers

The framework includes:

a. Twelve domains of competency:

1. Principles of a palliative approach to care	5. Care planning and collaborative practice	9. Professional and ethical practice
2. Cultural safety and humility	6. Last days and hours	10. Education, evaluation, quality improvement, research
3. Communication	7. Loss, grief, and bereavement	11. Advocacy
4. Optimizing comfort and quality of life	8. Self-care	12. Virtual care

b. Discipline-specific skills self-assessments:

- provide the health care practitioner with a snapshot of their own competencies;
- provide managers with tools to gauge the levels of palliative care competencies within a team;
- can guide professionals and managers as they customize continuing education plans.

c. Education resources

Health Canada / Santé Canada

Unpacking the Principles of a Palliative Approach to Care



Domain 1: Principles of a palliative approach to care

Palliative care aims to improve the quality of life of people with life-limiting conditions and their designated families or caregivers. This person-centred care ideally begins at diagnosis, continues into bereavement, and is for people of any age. ¹

Unpacking the Principles of a Palliative Approach to Care



Competency 1.1 Understanding the core philosophy of palliative care and the palliative approach to care¹

For Interdisciplinary team members (nurses, SW, PSWs, generalist physicians and volunteers) this means recognizing, understanding and integrating:

- The philosophies of palliative care and palliative approach, the benefits and impact on care and patient and caregiver experience
- Common trajectories, signs of decline/status changes, and integration opportunities
- Inclusion into education, standards, guidelines, and policies
- Respecting community- and culturally-specific practices, such as traditional, complementary and alternative medicines or practices

Introductions



Nadine Valk

Director of the Mindfulness Informed End of Life Care Program at the University of Toronto School of Continuing Studies, certified Integral Professional Coach™



Deborah Francis RN MN CHPCN (C)

Advanced Practice Leader
-Palliative Care/Child and Family/BPSO Lead
SE Health



Rosalyn Straw RN BScN

Clinical Practice Coach
SE Health



Principles of a Palliative Approach to Care



Canadian Home Care
Association



Objectives



Understand the principles and practices of palliative care and a palliative approach to care.

Definitions

PALLIATIVE CARE is an approach that aims to reduce suffering and improve the quality of life for people who are living with life limiting illness through the provision of:

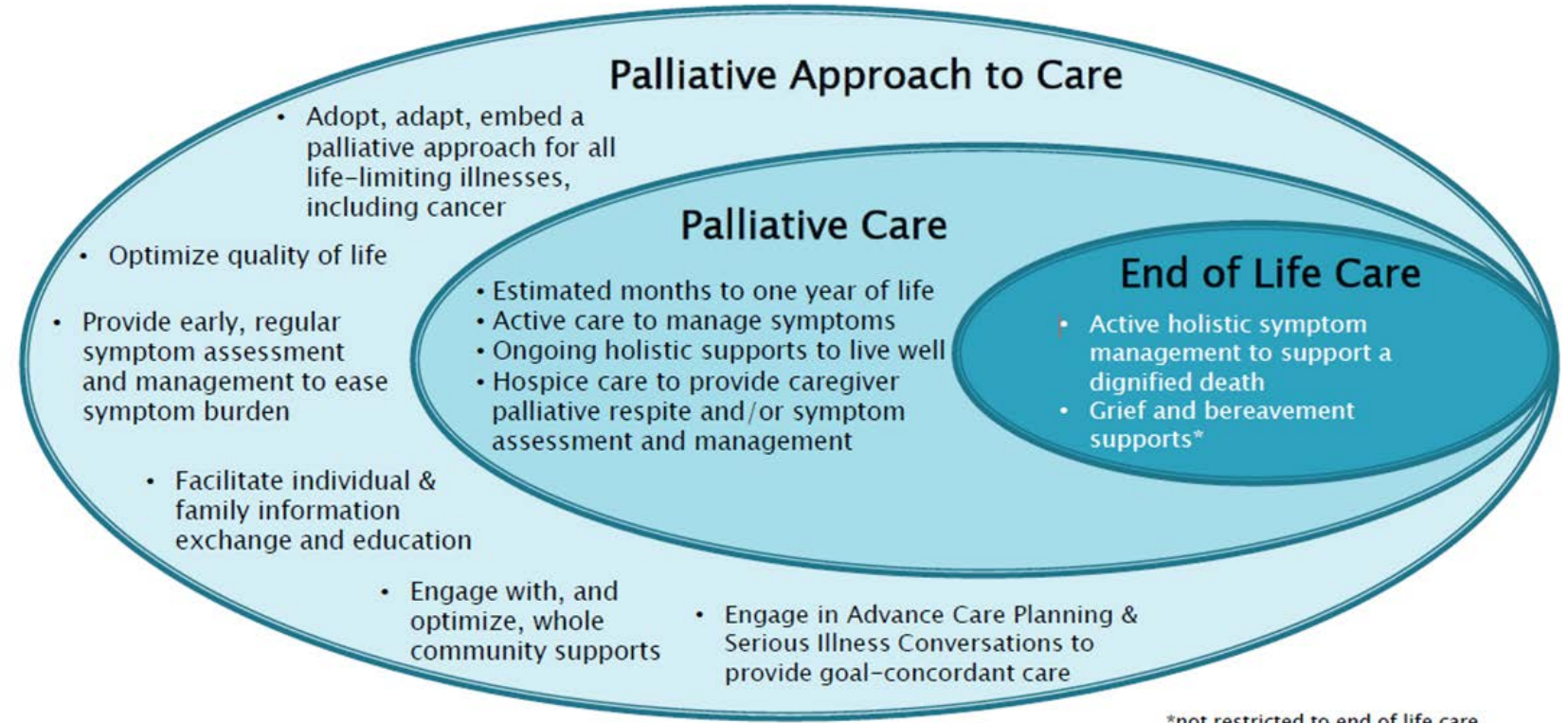
- Pain and symptom management;
- Psychological, social, emotional, spiritual, and practical support; and
- Support for caregivers during the illness and after the death of the person they are caring for.

