



CHPCA CONFERENCE
A PALLIATIVE REVOLUTION
OCT. 12-14, 2023 | OTTAWA, ON

CHPCA CONFERENCE



A PALLIATIVE
REVOLUTION
2023

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Welcome Message



It is with immense pleasure that I extend a warm welcome to the 2023 Canadian Hospice Palliative Care Association Conference. As the President of the CHPCA, I am delighted to welcome you in Ottawa, where we come together once again for this incredible event in our field.

For those returning attendees, your presence is a testament to the significance of this conference in advancing hospice palliative care in Canada. To our newcomers, I extend a heartfelt welcome to an experience that promises growth, collaboration, and profound insights.

Our conference theme, "A Palliative Revolution," is not just a phrase but a call to action. The healthcare landscape is undergoing transformational changes, providing us with a timely opportunity to revolutionize hospice palliative care and its role within Canadian healthcare systems. Together, we can explore new paradigms, connect with fellow innovators, and reaffirm our commitment to delivering exceptional, accessible comprehensive palliative care in Canada.

Throughout the conference, you'll find a rich program encompassing diverse streams, including the latest research, knowledge translation, and the impacts of the COVID-19 pandemic on our field. We have designed this program to offer you a blend of cutting-edge presentations, academic discussions, and practical applications.

Our conference is a unique gathering that brings together professionals from various disciplines and roles in hospice palliative care. Whether you're a physician, nurse, pharmacist, caregiver, or volunteer, this is your opportunity to connect, share insights, and learn from one another.

I must express my deep gratitude to the dedicated CHPCA staff, the program planning committees, and the countless volunteers who have invested their time and effort into making this conference possible. We also extend our thanks to our sponsors, supporters, and presenters who contribute to the success of this event.

During your time here, I encourage you to engage with our CHPCA Board and staff, as well as your fellow colleagues. Let's seize this moment to strengthen our connections and embark on a journey of lifelong learning in hospice palliative care.

As we partake in this conference, I hope you leave feeling inspired, challenged, and equipped with fresh perspectives. Together, we can ignite a palliative revolution, one that prioritizes compassion and care above all else.

Here's to another successful conference and to many more to come!

Dr. Vivian Papaiz,

***President, Canadian Hospice
Palliative Care Association***

Thanks & Acknowledgements

The 2023 Canadian Hospice Palliative Care Conference wishes to express our profound gratitude to the remarkable volunteers who have lent their willing hands, immense hearts, and sharp minds to ensure the resounding success of this event. As we gather on-site to bring the conference to life, it's important to acknowledge the countless hours of dedication from those who have worked diligently behind the scenes for more than a year, crafting an exceptional experience for our delegates. We extend our heartfelt thanks to each one of them for their invaluable contributions.

Abstract Reviewers

Marianne Arab	Janice Nesbitt
Sharon Baxter	Daniel Nowoselski
Patrick Durivage	Val Paulley
Justine Farley	Holly Prince
Zelda Freitas	Maxxine Rattner
Jennifer Gurke	Gurjit Sangha
Leonie Herx	Genevieve Thompson
Christopher Klinger	Chris Vadeboncoeur
Elaine Klym	Nadine Valk
Martin Labrie	Shirley Vienneau
Ashley Mollison	Wendy Wainwright
Jeff Mote	
Jeff Myers	

Program Planning Committee:

Patrick Durivage
Zelda Freitas
Leonie Herx
Mahoganie Hines
Christopher Klinger
Kathy Kortés-Miller
Holly Prince

Land Acknowledgement

We would like to acknowledge that the CHPCA Conference 2023 takes place in Ottawa, unceded Anishinabe Algonquin territory. The peoples of the Anishinabe Algonquin Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this land. The City of Ottawa, and CHPCA, honours the peoples and land of the Anishinabe Algonquin Nation.





2023 Conference **Theme**

The health care sector is navigating a time of significant change. These changes present a timely opportunity for hospice palliative care to revolutionize itself and its place in Canadian health care systems. It's time to explore new paradigms, to connect with fellow innovators, and to renew our commitments to excellence in care and accessible comprehensive palliative care in Canada.

As the community of palliative care providers, researchers, and supporters comes together at the CHPCA Conference this fall, we can transform the role of palliative care in health across the country. Ensuring and enhancing someone's quality of life is the bedrock of the palliative approach. While building upon that foundation, we can revolutionize palliative care through innovative research, collaboration across disciplines, vocal advocacy for systems change, and radical compassion for those who need it most.

If we are bold enough, loud enough, and beholden only to compassion and care, can we give birth to a palliative revolution?



2023 Learning Objectives

Upon completion of the conference, participants should be able to:

1. Develop an in-depth knowledge of hospice palliative care, its innovative practices, and its impact on patient outcomes and healthcare costs.
2. Comprehend the unique needs and challenges facing underserved populations in hospice palliative care and learn strategies for providing culturally safer care.
3. Analyze the latest research in hospice palliative care and its implications for clinical practice, health system integration, and compassionate community development.
4. Discuss and analyze the role of volunteers, health human resources, and effective leadership strategies in hospice palliative care.
5. Develop best practices for advance care planning, grief/bereavement support, policy development, advocacy, and implementation in hospice palliative care.
6. Develop and implement interprofessional education and practice models that address the physical, psychosocial, and spiritual needs of dying persons and their loved ones.
7. Comprehend health equity and structural vulnerability in hospice palliative care, including disparities in care for underserved populations due to social determinants of health, and learn strategies to address them.

Overall, the conference aims to provide healthcare professionals with the knowledge and skills necessary to provide high-quality hospice palliative care to patients and their families, regardless of their background or the setting in which they receive care. Participants will have the opportunity to learn from leading hospice palliative care researchers, clinicians, and opinion leaders, and engage in critical discussion and reflection on the latest developments in the field.



Schedule at-A-Glance

Wednesday, October 11

9:00 AM - 5:00 PM Pediatric Palliative Care Symposium - A Palliative Revolution.

Thursday, October 12

9:00 AM - 11:45 AM Engaging Long Term Care Homes to Implement a Palliative Approach to Care in Six Provinces

8:30 AM - 12:00PM Accelerating Conversations with Communities

1:00 PM - 2:00 PM Networking Sessions (Optional)

2:15 PM - 3:30 PM Opening Ceremonies including Awards Ceremonies

3:30 PM - 3:45 PM Break

3:45 PM - 5:00 PM Opening Plenary with Dr. Harvey Max Chochinov

5:30 PM - 6:30 PM Opening of Posters and Exhibits Wine and Cheese

Friday, October 13

8:00 AM - 8:30 AM Morning Welcoming Remarks

8:30 AM - 9:45 AM Plenary with Dr. Hsien Seow and Dr. Samantha (Sammy) Winemaker of The Waiting Room Revolution

9:45 AM - 10:15 AM Refreshment Break

10:15 AM - 11:45 AM Burning Issues Panel Discussions

11:45 AM - 1:00 PM Lunch

1:00 PM - 5:15 PM Workshops and Oral Presentations

2:30 PM - 3:00 PM Refreshment Break

5:30 PM - 10:00 PM Evening of Entertainment

Saturday, October 14

8:00 AM - 8:20 AM Morning Welcoming Remarks

8:30 AM - 12:30 PM Workshops and Oral Presentations

12:30 PM - 1:45 PM Lunch

1:45 PM - 2:00 PM Closing Remarks

2:00 PM - 3:15 PM Closing Plenary with Dr. Kathryn Mannix (online or in-person)

3:15 PM - 3:30 PM Goodbyes and Thank You



General Information

Fragrance-Free Gathering

In consideration of fellow participants who may have allergies, we kindly request you refrain from using or wearing aerosol products, perfumes, cologne, or any other strongly fragranced items.

Refreshment Breaks

Refreshment breaks will be hosted in Cartier I-II-III, with the following schedule:

Friday, October 13th:

A selection of Starbucks Coffee™, Decaffeinated Coffee and Selection of Tazo® Tea 7:00 AM - 8:00 AM

Light Morning Refreshments: 9:45 AM - 10:15 AM

Afternoon Snack: 2:30 PM - 3:00 PM

Saturday, October 14th:

A selection of Starbucks Coffee™, Decaffeinated Coffee and Selection of Tazo® Tea: 7:00 AM - 8:00 AM

Light Morning Refreshments: 11:15 AM - 11:30 AM

Lunches

Lunch will be served in the Victoria Ballroom, times listed below:

Friday, October 13th: 11:45 AM to 1:00 PM.

Saturday, October 14th: 12:30 PM to 1:45 PM.

Information

Should you require information or assistance, please visit our registration desk in the 2nd floor foyer. We are here to help with general inquiries, lost and found items, and any other needs you may have.

Book Signing and Booksellers:

The CHPCA is delighted to host local booksellers, The Spaniel's Tale Bookstore and Octopus Books, who will showcase a curated selection of reading materials for purchase. Please visit the 2nd floor foyer to explore the assortment of available books, including works by our esteemed plenary speakers.

Book signing events with our plenary speakers are scheduled as follows:

Dr. Hsien Seow and Dr. Sammy Winemaker:

Friday, October 13th: 9:45 AM – 10:15 AM

Saturday, October 14th: 12:30 PM – 1:00 PM

Dr. Harvey Max Chochinov:

Friday, October 13th: 2:30 PM – 3:00 PM

Please purchase your book and then proceed to the signing area set up in Victoria Ballroom.

Admission to Events

Your name badge is your key to access all sessions and events. Please keep it with you at all times, as it is required for entry into session rooms and networking events.



General Information

Evening of Entertainment - Moonlight Mingle: A Friday the 13th Haunt:

Friday, October 13th – Starting at 5:30 PM

Location: Summit Room & Beechwood Cemetery

If you have purchased a ticket for the Moonlight Mingle: A Friday the 13th Haunt, it will be provided during your registration check-in. Kindly bring your ticket to the Summit Room, where we will commence the evening with a mix and mingle dinner and engaging activities to set the mood for the spooky ghost tour to follow.

Please note: We will travel in groups to Beechwood Cemetery for the evening haunt, and your group departure time will be assigned in the Summit Room. A dessert reception will follow the ghost tour, and a shuttle bus has been arranged to transport you between the hotel and Beechwood Cemetery.

Speaker Ready Room:

A dedicated speaker ready room is available in the 2nd floor Business Centre. Presenters were asked to submit their presentation copies in advance. However, if last-minute changes are necessary, speakers may provide a new copy to our technician in the speaker ready room up to two hours before their scheduled speaking time. Please be mindful there is limited time between presentations, so providing your presentation in advance is highly recommended.

