EMBEDDING PALLIATIVE APPROACHES TO CARE (EPAC) LEARNING MODULES

What is the Gift of Time?

Canadian Foundation for Healthcare Improvement

Fondation canadienne pour l'amélioration des services de santé

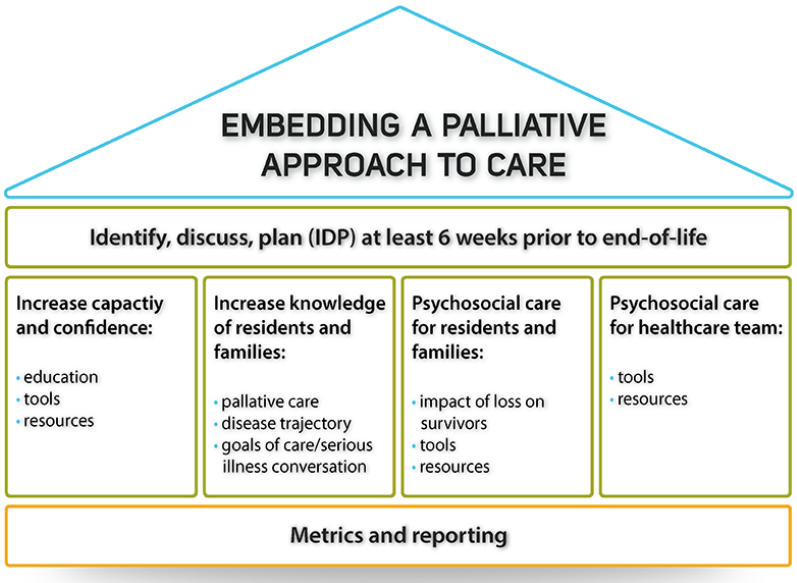
WHAT IS THE GIFT OF TIME?

The following set of four modules are based on the materials shared during the Canadian Foundation for Healthcare Improvement's Embedding Palliative Approaches to Care (EPAC) Collaborative. Each module has a short video and accompanying resources to help you reflect on and use what you hear in the videos.

These short modules will help you get started in delivering improved end-of life care at long-term care homes. The modules all have the same format: a video to **watch**, some materials to help you **reflect** on what you hear, resources to **review** to support your practice and an opportunity to **resolve** to take action to give the gift of time.

"Earlier conversations about things that matter provide permission for collaborative planning and saying goodbye in a meaningful way, creating lasting memories. I call this the 'Gift of Time' that we, as healthcare providers, can offer residents and the people that are important to them."

- Jane Webley
Regional Leader, End of Life, Vancouver Costal Health (2018)



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MODULE 1: INCREASING CAPACITY AND CONFIDENCE TO STAFF

WATCH

Watch the first video: Increasing Capacity and Confidence of Staff

REFLECT

Here are some resources that can help you reflect on your setting, your practice and conversations about what matters.

WHO Definition of Palliative Care

"Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual."

Palliative care:

- Provides relief from pain and other distressing symptoms
- Affirms life and regards dying as a normal process
- Intends neither to hasten or postpone death
- Integrates the psychological and spiritual aspects of patient care
- Offers a support system to help patients live as actively as possible until death
- Offers a support system to help the family cope during the patient's illness and in their own bereavement
- Uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated
- Will enhance quality of life, and may also positively influence the course of illness
- Is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

Download 10 Myths About Palliative Care

REVIEW

Here some additional resources that could support your work:

- Pallium Canada: Taking Ownership Online Module
- Reflective Debriefing Tool
- Speak Up Canada: Advance Care Planning in Canada

RESOLVE

One thing I can do to help encourage better conversations about the things that matter and access to palliative approaches to care is….

MODULE 2: HOW CAN I IDENTIFY, DISCUSS AND PLAN GOALS OF CARE? &
MODULE 3: HOW DO WE SUPPORT RESIDENTS AND FAMILY MEMBERS?

WATCH

Watch the second video: Identify, Discuss and Plan Goals of Care Conversations

Watch the third video: Increasing Knowledge of Residents and Families

REFLECT

This poem by Jane Webley, Who Am I? is a reflection on the difference that resident centered conversations about goals and plans for care can make.

REVIEW

Here some additional resources that could support your work to identify residents who could benefit from palliative care, discuss their goals and wishes and plan for resident-centered care:

Identify
Here are some resources to help identify residents who may benefit from a palliative approach to care

- Clinical Frailty Scale©
- Supportive and Palliative Care Indicators Tool (SPICT™)

Here are some materials that can help families understand the trajectories of illnesses:

- Alzheimer Society of Canada
- The Kidney Foundation: Non-Dialysis Supportive Care
- Heart and Stroke: Heart Failure
- Parkinson Canada: Progression of Parkinson's

There may also be local resources that can be made available for residents and families.

Discuss:
Here are some resources that can help you with what to say to residents and families:

- Discuss palliative approaches to care slides
- The AFIRM model which you can print and attach to a lanyard for easy reference
- Serious Illness Conversation Guide

There may also be resources available in your home/province or territory to support goals of care discussions.

Plan:
Here are two resources from Vancouver Coastal Health that can help with creating resident centered plans of care based on expressed wishes:

- The Why and How of Changing Practice to Embed a Palliative Approach to Care
- Future Challenges

RESOLVE

One thing I can do to use the Identify, Discuss, Plan model as I provide resident care is...

One thing I can do to support residents and families to discuss goals of care...

MODULE 4: HOW CAN I PROVIDE PSYCHOSOCIAL SUPPORT TO RESIDENTS, FAMILIES AND COLLEAGUES?

WATCH

Watch the fourth video: Providing Psychosocial Support

REFLECT

Jane Webley's poem, A Deafening Silence, provides an opportunity to reflect on the impact of grief and loss. To guide your reflection ask yourself:

1. How do a resident's neighbours learn that the resident has become seriously ill? (Tell me about how you would like to learn….? Tell me how you would like others to know….)
2. What practices are used in your home to share news of the death of a resident? (How would you like to know about…..?)
3. Who was included when the strategies in use were developed?

REVIEW

Here are some additional resources that could support your work in providing psychosocial support to residents, families and colleagues:

- Vancouver Coastal Health Grief Standard
- Canadian Virtual Hospice
- Some ideas that other homes developed in consultation with their residents, families and staff which might be supportive when for residents and families at end of life.

RESOLVE

One thing I can do to help ensure support for all affected by the death of a resident is...