PALLIATIVE APPROACH TO CARE applies palliative care principles to the care of people facing chronic, life-limiting conditions throughout the illness trajectory, not only at the end of life.



Continuum of Care

Differentiating and Understanding the Palliative Continuum: Palliative Approach to Care vs Palliative Care vs End of Life Care

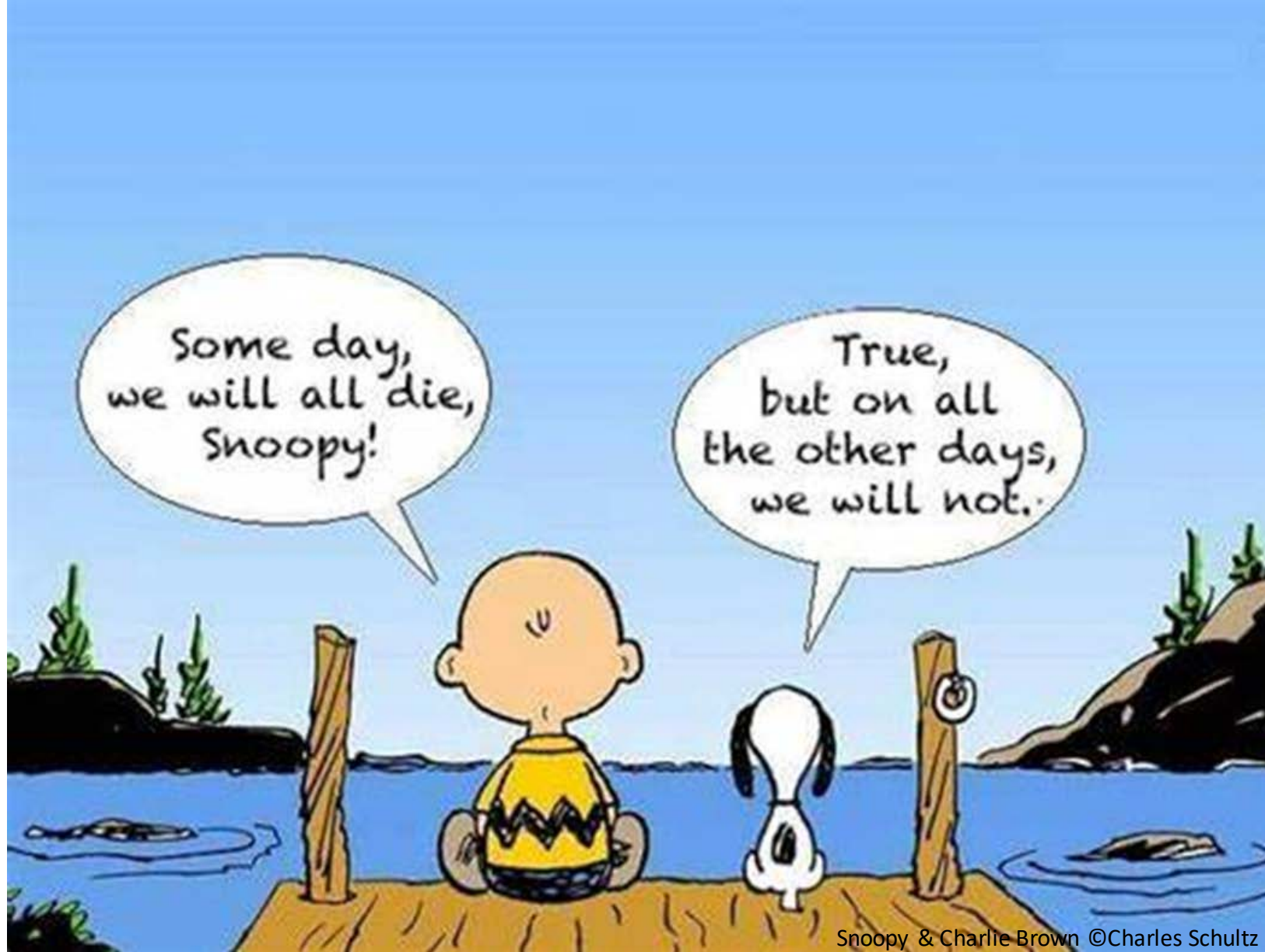


Original Source:
 BC Palliative Centre for Excellence, June 26th, 2013
 Updated: Interior Health, July 2019; July 2023

Five Things to Know

1. Focus on Quality of Life
2. Holistic
3. The Earlier the Better
4. Team Approach
5. Person-Centred

Quality of Life





Holistic

WHAT PEOPLE **THINK** PALLIATIVE CARE IS...



WHAT PALLIATIVE CARE **REALLY** IS...





Earlier is Better



Team Approach



CHWs are often the members of the care team with the most knowledge about the unique perspective of each person and their designated family or caregiver(s)



Person-Centred Care