Covid-19 Awareness:

Masks are encouraged but optional. A supply of masks will be available at the registration desk for those who didn't bring their own. To accommodate varying risk levels, we encourage attendees to indicate their comfort levels by affixing a coloured sticker, available at the registration desk on the 2nd floor foyer, to their name badge:

Green: Feel free to approach.

Yellow: Please ask before approaching.

Red: Maintain a minimum of 6 feet distance whenever possible.

We kindly request all attendees be considerate of each other's comfort levels as we navigate the challenges of the ongoing Covid season.

Networking Sessions:

Thursday, October 12th – 1:00 PM to 2:00 PM

Prior to the conference's official opening ceremony, the CHPCA is hosting informal networking sessions covering a variety of topics. These sessions are open to all. Details about networking sessions will be available at the registration desk.

Are you a first-time conference attendee? Join us in the first timers networking room to meet a new conference buddy! We encourage all previous conference attendees who want to help guide our first timers through their inaugural CHPCA conference experience to also attend this networking session.



General Information

Opening Ceremonies:

Thursday, October 12th – 2:15 PM – 3:30 PM

The opening ceremonies of the 2023 conference will be held in the Victoria Ballroom. Join us for the opening session, which includes the 2023 awards ceremony.

Plenaries:

Location: Victoria Ballroom

Our conference is proud to present three exceptional plenary sessions. The schedule for plenary presentations is as follows:

Dr. Harvey Max Chochinov

- Date: Thursday, October 12th
- Time: 3:45 PM – 5:00 PM

Dr. Hsien Seow & Dr. Sammy Winemaker

- Date: Friday, October 13th
- Time: 8:30 AM – 9:45 AM

Dr. Kathryn Mannix

- Date: Saturday, October 14th
- Time: 2:00 PM – 3:15 PM

We'd like to highlight that Dr. Kathryn Mannix will be joining us virtually for her session. Participants will have the option to attend this session either in person or virtually.

The link to access this session will be shared via email, using the address provided during the registration process.

Welcome Reception:

Thursday, October 12 – 5:30 PM – 6:30 PM

The opening of exhibits and poster presentations will take place on Thursday from 5:30 PM to 6:30 PM in Cartier I-II-III and Laurier Salon. Please seize this opportunity to visit our conference exhibitors and peruse the conference poster presentations. Light refreshments will be available.

Exhibit Hall:

Over the next few days, we invite you to explore the Exhibit Hall located in Cartier I-II-III and engage with our conference exhibitors and sponsors. We would like to express our sincere gratitude to our exhibitors and sponsors for their support, without which this remarkable event would not be possible.

Don't forget to participate in our "Exhibitor Passport" for a chance to win incredible prizes. Our exhibit hall opens at 5:30 PM on Thursday, October 12th, and concludes on Saturday, October 14th at 12:30 PM. Be sure not to miss this opportunity to discover our extraordinary exhibit hall. You can find a list of exhibitors in the syllabus. Exhibitor Passports are available at the registration desk. To be entered into the prize draw, kindly ensure your completed passport is returned to the registration desk no later than 12:30 PM on Saturday, October 14th.



General Information

Posters:

Posters will be on display in the Laurier Salon throughout the conference, from Thursday, October 12th at 5:30 PM until Saturday, October 14th at 12:30 PM. The authors of these posters will be available for discussion during the reception and opening of exhibits and posters on Thursday, as well as during designated break times.

Reflection Room:

From Thursday, October 12th at 5:30 PM to Saturday, October 14th at 12:30 PM.

The CHPCA is delighted to partner with Saint Elizabeth Foundation to bring you the Reflection Room, a serene sanctuary for introspection, during the conference. Located on the Executive Level of the hotel, in the Sparks room, this space offers you the opportunity to take a moment to pause, reflect, and share your thoughts in a tranquil environment. We invite you to visit the Reflection Room during your conference experience.

Film Screening and Panel Presentation:

Thursday, October 12th – 7:00 PM to 8:15 PM (Doors open at 6:15 PM)

Join us in the Victoria Ballroom for an incredible evening as we host a special screening of “The Challenge: Planning Without Tomorrow,” the latest documentary film from Kublacom Pictures.

Produced in collaboration with Ottawa Inner City Health and Compassionate Ottawa, this 20-minute film delves into the complexities of advance care planning, with a focus on marginalized communities. Following the film, a panel discussion featuring experts and individuals with lived experience will take place. This session is open to CHPCA conference attendees, and the broader public is also invited to attend.

The Don Green Palliative Care Advocacy Team is proud to sponsor the CHPCA conference.

Learn more at cancer.ca/palliativecare.

L'équipe de défense des soins palliatifs Don Green est fière de parrainer la conférence de l'ACSP.

Pour en savoir plus, consultez le site cancer.ca/soinspalliatifs.



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Conference Program

Full Day Symposium

Wednesday, October 11th

- 9:00 AM - 5:00 PM** **PEDIATRIC PALLIATIVE CARE SYMPOSIUM – A Palliative Revolution**
Wellington Room **Learning Objectives:**
- Explore challenges of pediatric palliative care including topics of grief and bereavement, equity, diversity and inclusion.
 - Examine the variety of developments in pediatric palliative care programs across Canada.
 - Learn how youth would like to receive information about palliative care.
- 9:15 AM - 9:15 AM** **Opening Remarks**
- 9:15 AM - 10:00 AM** **Redefining Hope: A Perinatal Palliative Care Intervention**
Presented by: Lesley Sabourin RN
- 10:00 AM - 10:45 AM** **“If you’re okay, I’m okay”: Adolescents and their parents navigating vulnerability and resilience in the face of childhood cancer**
Presented by: Ceilidh Eaton Russell PhD CCLS (Virtual)
- 10:45 AM - 11:15 AM** **Break & Networking**
- 11:15 AM - 12:30 PM** **From Cultural Safety to Anti-Racism: Addressing Equity, Diversity and Inclusion in Palliative Care**
Plenary
Presented by: Amit Arya MD CCFP(PC) FCFP
- 12:30 PM - 1:30 PM** **Lunch**
- 1:30 PM - 2:30 PM** **It takes a village province: Developing a model for pediatric palliative care in Ontario**
Presented by: Adam Rapoport MD FRCPC (Virtual or In-person)
- 2:30 PM - 3:00 PM** **Break & Networking**



3:00 PM - 4:30 PM
Panel Discussion

Regional Models of Pediatric Palliative Care in Canada

Presented by:

- Dave Lysecki MD FRCPC – McMaster Children’s Hospital, Hamilton, ON
- Shauna Wilcox RN MN CHPCN(C) – IWK, Halifax, NS
- Rachel Neufeld NP(F) MN CHPCN(C) – Canuck Place, Vancouver, BC
- Mary-Pat Schlosser, MD, MHI, MPH, FRCPC – Stollery Children’s Hospital, Edmonton, AB

4:30 PM - 5:00 PM
Closing Plenary

A Palliative Revolution – Moving Forward

Presented by:

- Laurel Gillespie MBA CHE
- Chris Vadeboncoeur MD FRC

**social work is essential
to palliative care.**

**le travail social est un
soin palliatif essentiel.**



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Pre-Conference Symposium

Thursday, October 12th

9:00 AM - 11:45 AM - Wellington Room

Engaging Long Term Care Homes to Implement a Palliative Approach to Care in Six Provinces: An Opportunity for Critical Reflection and Dialogue

Description: Given the high mortality rates in long term care (LTC) homes coupled with the complexity of care provided to residents and their family/friends, we developed the Strengthening a Palliative Approach in Long Term Care (SPA-LTC) program. Health Canada has recently funded a 5-year Alliance to increase the uptake of a palliative approach in Canadian LTC homes by curating, adapting, and disseminating resources for direct care, program development, and staff training, and consolidating these resources in an accessible national repository. As part of this project, we have currently conducted a situational analysis in six provinces including Ontario, Manitoba, Saskatchewan, New Brunswick, Quebec, and British Columbia, to help us understand the contextual challenges and facilitators as well as resources that could be leveraged to support LTC homes to implement a palliative program in each region. By attending this pre-conference symposium, you will learn about the Health Canada Study, the SPA-LTC program, and the recommendations of various key players (e.g., families, LTC staff, director of care, administrators, policy makers, researchers) in LTC, as well as key resources available both locally and nationally to help facilitate the implementation of a palliative program. You will have the opportunity to engage in critical reflection and dialogue with the speakers and other attendees who have an invested interest in strengthening a palliative approach to care in LTC.

Learning Objectives:

- To learn about national initiatives taking place in long term care to improve palliative care for residents, families, and staff.
- To learn about the recent recommendations of various key players in long term care regarding strengthening a palliative approach.
- To engage in critical dialogue with speakers and attendees regarding facilitators, barriers, existing programs, available resources, and gaps in long term care from a local, provincial, and national level.

Speakers:

Sharon Kaasalainen - Sharon Kaasalainen is a Professor in the School of Nursing and an associate member of the Department of Family Medicine at McMaster in Hamilton, Ontario. She is also an Honorary Professor at Queen's University in Belfast, Ireland. She received a Bachelor of Science in Nursing, and a Doctor of Philosophy in Clinical Health Sciences from McMaster University, and a Master's of Science in Nursing from the University of Toronto. Her top three research interests are pain management and palliative care in long term care; improving the quality of life for older adults living in long term care; and advanced practice nursing roles in long term care.



Clara Dyck - Clara Dyck is expert in community engagement to ensure people are prepared for their dying journey. She is research partner with Dr. Sharon Kaasalainen and McMaster University in the Strengthening A Palliative Approach in Long Term Care and Associate Member of the Institute for Healthy Living and Chronic Disease Preventions, University of British Columbia. Since 2018 she has been the Education and Resource Leader at North Okanagan Hospice Society. She uses her expertise and knowledge of death and dying to support people along the continuum from diagnosis of a life limiting illness to bereavement, at all the healthcare touch points. She ensures her community has the knowledge, resources and access needed when they die. Her breadth of knowledge of end-of-life care ranges from Advanced Care Planning, to care of the dying and symptom management in a culturally sensitive Trauma-informed manner.

Marie-Lee Yous - Marie-Lee Yous is a Postdoctoral Fellow supervised by Dr. Sharon Kaasalainen and Instructor in the School of Nursing at McMaster University. She is a recent award recipient of the Alzheimer Society of Canada. Her research journey is inspired by her many years of experience as a Registered Nurse supporting persons living with dementia and their families on a Long Term Care unit. She is passionate about pursuing research on Namaste Care to meaningfully engage persons living with dementia and family and friend caregivers. She has research interests in co-creating and implementing caregiver interventions for persons living with dementia, inclusive palliative approaches to care in long term care, non-pharmacological approaches to support persons experiencing responsive behaviors, and dementia education to support healthcare providers.

Shirin Vellani - Shirin Vellani is a Postdoctoral Fellow with Dr. Sharon Kaasalainen at McMaster University. She is a Nurse Practitioner by training, who has experience working in various specialized geriatric services. She acquired Ph.D. in Nursing Science at the Lawrence S. Bloomberg Faculty of Nursing, University of Toronto with a collaborative specialization in Aging, Palliative, and Supportive Care Across the Life Course, in 2021. Her research focused on engaging older adults with early-stage dementia and their care partners in advance care planning utilizing a virtual platform. She is also interested in implementing an integrated palliative approach in dementia care across the disease trajectory using equity, diversity, and intersectionality lens. Also, in exploring interdisciplinary models of care that include nurse practitioners to optimize care for older adults in the long term care sector.

Agenda

9:00 AM - 9:30 AM Introduction to the Health Canada Study and SPA-LTC program

- Speakers will provide an overview of the Health Canada Study including results to date.
- Speakers will provide an overview of the SPA-LTC program originating from McMaster University.
- Informational pamphlets will be available for attendees to take home.



9:30 AM - 10:30 AM Small group breakout session (~6-8 members per group)

- Attendees will be provided with a printed list of recommendations for a palliative approach to care in long term care and asked to rate their level of agreement for each recommendation.
- Attendees will be asked to discuss whether long term care homes in their local regions have put in place similar components to the SPA-LTC program.
- Attendees will record their responses on a large chart so that key discussion points can be shared with the large group following the break.
- The four speakers of the symposium will be circulating in each small group during this session.

10:30 AM - 10:45 AM Break with light refreshments

10:45 AM - 11:15 AM Large group sharing

Each small group will be asked to share their top 3 key discussion points with the large group.

11:15 AM - 11:30 AM Overview of next steps for the Health Canada Study

- Speakers will highlight the next steps for the Health Canada Study.
- Attendees will be asked to provide feedback on the next steps and recommendations to expand this work.
- Attendees will be informed of ways that they can be involved in the work.

11:30 AM - 11:45 AM Questions/Discussion

- Attendees will be invited to ask final questions.
- Speakers will also ask attendees questions to stimulate discussion.



Pre-Conference Symposium

Thursday, October 12th

8:30 AM - 12:00 PM - Mackenzie Room

Accelerating Conversations within Communities

Symposium Goal:

Expand compassion and care for each other, by accelerating, within communities, important conversations about advance care planning, caregiving and grief.

Symposium Description:

Through interactive and hands-on modules, the audience will experience how community-led workshops, activities and tools are engaging community members in important conversations before, during and after end-of-life transitions – and deepening these conversations. The resulting awareness, readiness and compassion within families and communities are facilitating end-of-life care and transitions, for all involved. The collaborations between healthcare providers and community-led initiatives are successfully accelerating the conversations when and where it matters. Compassionate Ottawa, a volunteer-led, community-based organization, has over five years of experience conducting these conversations about advance care planning, dying, death grief and bereavement, with many learnings to share.

Topics Covered:

- Stimulating advance care conversations and planning
- Safe places and approach for grief and bereavement conversations
- Caregiver conversations and support
- Reducing end-of-life stress with simplified financial and legal readiness
- Compassionate-Ottawa past learnings and future endeavours

8:30 AM	Introduction - Monica Patten	10:30 AM	Approach for grief & bereavement – Lise Beauchemin
8:45 AM	Conversations and ACP – Louise Hanvey		
9:30 AM	Financial and legal readiness – Marc Seguin	11:15 AM	Reaching new communities – Mary-Lou Kelly
10:00 AM	Break	11:45 AM	Learnings, Q&A, Conclusion – Monica Patten
		12:00 AM	End



Plenaries

OPENING PLENARY SPEAKER

Dr. Harvey Max
Chochinov

THURS. OCTOBER
12, 3:45 – 5:00 PM
Victoria Ballroom

Dr. Harvey Max Chochinov is a Distinguished Professor of Psychiatry at the University of Manitoba and a Senior Scientist at CancerCare Manitoba Research Institute. His research in palliative care has resulted in more than 300 career publications, broaching, broaching diverse topics such as depression, quality-of-life, suicide, vulnerability, spirituality, and existential distress.

He has also led a large program of research on dignity within the healthcare setting, which includes the creation and study of Dignity Therapy. He is the co-founder of the Canadian Virtual Hospice, co-editor of *The Handbook of Psychiatry in Palliative Medicine* (Oxford University Press). His latest book is entitled *Dignity in Care: The Human Side of Medicine*, published by Oxford University Press. He is an Officer in the Order of Canada, and an inductee into the Canadian Medical Hall of Fame.

FRIDAY PLENARY SPEAKERS

Dr. Hsien Seow &
Dr. Sammy
Winemaker

FRI. OCTOBER 13,
2023
8:30 – 9:45 AM
Victoria Ballroom

Join the Revolution: How We Can Achieve Change Together

In 2021, Drs. Winemaker and Seow launched season 1 of their podcast, *The Waiting Room Revolution*, where they shared 7 keys to activate patients and families to have a better illness journey. In their talk, they will present what has happened since. They will describe the public reactions over 7 podcast seasons so far and why targeting patient and families is essential to creating lasting change. Join them to hear their ideas on where to go now, ways you can help spread the 7 keys, and ultimately how working more upstream and patient-facing will lead to an unstoppable Revolution.

Dr. Hsien Seow, PhD, is the Canada Research Chair in Palliative Care and Health System Innovation and an Associate Professor in the Department of Oncology, McMaster University. His research focuses on evaluating health policy and education interventions and improving care for patients and families facing serious illness.

Dr. Samantha Winemaker, MD, CCFP(PC), FCFP, is an Associate Clinical Professor, Department of Family Medicine, in the Division of Palliative Care at McMaster University. She teaches palliative care to health care professionals and has won numerous awards for excellence in palliative medicine.

Dr. Winemaker and Dr. Seow are co-hosts of [The Waiting Room Revolution](#) podcast and co-authors of the book *'Hope for the Best, Plan for the Rest: 7 keys for navigating a life-changing diagnosis.'*



Panel Discussions

Friday, OCTOBER 13,
10:15 AM – 11:45 AM
Wellington Room

Presented by:
Justine McIsaac
Joanna Vautour

“Walking Alongside Caregivers”: Stories of Indigenous Support and Harm Reduction

In this engaging and heartfelt panel presentation, Justine McIsaac and Joanna Vautour invite you to step into the world of caregiving through a unique lens. With a focus on supporting Indigenous communities and those grappling with substance use, they explore the often-overlooked facets of caregiving, challenging traditional notions and bringing to light stories that deserve attention.

Justine, a pioneer in community caregiving, shares her journey as the manager of consumption treatment services at a safe injection site, highlighting how she, along with her colleagues, established an integrated care hub that blends shelter, harm reduction, and compassion-driven care. Their program becomes a safe haven for individuals who have been historically excluded from the shelter system due to substance use. Through heartfelt storytelling, Justine paints a vivid picture of the genuine relationships formed, the struggles witnessed, and the love and kindness that guide their approach.

Joanna, an educator and advocate, introduces the Walking Alongside Indigenous Peoples who are seriously Ill: Education for Community Caregivers curriculum developed to address the unique needs of Indigenous peoples facing serious illnesses. With a background rooted in supporting Indigenous communities, she delves into the role of unconventional caregivers, such as Fire Keepers, drummers, and healers. She also challenges traditional caregiving assumptions and expands the definition to encompass diverse roles that play a crucial part in the well-being of the community.

Throughout the presentation, themes of grief and resilience emerge, weaving a narrative that touches on the profound emotions inherent in caregiving. The panelists discuss the grief they encounter while supporting individuals in the face of addiction, trauma, and loss. Their stories illuminate the complex intersections between care, compassion, and harm reduction.

The audience is invited to explore the intimate and sacred spaces these caregivers create, both physically and emotionally. As Justine and Joanna share their experiences and insights, they call for a reimagining of caregiving that acknowledges the diversity of roles and stories within this realm. With thought-provoking questions and moments of reflection, the presentation becomes a journey of discovery, empathy, and understanding.

Join Justine and Joanna as they delve into the inspiring stories of caregivers who walk alongside those in need, embracing unconventional roles and approaches, and offering invaluable insights into the realm of community-driven care, harm reduction, and Indigenous support.



Panel Discussions

Friday, OCTOBER 13, 10:15 AM – 11:45 AM
Rideau Room

Presented by:
Marianne Arab
Chelsea Lanos
Dr. David Henderson
Dr. Aynharan Sinnarajah
Cheryl Cameron

Paramedics in Palliative Care

Over the past 5 years, interdisciplinary teams from multiple provinces across Canada have worked in partnership with HEC and CPAC to design and implement approaches for paramedics to support patients with palliative care needs at home in collaboration with community palliative care programs under the Bringing Vital Services to Canadians: Paramedics and Palliative Care spread collaborative.

Benefits of this partnership and new way of working between Palliative Care Programs and Paramedic services have included increased interprofessional collaboration, more patients being supported in the home setting during times of symptom crisis (vs being transported to hospital), and high professional satisfaction (paramedics and community palliative care providers).

This presentation/conversation will bring together the perspectives of those from different disciplines who have been involved in developing and implementing this approach, to share how the collaborative has worked, how the success of the program has led to increased patient and caregiver satisfaction in many key quality performance measures and showcase how different disciplines can work together to break down silos between care teams.

Objectives (open to feedback from committee as well on areas of focus/objectives – panelists will be able to steer the conversation/focus many ways):

- Describe the Bringing Vital Services to Canadians: Paramedics and Palliative Care spread collaborative and the model of care that was developed and implemented across the country.
- Highlight the benefits of the approach and collaborative from the perspectives of different disciplines who support those with palliative care needs in the community, their families and caregivers.
- Engage in reflective and active dialogue with session participants around this novel approach and the benefits for the health system, health care providers and patients, families and caregivers.



Panel Discussions

Friday, OCTOBER 13, 10:15 AM – 11:45 AM

Victoria Ballroom

Presented by:

Dr. Harvey Max

Chochinov

Dr. John F. Scott

Mary M. Scott

TBD

Moderated by: Dr.

Leonie Herx

“I wish I were Dead”: How Do We Respond to Suffering?

Join us for a thoughtful and insightful panel discussion that takes a closer look at the intricate topic of how we respond to suffering and a wish to die from the perspective of palliative care.

This presentation will explore concepts of total pain and suffering in severe illness, examining the psycho-social-existential variables that impact distress and can lead to a desire to die. Making this topic more than theoretical, the panelists will share real-life case vignettes that highlight the role of palliative care clinicians in addressing suffering and providing intensive caring in a healthcare landscape that includes MAiD.

We look forward to an informative and considerate exploration of these complex issues with a practical focus on improving the care and support provided in palliative care.