PERSON-CENTERED CARE is an approach to care that puts the person receiving care in the center of the decisions that involve them, including the planning, developing, and monitoring of the delivery of care.

The person can therefore ensure that the care they receive is meeting their needs. In this approach, the person is seen as the expert, and the person partners with the health care team to get the best outcomes based on information and treatment choices shared by the care providers.



How Comfortable Are You?

- ✓ Not at all
- ✓ Moderately
- ✓ Completely
- ✓ Depends on the Day
- ✓ Depends on the Person..





Case Study: Applying a Palliative Approach to Care

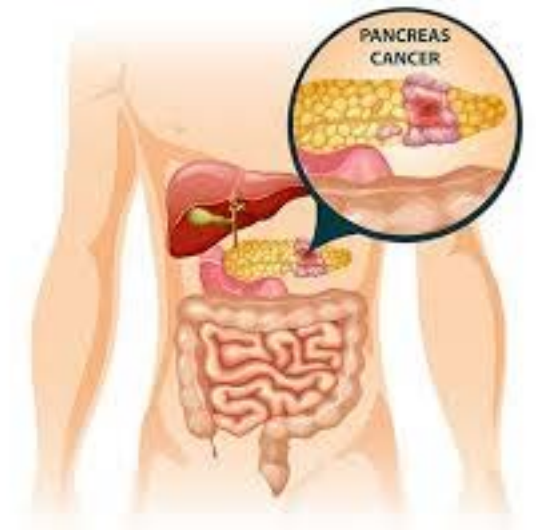
Rosalyn Straw, CPC

Deborah Francis, APL



Case Scenario 1

- Jordan, a 68-year-old man, lives with his wife Susan has been diagnosed with Pancreatic Cancer
- He is a prominent figure in the community and is the main decision maker in the household
- A week ago, his doctors confirmed that his treatment is now non-curative
- Jordan becomes delirious, and his wife unsure about next steps, calls 911 for support