Panel Discussions

Saturday, OCTOBER 14, 8:30 AM – 10:00 AM

AM

Victoria Ballroom

Presented by:

Dr. Hsien Seow

Dr. Sammy

Winemaker

James Janeiro

Zelda Freitas

Moderated by: Laurel

Gillespie

Transforming Caregiving Through Policy

Join this engaging panel discussion to delve into the pivotal role of policy in reshaping the caregiving landscape. The expert panelists, including representatives from the Canadian Centre for Caregiving Excellence (CCCE), will set the stage by introducing the caregiving terrain. They will provide insights into what to expect at the forthcoming Canadian Caregiving Summit—an event dedicated to comprehending the profound impacts of caregiving on both caregivers and their recipients.

The panel will address key issues within the current caregiving context. The discussion will start by addressing the pressing question of policy obstacles that impede caregivers and those they support from accessing palliative care. The panelists will explore the effects of these barriers on the caregiving journey while seeking potential solutions.

Next, the panel will delve into the roles played by various stakeholders, such as government entities, hospitals, the broader medical system, caregivers, and patients, in shaping palliative care policy. This discussion aims to foster effective collaboration among these stakeholders to enhance the overall caregiving experience.

The final topic being discussed is the potential of policy initiatives to create a more compassionate and supportive palliative care environment for both caregivers and care recipients. This exploration will include innovative strategies and best practices for achieving transformative caregiving through policy.

Throughout the panel, audience engagement will be encouraged by presenting key ideas derived from the CCCE caregiver survey. Attendees are invited to share how these ideas resonate with their personal palliative care experiences, enriching the discussion with diverse perspectives.

While the panel primarily focuses on caregiving as a whole, it offers invaluable insights for palliative care practitioners, prompting them to contemplate their important role within the broader caregiving landscape.

Join us for this panel presentation, which promises to ignite innovative ideas to propel positive change in caregiving policy and practice. Together, we'll chart the course for a brighter future in caregiving.



Panel Discussions

**Saturday, OCTOBER
14, 8:30 AM – 10:00
AM**

Wellington Room

**Holly Prince
Nadine Persaud
Monica Do Coutto
Monni**

**Moderated by: Mary
Lou Kelley**

Reimagining Palliative Care: Examining the Assumptions and Asserting the Importance of Palliative Care as a Universal Human Right

Many people and communities face structural and systemic barriers that impact access to health and social care, creating disparities and impacting quality of life. We advocate that palliative care is a fundamental human right; however, this statement is embedded in assumptions.

This thought-provoking panel discussion critically examines the foundation of our healthcare system and palliative care itself, which is based on Westernized Eurocentric knowledge, values, and beliefs. This discussion challenges these foundational assumptions of palliative care and our broader healthcare system, asking important questions such as: How are we excluding certain populations? Do our assumptions about equal access and primary care truly hold up? Our panellists will explore these topics, shedding light on the systemic biases that often go unnoticed.

Rather than viewing challenges as insurmountable barriers, they can be growth opportunities. This panel also aims to dissect the hurdles within palliative care. Language misunderstandings, microaggressions, and funding limitations are some of these challenges explored. By acknowledging and understanding these challenges, the aim is to pave the way for more equitable care.

Palliative care is not a one-size-fits-all concept. Our panellists will discuss the need to reshape the future of palliative care. How can we advocate for change within healthcare organizations and systems? How can we lead internationally in this critical endeavour? Regardless of their background or circumstance, everyone needs to know the answers to these questions to provide compassionate care.

This panel discussion dives deep into the topic of palliative care, challenging preconceptions, addressing obstacles, and inspiring a future where quality end-of-life care is accessible to all, rooted in equity and inclusivity.



Posters

Grief and Loss Literacy: What health professionals need to know to support self and others through loss
- Dina Bell

Community College leading the way in professionalize the End of Life Doula role. - Jennifer Mallmes

Improving Shared Decision Making in Geriatric Syndromes: A Case Study Analysis - Maeghan Arnold

Slow & Steady – Supporting Family Physicians as Primary Providers of Palliative Care - Monique Vanderveen

Maximizing opportunities for Advance Care Planning in Primary Care - Vicki Bassett

To Live Well Until We Say Goodbye... What Then? - Beverly Hagen

Understanding Barriers and Facilitators of Home Death: An Explanatory Mixed-Methods Comparative Case Study of Urban Palliative Care Providers- Karin Fink

A mixed methods process evaluation of two consultative, collaborative outpatient Palliative Care clinics for patients with End-Stage Kidney Disease on dialysis and patients with End-Stage Liver Disease - Leila Cohen

Are you ready for unexpected life transitions? - Marc Seguin

Beyond Hospice-Empowering Rural Communities - Allison Campbell

Self Efficacy in the Provision of Palliative Care amongst Acute Care Nurses in Oncology - Angela Miller

Perceptions of palliative and end-of-life care capacity among frontline staff in long-term care homes during the COVID-19 pandemic in Ontario, Canada: a mixed-methods evaluation - Annie Sun

Blueprint for Action 2020-2025 - Christopher Klinger

Patient, Caregiver, and Healthcare Provider Engaged Research: Focus Groups to Understand the Subacute-to-Home Transition at the End of Life - Taylor Shorting

Pivoting in a Pandemic to Provide Quality Palliative Care to Home and Community Clients and their Families - Deborah Francis

A Prospective Study on Usefulness of Prognosis Accuracy for Patients and Families in a Palliative Care Hospice. - Sylvie Bouchard

Improving Equity in Palliative Approaches to Care for People Experiencing Homelessness or Vulnerable Housing– A Pan-Canadian Collaborative Approach- Catherine Rauscher



Posters

Palliative Care Supporting Advance Care Planning and Collaborative Decision Making for Individuals with Intellectual Disabilities - Suzanne Tinning

Using linked health administrative data to evaluate and improve the quality of end-of-life care in Ontario long-term care (LTC) homes - Rhiannon Roberts

DIE WITH DIGNITY - Heather Brooks-Hill

The reflection of patient and caregiver priorities and experiences in palliative care quality measures: A scoping review - Kruti Patel

Developing Accessible and Culturally Relevant Education for Indigenous Communities to Support Palliative Care Delivery - Jessica Wyatt

Systematic review of Indigenous ways of Knowing and Being for culturally safe palliative care - Marinelly Villalobos, Mariana Rosa de Carvalho

Virtual Bereavement Support Program in a Children's Hospice Care Center During COVID-19 Pandemic and Beyond - Sarah Allan-Wiseman

Accessibility of Medical Assistance in Dying/Physician Assisted Death in Rural and Remote Regions: Results from A Scoping Review of North American Literature - Christopher Klinger

Raising Awareness About Palliative Care and Grief: A Multiyear Campaign - Kathie Paddock

A Comparative Case Study Exploring How Ontario Health Teams Are Prioritizing Palliative Care - Emily Charron

Competencies for advanced certification of Spiritual Care Professionals in Palliative and Bereavement Care in Canada. - Vivian Stang, Adriana Rengifo

Thanatology's place in medical curriculum - Jill Dombroski

Developing a Resource Guide to acknowledge and support death, dying, care, and grief experiences in inner city settings - Kara Whitlock, Matthew Busby-O'Connor

Methadone: Where have we been and where are we going? - Meghan Chevalier



Posters

Integration of pediatric palliative approach in early phase clinical trials - Suryakanta Acharya

End-of-Life and Palliative Care Symptom Management in the Emergency Department - Alice Chang

Palliative Clinical Nurse Specialist Advocacy for Local End-of-life Beds at a Community Hospital: A Case Study - Caitlin Tumey, Carolyn Wilson

Point of Care Ultrasound Use by Registered Nurses in Palliative Care - Matthew Bertrand

Practice Supports to Facilitate Therapeutic Nurse-Patient Relationships with Patients Seeking Medical Assistance in Dying - Jill Henderson

Characteristics of Live Discharges from a Hospice Residence: Preliminary Findings - Maria Borczyk

Enjeux éthiques et sociaux en soins palliatifs pédiatriques : point de vue des intervenants - Gabrielle Leblanc-Huard

Accompagner des jeunes parents atteints de cancer avancé : enjeux et besoins de formation des professionnels - Gabrielle Leblanc-Huard

Issues for Consideration: The Perspective of Perinatal Loss Among Multiple Religions - Wendi Stumborg

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Thursday, October 12th

- 1:00 PM - 2:00 PM **Networking (Optional) - Rideau Room**
- 2:15 PM - 3:30 PM **Opening Ceremonies including Awards Ceremony - Victoria Ballroom**
- 3:30 PM - 3:45 PM **Break**
- 3:45 PM - 5:00 PM **Opening Plenary with Dr. Harvey Max Chochinov - Victoria Ballroom**
- 5:30 PM - 6:30 PM **Opening of Posters and Exhibits Wine and Cheese**
Hosted by the CHPCA Board of Directors
- 7:00 PM - 8:15 PM **“The Challenge: Planning Without Tomorrow” Film Screening and Panel Presentation - Victoria Ballroom**

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Friday, October 13th

8:00 AM - 8:30 AM
Victoria Ballroom

Morning Welcome Remarks

Including conference announcements, and featuring self-care and memorial activities hosted by Beechwood Cemetery.
Opening Ceremonies including Awards Ceremony

8:30 AM - 9:45 AM
Victoria Ballroom

Plenary with Dr. Hsien Seow and Dr. Samantha (Sammy) Winemaker of The Waiting Room Revolution

9:45 AM - 10:15 AM
Cartier I, II,III

Refreshment Break

9:45 AM - 10:15 AM
Victoria Ballroom

Book Signing by Dr. Hsien Seow and Dr. Samantha (Sammy) Winemaker

Burning Issues Panel Discussions

10:15 AM - 11:15 AM
Wellington Room

“Walking Alongside Caregivers”: Stories of Indigenous Support and Harm Reduction

Presented by: Justine Mclsaac & Joanna Vautour

10:15 AM - 11:15 AM
Rideau Room

Paramedics in Palliative Care

Presented by: Paramedics Providing Palliative Care Collaborative

10:15 AM - 11:15 AM
Victoria Ballroom

“I Wish I were Dead”: How Do We Respond to Suffering?

Presented by: Dr. Harvey Max Chochinov, Dr. John F. Scott, & Mary M. Scott

Moderated by: Dr. Leonie Herx

11:45 AM - 1:00 PM
Victoria Ballroom

Lunch

Queen Room: 2 Workshops

1:00 PM - 2:30 PM
Workshops & Oral
Presentations

7389: Bringing Death Back Home – Retooling Hospices to Help Stephen Garrett

The baby boomer generation offers us all an opportunity to do death differently and to bring death back to the family home and neighborhood. All we need to do is identify what a successful home death looks like and then how to educate our communities regarding great end of life planning. This workshop is designed to shed light on all the forgotten skills and abilities families had prior to the shift from home death to hospital death.

7543: Community Deathcare: Death Literacy and End-of-Life Doulas Olga Nikolajev

Participants will assess their own death literacy using the death literacy index (DLI) and explore ways to enhance death literacy knowledge within their community. They will learn to view end-of-life doulas as part of community deathcare from a holistic and relational perspective. Participants will use the death literacy framework which will assist the enhancement of their personal and community practical, experiential, factual and community-based end-of-life care skills.



Kent Room: 2 Workshops

7691: Care Connections: Strengthening Social Connections to Strengthen a Caregivers Support Network

Bonnie Tompkins

The Care Connections Program workshop showcases the Atlas CareMap tool, which increases social connections and a caregiver's support network. The tool allows caregivers to create a visual map of their support network, share their map with family, friends, and healthcare professionals, and broaden their network. Participants will create their map and learn about the other free resources designed to increase the awareness and use of the care map in the community and with healthcare professionals.

7670: Compassionate Communities Evaluation Guide: Helping People Plan, Assess and Showcase their impact

Eman Hassan, Bonnie Tompkins

This workshop will increase the capacity of Canadian Compassionate Community initiatives to develop and administer an evaluation that will measure the results and impact of their work. We will discuss the Canadian Compassionate Communities definition and stages of development and demonstrate how the project's evaluation framework and guide can be used to build their unique evaluation plan.

Albert Room: 2 Workshops

8464: Improving Timely Transfers from Acute Care to Palliative Care Units

Lesia Wynnychuk, Kalli Stilos, Lise Huynh, Jennifer Bottoms

Dying in acute care has been a topic of significant national interest and honoring a patient's wish for their preferred location of death is essential. For patients admitted to acute care whose choice is to transfer to a Palliative Care Unit (PCU) for end-of-life, it is imperative that this occurs in a safe and timely manner.

7578: Insights from the Ontario Pilot Project of the Canadian Palliative Care Atlas: Mapping Palliative Care Service Availability and System Performance

Jeffrey Moat

The Canadian Palliative Care Atlas, the first of its kind in Canada, aims to map existing strengths, areas of excellence, and gaps across regions and provinces with respect to palliative care service availability. The pilot project for the Atlas was completed in 2023 and implemented a systematic and coordinated method of assessing the status of palliative care across three health regions of Ontario.

Sussex Room: 2 Workshops

7678: "Creating that safe, sacred space for them to do what they need to do..." Improving Access to Equitable Palliative Care for Indigenous Peoples

Holly Prince

This workshop will discuss considerations and challenges in developing culturally relevant palliative care services for Indigenous peoples. It will share newly developed tools, and resources envisioned and co-designed with Indigenous Elders, patients, families and health care providers across Canada to improve culturally safe care delivery.



Accessibility and Advance Care Planning: Removing Barriers to Facilitate Important Conversations

Karine Diedrich and Merry Parkinson

Join Advance Care Planning (ACP) Canada as they discuss their new project, Making Advance Care Planning (ACP) More Accessible for Canadians with Disabilities. ACP Canada will discuss project highlights and lessons learned to date as they looked nationally and internationally for accessible ACP initiatives, tools and resources. Attend the workshop to contribute to the discussion and consider how you can make your ACP initiatives more accessible.

Mackenzie Room: 1 Workshop & 1 Oral Presentation

7522: Un espace de soutien pour déposer l'incommensurable : expérience de groupe de soutien pour parents endeuillés

Marion Onno, Mélanie Limoges, Antonietta Petti

Dans le cadre de cet atelier, nous vous partagerons une expérience de mise en place et d'animation d'un groupe de soutien pour parents endeuillés dont l'enfant est décédé des suites d'une trajectoire de maladie (avant l'âge de 18 ans).

Au travers de témoignages de parents ayant bénéficié de ce groupe de soutien et d'intervenantes l'ayant animé, nous vous partagerons une approche spécifique adaptée aux besoins de notre clientèle.

7651: Impacts de la pandémie sur les maisons de soins palliatifs au Québec.

Diane Guay

Cette communication vise à présenter la démarche et les résultats d'une étude réalisée auprès de 19 maisons de soins palliatifs lors de la deuxième vague de la pandémie au Québec. Un devis de recherche mixte transversale a permis de documenter les impacts humains, organisationnels et financiers ainsi que dégager les stratégies déployées pour y faire face.

Wellington Room: 1 Workshop & 2 Oral Presentations

7438: Redefining Hope: A Perinatal and Pediatric Palliative Care Intervention

Stephanie Veldhuijzen Zanten

In this workshop the concept of redefining hopes in pediatric and perinatal palliative care will be explored through case studies. An emphasis will be placed on how supporting families' hopes throughout the course of a child's life-limiting illness can assist families with enhancing memory making and legacy building while regaining a sense of control and promoting healing. Aiding parents in reframing feelings of loss can enhance their experiences throughout this difficult journey.

7712: Using Bereaved Parent's Experiences to Define Standards of Grief and Bereavement Care in Pediatric Palliative Care.

Kate Sutherland

Our presentation will use bereaved parent's experiences with their grief needs and supports to help create standards for grief and bereavement care in pediatric palliative care.



7710: Parents' Regrets After End-of-Life and Bereavement Care

Gregorio Zúñiga

The experience of parents who receive end-of-life and bereavement care before, during and after the death of their child can create long-lasting regrets that continue to shape their grief journey. We identified factors that decrease regrets and improve the quality of end-of-life and bereavement care which translate to parents experiencing a more peaceful death for their child.

Dalhousie Room: 4 Oral Presentations

7463: Embedded Palliative Outpatient Care for Heart disease (EPOCH): Innovative Research in Palliative and End-of-Life care in an Ambulatory Heart Failure Population

Ruby Ying-Ju Chang, Caroline McGuinty

We will assess a novel cardiac palliative care outpatient clinic in Ottawa through a process evaluation. Patient characteristics, clinic processes, and outcomes will be examined alongside thematic analysis of interviews. The audience will gain an understanding of the impact of this novel clinic, its strengths, and how the model can be improved. We hope to foster further discussions and collaboration to enhance the delivery of palliative care for patients with HF.

7491: Continuity of care near the end-of-life and its association with health care outcomes among people with kidney failure on dialysis: A retrospective population-based study.

Sarina Isenberg, Shuaib Hafid, Aleisha Fernandes, Michelle Howard

Mortality is exceedingly high, often predictable for people with kidney failure on dialysis (KF-D) and their end-of-life care may involve multiple specialties. Continuity of care (CoC), an indicator of care quality, is often measured as the proportion of care over time from a single provider. This retrospective cohort study of patients with KF-D who died between 2017-2019 in Ontario, will inform how to measure CoC at the end of life and understand the impact on end-of-life healthcare outcomes.

7492: Continuity of care near the end of life and its association with health care outcomes among people with advanced chronic obstructive pulmonary disease: a retrospective population-based study.

Sarina Isenberg, Shuaib Hafid, Aleisha Fernandes, Michelle Howard

Continuity of care (CoC) is often measured as the proportion of care over time from a single provider, however, respirologists, cardiologists, internists, and palliative care specialists may be involved near the end of life for people with chronic obstructive pulmonary disease (COPD). This retrospective cohort study of patients with advanced COPD who died between 2017-2019 in Ontario, will inform how to measure CoC at the end of life and understand the impact on end-of-life healthcare outcomes.

7576: Exploring changes in prescribing patterns for chronic severe pain in long-term care residents living with dementia near the end of life

Alixé Menard

Chronic pain is one of the most underestimated healthcare problems today and a cause of reduced quality of life in older adults in Canada. The assessment of the presence of pain, as well as the level of pain, is complex in residents living with dementia. This presentation will present our study which aims to describe the rates of opioid and non-opioid analgesics prescribed to treat chronic severe pain, stratified by dementia status, in LTC residents who are in their last year of life.



Rideau Room: 4 Oral Presentations

7526: Interventions for Grieving and Bereaved Informal Caregivers: Implications from A Scoping Review of the Canadian Literature

Christopher Klinger

This oral presentation will highlight further interventions for grieving and bereaved informal caregivers from a scoping review of the literature. Electronic databases were searched/articles screened. Three themes emerged: 1) Category of the intervention (e.g., music therapy, etc.), 2) Format of the intervention (delivery method, etc.), and 3) Target of the intervention (caregivers, etc.). There is a need for more evidence – collaborations are required to scale and evaluate these interventions.

7539: Exploring Best Practice Approaches to Caregiver Bereavement: Lessons Learned for an Outreach Support Program

Zelda Freitas, Patrick Durivage, Pam Orzeck, Rebecca Pimient

Support for bereaved caregivers remains inconsistent in the Quebec public health care sector. We aim to bridge this gap with an outreach program providing tailored psychosocial support to bereaved caregivers. This workshop covers the challenges encountered thus far and lessons learned, and participants will be invited to share their professional experiences and recommendations. Feedback from the workshop can help shape future research to better reflect Canadian caregiver/stakeholder perspectives.

7718: Walking With Complicated Grief

Eugene Dufour

Complicated grief became more apparent during the COVID 19 pandemic. This workshop will present the current information on Complicated Grief. Participants will learn how to predict those who may have future issues with Complicated Grief. Concrete tool and assessments forms will be presented. The current information about Complicated Grief in the DSM 5 will be explained and how clinicians can use this information to help your clients. Self care strategies will be provided.

7733: Grief, Bereavement and Mental Health: A Provincial (National) Crisis

Pablita Thomas

This presentation will focus on the convening, findings and recommendations from the Grief, Bereavement and Mental Health Summit that took place during COVID, literature research, and data gathering focused on the BC context of prioritizing grief and bereavement as it becomes a socio-economic, environmental and pandemic-related crisis.

This program has received financial support from Saint Elizabeth Foundation.

Victoria Ballroom: 4 Oral Presentations

7541: The ABCs of Serious Illness Communication Program: All Clinicians, Better Communication Skills

Jeff Myers

This presentation introduces ABCs, All clinicians, Better Communication skills, an evidence-based, clinician-facing, person-centred program of resources & training experiences to build serious illness communication skills. ABCs builds on strengths of existing frameworks & programs, and was designed for any interprofessional team member, in any care setting and is relevant to all learners and clinicians at any level of training and practice. Feasibility and pilot testing data will be presented.



7585: Simplifying Serious Illness Communication: The Preparing or Deciding Model

Jeff Myers

This presentation introduces Preparing or Deciding, a new way to think about serious illness communication. Clinicians continue to be uncertain with their role in having conversations about serious illness and variability persists in how terms are defined. The result is a lack of clarity on the purpose, tasks, and outcomes of individual conversations about serious illness. The simple heuristic Preparing or Deciding helps clarify these as well as how clinicians can understand their role.