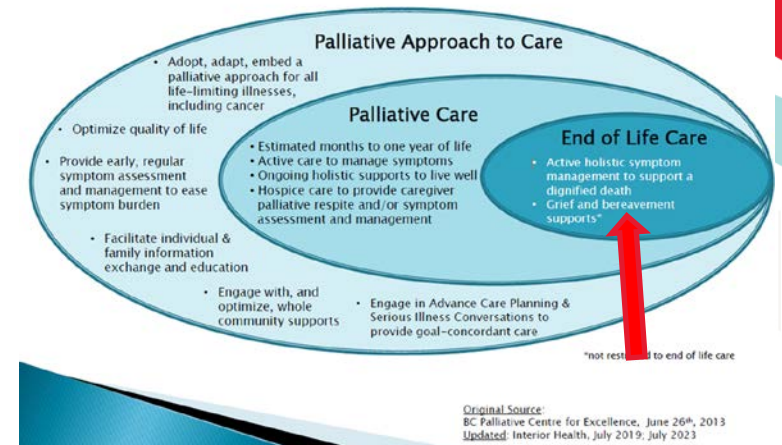
Interventions Embracing a Palliative Approach

Quality
of Life
and
Holistic
Care

Team
based
approach

Person
and
Family
centered
approach

Differentiating and Understanding the Palliative Continuum: Palliative Approach to Care vs Palliative Care vs End of Life Care



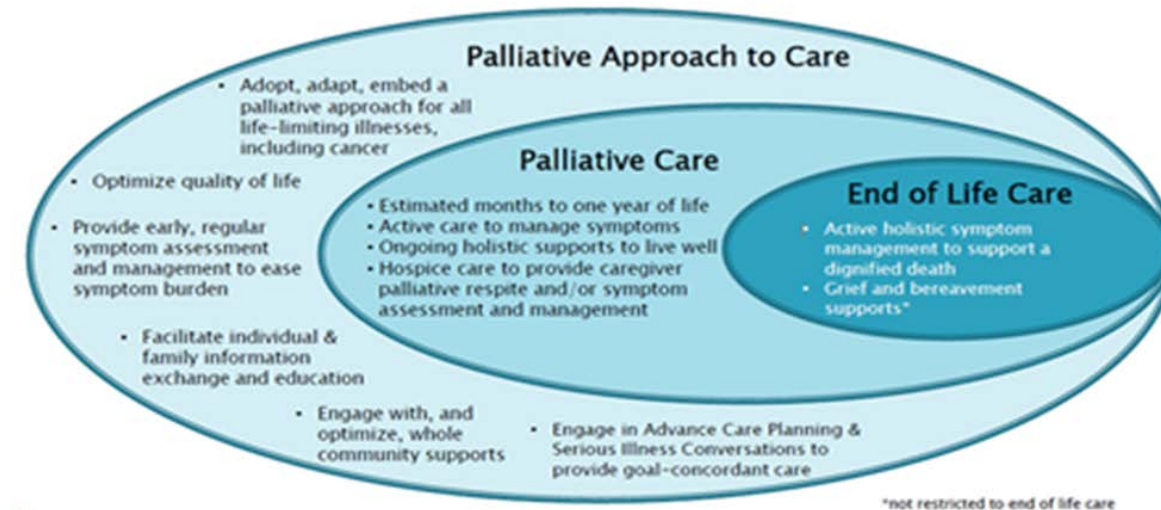
Case Scenario 2

- 3-month-old diagnosed with global developmental delay and seizure disorder
- Prognosis- weeks to months
- Child surpassed expectations and lives beyond a year (celebrated first birthday)
 - Symptom management
 - NG Feeds
 - Total Care
- Child also has a sibling under 5



How is embracing a palliative approach to care *different* for adults vs. children?

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Approach to care



Questions & Discussion



CHCA ECHO Hub

<https://cdnhomecare.ca/palliative-care-echo-hub/>



Unpacking the Principles of a Palliative Approach to Care

Identifying People who Would Benefit from a Palliative Approach

May 28, 12 - 1 pm ET

Teaching Presenter: Janet Vandale, Alberta Health Services

Thank you!

For taking a few moments to complete the feedback survey