7545: Implementing the Serious Illness Conversation Program: A Literature Review

Rachel Carter

This literature review aims to understand the barriers and facilitators to Serious Illness Conversation Program (SICP) implementation and identify performance measurements. Findings from this literature review will offer insights into the process of SIC Implementation in the real-world context. Moreover, findings from this review adds to a nuanced understanding of the complexities, dynamics, and key considerations for successful SIC program implementation.

Serious Illness Conversation Guide Implementation Champions' Experiences

Kathleen Yue

This qualitative research project explores the experiences of clinicians who have successfully implemented the Serious Illness Conversation Guide (SICG) within their program, practice and/or organization. The aim of this work is to better understand the SICG implementation process and learn from the successes of experienced clinicians. This research approaches implementation through a dynamic and relational lens, acknowledging the complex and highly contextually nature of program implementation

2:30 PM - 3:00 PM Refreshment Break
Cartier I, II, III

2:30 PM - 3:00 PM Book Signing by Dr. Harvey Max Chochinov
Victoria Ballroom

3:00 PM - 4:00 PM Queen Room: Workshop

Workshops & Oral Presentations

7446: Skills for Life: Building Resilience, Joy & Mindful Self-Compassion
Stephen Liben

Conceptually understanding an idea, or simply knowing that something is helpful and true for us, such as "it is important to be aware of my own limits" is not enough to produce changes in behavior or to give us new "skills" (if only!). Participants will engage in contemplative practices (aka brief meditations), and structured small group exercises. Clinical resilience building will be explored, and specific mindful self-compassion exercises will be practiced together in this workshop.



Kent Room: Workshop

7428: Understanding and Addressing the Grief of the Palliative Care Profession: The Key to Professional Resiliency

Anita Mehta

A reflective process can be helpful for healthcare professionals to integrate loss and grief into their practice in a manner that supports their professional resiliency. This interactive workshop will explore loss and grief in the context of caring in palliative care. A narrative approach using case examples and video vignettes will be used to highlight the importance of recognizing the need to grieve. Strategies for reflection will be discussed and implemented during this workshop.

Albert Room: Workshop

7693: Walking Alongside Indigenous Peoples who are Seriously Ill: Addressing the Need for Culturally Safe-r Palliative Care

Holly Prince

This session discusses structural vulnerability and the social determinants of health that impact health and access to quality care for Indigenous peoples. It highlights the need for equity-oriented approaches to care, which must be embedded within the health care system and providers' practice. Lastly, it explores reconciliation and allyship as strength-based responses to moving forward together.

Mackenzie Room: Workshop

7506: Is it time to rethink the philosophy of hospice care in Ontario?? A focus on hospice residence admission criteria

Nadine Persaud, Dr. Donna Spanner

The rigidity of in-patient hospice care criteria has been proven to be a barrier for individuals living with a life-limiting illness, in particular structurally vulnerable populations. The current hospice criteria, limits access and predominately serves individuals living with cancer during the last moments of life. Through this interactive workshop, participants will be challenged to think outside of the box as we work together to ensure hospice care is accessible and equitable.



Wellington Room: Workshop

Integrating Online Education into Practice Through Reflection and Group Facilitation:

Case Study – PACE for PSWs

Kath Murray, Ruth Richardson, Karine Diedrich, Christine Gordon

Providing ongoing education and learning opportunities is one of the key ways we can support and recognize our teams, help them to understand their role in integrating a palliative approach to care and work to their full scope of practice. Self-directed, online education programs are becoming an increasingly popular mode of education, due to their flexibility and affordability. But often, education alone is not enough – online or otherwise. We need to create a 'culture of curiosity' to transform education into practice change at the bedside.

Using the Palliative Approach to Care for Personal Support Workers (PACE for PSWs) program as a case study, this session will examine how these comprehensive, self-paced, online learning courses are designed to build skills while also starting people on a journey of reflection – exploring beliefs, solidifying concepts, and sharing ideas to integrate education into practice. Participants will also learn from the experiences of the Champlain Hospice Palliative Care Program (CHPCP), who has built on this education into practice model by providing weekly coaching sessions facilitated by a hospice palliative care nurse educator. These sessions were provided via zoom at a variety of times that enable learners to discuss and share their reflections and stories with others. A sense of compassionate community was created with the learning experience. We hope you will join us this interactive workshop to understand ways of increasing the impact of education through reflection, group facilitation and evaluation.

Dalhousie Room: 3 Oral Presentations

7443: Evaluating Undergraduate Palliative Care Medical Education at McMaster University: A Quality Improvement Project

Jeffrey McCarthy

This session will provide an overview of the evaluation of the formal and informal UGME curriculum at McMaster University including how well it equips students with core skills of a primary palliative approach to care by the end of medical school as defined by national EFPPEC competencies. Specifically, the session will describe the integration of 15 LEAP Fundamentals modules through curriculum mapping, as well as strengths and gaps revealed to date in the evaluation of the curriculum.

7690: Opioid-Related Health Harms and Palliative Care: A Population-based Cohort Study

Rebecca Bagnarol

This cohort study is the first to show population-level involvement of palliative care among those with opioid-related health harms (OHH). Linked ICES health administrative databases were used to identify all decedents in Ontario with a history of OHH within 3 years of death. The primary outcome was receipt of palliative care overall and stratified by setting. The findings of this study have the potential to improve palliative care practice and policy for people who use opioids.



7701: Describing Ontarians with and without schizophrenia who are nearing death

Colleen Webber

This oral presentation will provide:

- 1) Background on end-of-life care for individuals with schizophrenia and rationale for this research.
- 2) Overview of approach for identifying individuals with schizophrenia using health administrative data.
- 3) Results and interpretation of findings (e.g., differences in end-of-life sociodemographic, health status, and healthcare access for individuals with and without schizophrenia).
- 4) Future directions for this work.

Rideau Room: 3 Oral Presentations

7481: Helping family caregivers of community-based family members as the end of life approaches

Donna Wilson

People of all ages may need help, but advanced old age is a time when people commonly start needing daily help. This need is usually progressive. One or more family members (usually females) provide all or much of this help outside of hospitals and nursing homes. We conducted a 4-part study in 2022 with the findings revealing 11 common needs and 5 required community-based services to support end-of-life care outside of hospitals and nursing homes.

7535: Intersecting Palliative Care and Design Research: Co-designing an Intervention to Improve Patient and Family Caregiver Experiences

Krystal Kehoe MacLeod

To design a collaborative, innovative hospital-to-home transition intervention at end of life, co-design workshops led by design and health services researchers are gathering perspectives from those receiving or delivering a palliative approach to care. Data will inform low- and high-fidelity prototyping, and will inform the development of potential interventions. Interventions will be assessed by participants. The most successful concept will be recommended for a subsequent implementation study.

7559: Legacy activities in hospice palliative care: Lessons learned from a qualitative study of client and volunteer relationships

Jessica Bytautas

This presentation explores legacy activities, e.g., creative works produced by a person at the end of life. Research suggests legacy participation may have a strong psychotherapeutic benefit. Less attention has been given to questions of access and equity. Drawing on findings from a qualitative ethnographic study of a hospice palliative care organization in Toronto, we explore what legacy means for clients and the volunteers who care for them.



Victoria Ballroom: 3 Oral Presentations

7484: Hospice Care for Marginalized Communities: New Models to Deliver Specialized Care for Patients

Fr. Dr. Matthew Durham, Hana Irving, Felicia Kontopidis

Saint Elizabeth Foundation opened Journey Home Hospice in 2018, serving patients experiencing homelessness and vulnerable housing in the heart of downtown Toronto and added a satellite location in Windsor in 2022. Using the knowledge built over nearly five years of care, we theorize the specialized approach to hospice care has the ability to impact other communities around Canada with a toolkit approach to enabling other organizations to do the same in areas where homelessness is prominent.

7677: Providing Palliative Care to Refugees: A Qualitative Case Study Exploring Barriers and Facilitators in the Greater Hamilton Area (GHA) of Ontario

Priya Gupta

This oral presentation will provide a case study on barriers to and facilitators in providing palliative care to refugee populations in the Greater Hamilton Area (GHA) of Ontario from the perspectives of primary care providers (PCPs) and refugees (and/or their family members). The objective of the presentation is to help audience members gain a better understanding of the regulatory, financial, and administrative environments that impact palliative care delivery to refugees.

7679: Canadian physicians' attitudes and experiences providing palliative care to sexual and gender minority (SGM) individuals

Justin Sanders

This is a didactic presentation of results from a qualitative research study with time for questions and answers.

This program has received financial support from Saint Elizabeth Foundation.

4:00 PM - 4:15 PM Transition Break



4:15 PM - 5:15 PM
Workshops & Oral
Presentations

Queen Room: Workshop

7475: Improving equitable access to palliative care for structurally vulnerable populations: How to incorporate health navigation into your palliative care program

Nadine Persaud, Trevor Morey, Lilian Robinson

Through this workshop, attendees will learn more about how palliative care programs can cultivate the Health Navigator role to improve 5 key areas of care delivery, including access, care coordination, social determinants of health, advocacy and counselling. Further, through interactive case discussions, attendees will strategize ways that they can bring this unique model of care to their local community, to improve equitable access to palliative care.

Kent Room: Workshop

7490: Spotlight on Ethics: Stopping Eating and Drink by Advance Directive in Advanced Dementia

Christine Jones

Palliative Care Consultation is often requested to assist in decision making when there is medical and psychosocial complexity. An example of such complexity is when families request the cessation of feeding by hand in patients with advanced dementia. Workshop participants will review a case involved a request to Stop Eating and Drinking by Advance Directive (SED by AD) and discuss the practice implications, ethical tensions and legality of these directives.

Albert Room: Workshop

7439: Loss & Stigma: Granting Permission to the Elephant in the Room
Rennie Bimman

Hushed, ignored, and living at the margins—illness, loss, and death enact suffering that the grieving are often made to feel unworthy of feeling. In this workshop, participants will learn about the unique and dangerous role of stigma in loss, and explore and imagine how it can be addressed. Participants will gain tangible intervention skills in addressing stigma when providing bereavement support in both individual and group settings. Participants will engage with the concept of permission as a therapeutic intervention, and will learn practical strategies for employing this in facilitating support.

Sussex Room: Workshop

7705: Development of a Consensus Statement: Pre-drawn Subcutaneous Medications for Community Palliative Care Patients

Nicole Wikjord, Della Roberts

In Canada, it is common for community health nurses to pre-draw and label subcutaneous medications for caregivers to administer to patients. However, there are no evidence-based guidelines for nursing best practice. This workshop will describe the process to develop a consensus statement to guide nursing practice in community settings; review the factors and considerations for using pre-drawn syringes in the community; conclude with how to use the consensus statement to guide their own practice.



Mackenzie Room: Workshop

7553: Identity-Affirming End of Life Care: Moving beyond Cultural Competent Health care **Ekta Singh, Mariia Karizhenskaia, Tanvi Nandani**

As health care professionals, how might we intentionally apply cultural humility principles to create identity-affirming patient experiences to support, empower, and mentor patients along their complex and unique palliative care journeys? This interactive session will focus on understanding the importance of leading with cultural humility and the benefits of applying Culturally Responsive/Identity-Affirming Care that centers patients' lived experiences and unique cultural strengths.

Wellington Room: 3 Oral Presentations

7513: Bereavement in the Context of Homelessness: A Literature Review

Joshua Black

The aim of this literature review is to gather current and relevant information on how bereavement is experienced within the context of homelessness. A total of 18 articles were included. The dual experience of bereavement and homelessness has largely been overlooked in the literature, as most articles lacked attention to detailed or in-depth explorations of the topic. It is our hope that this literature review may prompt an urgent systemic response towards providing better bereavement support.

7516: Frontline Perspectives Considering the Dual Experience of Homelessness and Bereavement

Joshua Black

There has been a lack of research completed to understand the bereavement experiences for those experiencing homelessness. This research study explored the dual experience of homelessness and bereavement from the perspectives of frontline workers who provide support for individuals experiencing homelessness in BC. The research showed narratives of broadly unmet needs. This information should aid organizations in their response towards providing improved bereavement support moving forward.

7552: Advanced Care Planning & People Facing Homelessness

Kim Van Herk, Graydon Simmons

In this session we look forward to engaging with other palliative care providers around their experience of working with marginalized populations including the homeless, challenges around consent and capacity, practical steps on how to navigate the public guardian and trustee system and holistic ways to advocate for our clients and help them have their voices heard as the near end of life.

This program has received financial support from Saint Elizabeth Foundation.

Dalhousie Room: 3 Oral Presentations

7518: Understanding how long-term care homes provide end-of-life symptom management medications: A Qualitative Study

Rhiannon Roberts

Palliative care is an essential care approach in long-term care homes. Using administrative data, we developed a quality indicator that measures a crucial aspect of palliative care; end-of-life symptom management medications. For our oral presentation we will discuss our qualitative study which aimed to inform the refinement of the indicator, including its acceptability, feasibility and applicability.



7538: Exploring the Current Landscape of Palliative Approaches to Care in Long-Term Care Homes Across Canada: A Cross-Sectional Survey Study

Marie-Lee Yous

We present findings from 3 provinces (i.e., British Columbia, Ontario, and Quebec) of a national cross-sectional survey study that explored the current state of palliative approaches to care in long-term care (LTC) homes. Participants were a diverse group of stakeholders. This study was part of a mixed methods study to complete a situational analysis. Early findings revealed the need for consistent collection of diversity data of residents in LTC homes.

7584: Existence and Aspirations for Integrating a Palliative Approach to Care in Long-term Care Homes in Canada: A Qualitative Study

Shirin Vellani

We present findings from a situational analysis study on what exists and what is needed to implement a palliative approach program in long-term care homes across three Canadian provinces: British Columbia, Ontario, and Quebec. Our findings reveal that LTC homes in different provinces have similar systemic barriers to instituting person-centered care. There are also unique contextual factors that should be considered for the successful integration of a palliative approach to care.

Rideau Room: 3 Oral Presentations

7562: A Provincial Whole-systems Approach to Promoting Conversations that Matter

Eman Hassan

Our province-wide, multifaceted approach to ACP promotion and engagement uses complementary strategies across key stakeholder groups, catalysing collective impact. Our programs focus on building capacity within the healthcare system and academic institutions, empowering the community, and developing culturally and linguistically appropriate ACP resources for our diverse population. We will discuss key enablers to achieving success in this whole-systems approach.

7688: One Province's journey to engaging a diverse geographical province and disconnected players in pursuit of a palliative approach in Long Term Care.

Clara Dyck

We will present the story of steps taken to successfully complete a situation analysis and scale up plan within a diverse geographic province and among disconnected players. We will share approach, steps taken and challenges experienced in B.C. We will examine unique contextual factors that should be considered when completing a situational analysis in the region you are contemplating implementing a palliative approach program in long-term care homes.

7458: Diverse Sounds: Inter-Cultural Soundscapes at End of Life

Bev Foster

In Canada, a country where the population is increasingly ethnically diverse, how do caregivers use music to meet the needs of families at end of life? How can these sounds be most relevant, universal and authentic? These are some of the questions we explored as in producing collection 3, diverse sounds for palliative and end of life care. While the collection is innovative, it is the process used that is a truly transferrable innovative prototype for intercultural endeavours in HPC.



Victoria Ballroom: 3 Oral Presentations

7537: A Prospective Study on Survival Prediction of Patients with or without Cancer in a Palliative Care Hospice.

Sylvie Bouchard

This study objective was to determine the importance to have accurate prognosis and the impact on patients' and families' activities at the end of life. Families found it very much useful and would use it for planning of visits and communication and closure prior to death as would patients do. Having a more accurate prognosis during the last weeks of life is very much useful for families and to a lesser extent for patients.

7694: Enhancing delivery of Palliative care on an acute care oncology unit through the use of simulation based learning

Sarah Yip, Amina Malik

Simulation is an effective teaching tool for improving nursing clinical skills and confidence. An eight-hour education day was developed with didactic and simulation-based learning strategy for nurses on an inpatient oncology ward with the goal to improve their knowledge, skill and comfort in providing palliative and end of life care to their patients. Topics included understanding goals of care, end of life care and symptom management.

7707: Integration of an Early Palliative Care Clinical Nurse Specialist in Advanced Colorectal Cancer Care: Outcomes, Experiences, and Fifty-five Word Stories

Janet Vandale

Palliative Care Early and Systematic (PaCES) is an innovative program in Calgary, Alberta providing early palliative care (PC) integrated within regular oncological care. In this presentation, the experience of the Clinical Nurse Specialist providing early PC to advanced colorectal cancer patients is examined. Data from the PaCES pilot for advanced colorectal cancer are shared, including more early PC referrals, fewer hospital days, and health system cost savings.

5:30 PM - 10:00 PM Moonlight Mingle: A Friday the 13th Haunt

5:30 - 6:30 PM Dinner - Summit Room

6:45 PM First bus departs for 7:00 PM Ghost Tour

7:15 PM Second bus departs for 7:30 PM Ghost Tour

7:45 PM Third bus departs for 7:30 PM Ghost Tour

Reception and dessert to follow the tour.

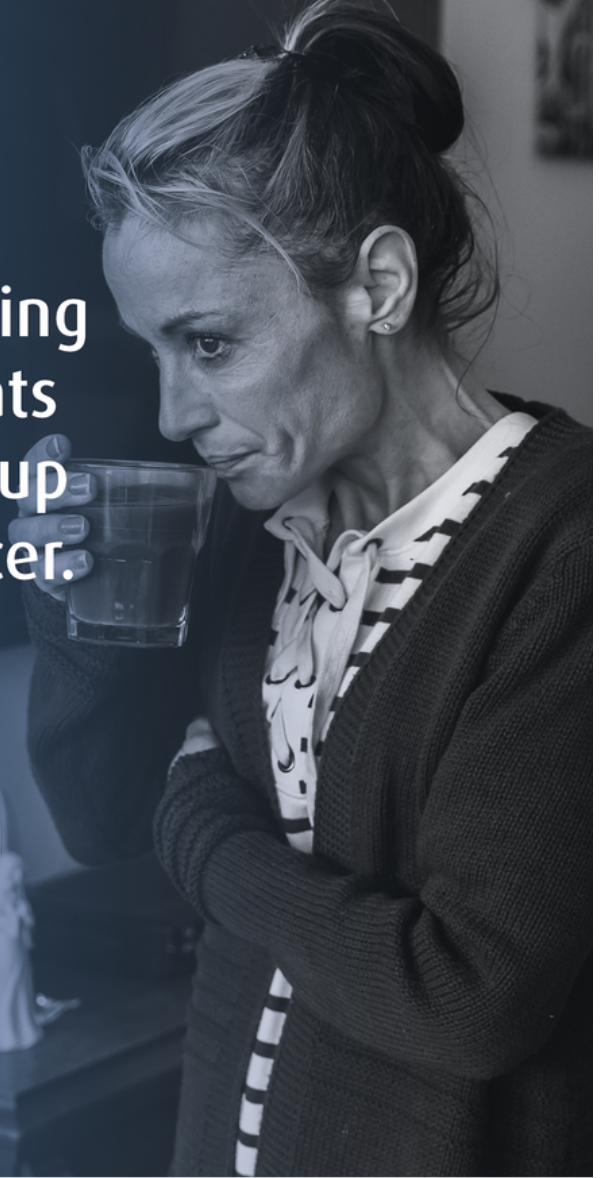


“

You could be a soccer mom driving your SUV and next thing you know, your husband beats you, and somehow you end up on the street... dying of cancer.

I'm just a normal person who had a hard time.

- Nicole



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Saturday, October 14th

8:00 AM - 8:20 AM **Morning Welcome Remarks**
Victoria Ballroom Including conference announcements, and featuring self-care and memorial activity.

8:20 AM - 8:30 AM **Transition Break**

Burning Issues Panel Discussions

8:30 AM - 10:00 AM **Transforming Caregiving Through Policy**
Victoria Ballroom **Presented by:** Dr. Hsien Seow, Dr. Sammy Winemaker, James Janeiro, Zelda Freitas
Moderated by: Laurel Gillespie

8:30 AM - 10:00 AM **Reimagining Palliative Care: Examining the Assumptions and Asserting the Importance of Palliative Care as a Universal Human Right**
Wellington Room **Presented by:** Holly Prince, Nadine Persaud, and Monica Do Coutto Monni
Moderated by: Mary Lou Kelley

10:00 AM - 10:15 AM **Transition Break**

10:15 AM- 11:15 AM **Queen Room: Workshop**

Workshops & Oral Presentations

7508: Exploring the Experiences of Hospice Healthcare Workers Caring for Adolescents and Young Adults with Advanced Cancer: An Interpretative Phenomenological Analysis
Nadine Persaud

This workshop is based on an interpretative phenomenological analysis doctoral research study, which was conducted across Canada at 4 paediatric in-patient hospices. The aim was to better understand the lived experiences of hospice healthcare workers who provide palliative care to adolescents and young adults living with advanced cancer. The findings based on the voices of 18 interdisciplinary healthcare workers will be shared along with the contributions to knowledge, policy and practice.

Kent Room: Workshop

7557: Establishing a consensus-driven, evidence-informed definition of the support provided by hospice societies in British Columbia
Rachel Carter

In this workshop we will present a consensus-driven, evidence-informed definition of support provided by hospice societies in BC. Informed by a literature review and environmental scan, we conducted a modified-Delphi process with an expert panel of 56 respondents to iterative surveys, each informed by the de-identified results of the last. We will share the definition and the process we followed, and discuss with workshop participants the applicability of the definition in their jurisdictions.



Albert Room: Workshop

7577: Investing in Palliative Care as a First Step to Addressing Canada's Health Human Resource Crisis

Jeffrey Moat

The current crisis in Health Human Resources (HHR) poses an unprecedented and urgent threat to the sustainability of Canada's health care systems, both in the short- and long-term. With a growing aging population, palliative care is a key health care priority across Canada, providing a timely opportunity to test various HHR priorities and demonstrate their success.

Sussex Room: Workshop

7583: Embedding a Person-Centered Approach in Planning Effective Public Education and Awareness Campaigns

Katrielle Ethier

The principles of a person-centered approach to care are also the foundation of effective public communications. By understanding their audience's needs and values, organizations can ensure their message reaches the right people with the right message. This workshop will describe how the person-centered approach can be embedded into public communications, education and awareness campaign planning to reach a target audience more effectively and strengthen palliative care awareness.

This program has received financial support from Saint Elizabeth Foundation.

Mackenzie Room: Workshop

7684: Exploring and supporting non-physical suffering in hospice/palliative care: Barriers and opportunities

Maxxine Rattner

The prevention and relief of suffering, physical and non-physical, is a primary aim of palliative care. This workshop will focus on recent research highlighting interdisciplinary team members' experiences encountering patients' non-physical suffering; it will provide space for participants to reflect on their own experiences working with patients' non-physical suffering, increase their understanding of this form of suffering, and provide clinical tools and tips to support front-line practice.

Wellington Room: Workshop

7686: 7 tips to design the hospice palliative care program evaluation that works for you

Shelby Corley

Program evaluation is often seen as an administrative burden, a box-checking exercise that accompanies grants. But evaluation should really be a powerful process for learning and improvement. Your evaluation should help you deliver better care for your clients and caregivers. This workshop is designed for leaders, program managers, coordinators, planners, researchers and knowledge translators. In this workshop, I'll share 7 practical tips to help you design the evaluation that works for you.



Dalhousie Room: Workshop

7454: Building Your Team for Life Transitions

Marc Seguin

We are all living longer, with a significant likelihood of some reduction in our ability to operate independently, caused by natural aging, life events, or illness. Marc introduces the PACT (Plan-Activate-Communicate-Transition) framework, to ensure continuity and consistency in the management of financial, physical and mental affairs, allowing all to live with peace of mind.

Rideau Room: 3 Oral Presentations

7517: How to Best Support Bereaved People in the Post-COVID-19 Era? Provincial Evidence-Informed Recommendations by Stakeholders in British Columbia

Eman Hassan, Anica Butters

Recent studies and symposiums we conducted in BC revealed the impact of COVID-19 pandemic on the bereavement experience and the available support services. We used findings from this work to inform a provincial roundtable that explored strategies to improve the bereavement experience in BC moving forward. The roundtable discussions provided the much-needed conversation to build a provincial action plan to minimize gaps in bereavement services and improve the bereavement experience in BC.

7510: Increasing patient identification and provider competency in early palliative care: Results from the CAPACITI randomized controlled trial.

Daryl Bainbridge, Hsien Seow

We will present results from a randomized controlled trial of the CAPACITI palliative care training program for health care providers. Following CAPACITI, providers (n=294) reported a significant mean point increase of 7% in the proportion of their patients identified as requiring a palliative care approach. Competencies in providing this approach also improved significantly post intervention. No differences were detected in outcomes between self-directed or facilitated modes of CAPACITI.

7674: iRespite Services iRépit: Co-designing an app to coordinate respite care at end-of-life

Aimee Castro, Audrey-Jane Hall

Aimee Castro, RN PhD(c), and Audrey-Jane Hall, RN MBA(c), will present wireframing and interview results from Aimee's three-phase doctoral research program with nurses, patients, and family caregivers. These results will inform the design of an app to coordinate respite care services for families coping with advanced cancers. Such an app could better support death at home, which is where most families and patients wish to be.



Victoria Ballroom: 3 Oral Presentations

7408: Evaluating a End of Life Doula Training Program for Student Impact and Effectiveness

Jennifer Mallmes, Ariane Plaisance

This presentation will describe the history of end-of-life doulas as an emerging role and the assessment of one end-of-life doula program. The study's results will be discussed with participants, and recommendations for future development will be presented.

7432: Palliative Education: Connecting with our Community

Cynthia Lapointe, Anita Mehta

This oral presentation will use examples of initiatives created and implemented at a hospice to 1) highlight the importance of compassionate community initiatives related to education and awareness; 2) provide examples of educational seminars and workshops that serve to address critical topics related to palliative care (e.g. advance care planning and bereavement); 3) discuss the feedback received and it's importance to the formulation of future education opportunities.

7724: SHPCA Hospice Palliative Care Network Initiative – linking communities across the province

Mary-Anne Parker

The presentation will take viewers through the 2023 road show's collaboration with Saskatchewan rural communities and the development of an online communication network that permits both the public and professionals to access multi-disciplinary approaches to hospice palliative care.

Participants will be given the opportunity to test the network with their own scenario and information requirements.

11:15 AM - 11:30 AM Refreshment Break - Cartier I, II, III Rooms

11:30 AM- 12:30 PM Queen Room: Workshop

Workshops & Oral Presentations

7437: Advancing Patient and Family Centered Care for the Indigenous Patient and their Families during End of Life.

Judy Harvey

There are vast differences between contemporary Western medicine and Indigenous culture/healing. This is not widely recognized. It is pivotal to understand Indigenous cultural traditions, practices and the significance of integrating this at the bedside. In this workshop participants will be introduced to teachings from the Indigenous Elders and Navigators in order to learn about the Indigenous culture and how to better incorporate it into the health care setting during end-of-life care.



Albert Room: Workshop

7700: Supporting Pandemic Grief Based on the Relational Landscape of Bereavement Deborah Ummel

Based on the relational landscape of bereavement developed by Laperle et al. (2022), this workshop will first offer a detailed description of the relational model of grief and its components (e.g., the deceased, the co-bereaved, the confidants or caregivers, the antagonists and the secondary characters) as well as illustrations inspired from clinical cases. The strengths and applications of the model as well as its limits will be described. Second, the relational landscape of bereavement will be.

Mackenzie Room: Workshop

7550: Supporting the Journey Home: Growing the Community Bundle to Care for those with Serious Illness in First Nations Communities

Joanna Vautour, Valerie Bishop

Supporting the Journey Home: Growing the Community Bundle to Care for those with Serious Illness in First Nations Communities describes the process of co-designing a culturally safe-education program. We will share lessons learned and initial findings from participants. The presentation will benefit all health care providers to increase their awareness of culturally safe-education and skills for team collaboration to provide quality care with First Nations communities.

Wellington Room: Workshop

7721: Growing our Grief Literacy as Palliative Care Providers

Marney Thompson, Paul Adams

Healthcare providers are often faced with providing support to people who are grieving a loss or a death. In practice, they may not feel adequately prepared to support patients, families of colleagues who are grieving or bereaved. Grief literacy (Breen, et al. 2022) is a public health approach to build capacity in all members of society to provide informal grief support. This workshop aims to equip healthcare providers working in palliative care with an understanding of grief literacy alongside.

Dalhousie Room: 3 Oral Presentations

7555: Advance Care Planning in British Columbia: 2012-2020

Rachel Carter

To assess longitudinal impact of the many initiatives to promote ACP that have been occurring in British Columbia, we conducted polls with the BC public in 2016 and 2020, and re-interrogated a previously published poll from 2012. We have observed that awareness increased between 2012 and 2016/2020, and discussions with health-care providers increased between 2012/16 and 2020. We also observed that men and younger respondents had around half as much awareness and engagement in most activities.



7561: Co-developing Advance Care Planning Resources: A Public Engagement Approach for Hindi Speaking Communities in BC

Eman Hassan

Evaluation of our adapted Advance Care Planning (ACP) resources for Punjabi-speaking members of the South Asian community identified the need for similarly adapted resources in Hindi. We followed a public engagement approach to include community voices and perspectives to determine how best the adapted and translated materials would be understood within the community. This presentation will discuss the approach followed and share the resulting materials.

7699: Developing a race dialogue tool to support advanced care planning among people of color with cancer/serious illness: an experience-based co-design process

Justin Sanders

This presentation describes the use of experience-base co-design to develop a conversation tool to support clinical race dialogues, conversations about race/racism across race. Such conversations are hypothesized to trust and connection between clinicians and patients, which is a key enabler of advance care planning and high quality serious illness care.

Rideau Room: 3 Oral Presentations

7523: At Arm's Length: An Interpretive Description Study of Canadian Hospice Palliative Care Nurses and MAiD

Jennifer Dorman

This presentation will describe the findings of a doctoral research project examining how hospice palliative care nurses experience moral distress when their patients request or choose medical assistance in dying (MAiD) while in hospice. Themes developed from the findings and recommendations for practice grounded in the data will be explored.

7582: The Head and Heart of Hospice: Research Co-Creation Through Hospice and Academic Partnerships to Advance Evidence Informed Hospice Palliative Care

Shannon Freeman, Donna Flood

The Prince George Hospice Palliative Care Society and UNBC researchers have developed a unique partnership to develop innovative practice in hospice palliative care. We will describe our co-design approach to innovative program delivery using case studies of hydroponic gardening to improve well-being and enhance caregiver grief support. We will showcase the value of interdisciplinary and cross-institutional collaboration founded in mutual respect for complementary strengths and expertise.



7698: The Difference 4 hours Makes: Evaluating Palliative Education for Medicine Nurses in Acute Care

Manpreet Singh, Harvey Bosma, Nadine Dennis

The oral presentation will describe a unique education project at St. Paul's Hospital in Vancouver, Canada. This initiative aims to enhance the knowledge and skills of acute care nurses in general medicine about the palliative approach to care. An overview of the education modules will be provided along with a description of the strategies used to invite and support nurses to complete the learning. Survey and interview findings will be shared regarding the participants experiences.

Victoria Ballroom: 3 Oral Presentations

7417: Virtual home-based palliative care during COVID-19: A qualitative exploration of the patient, caregiver, and healthcare provider experience

Daniel Vincent and Sarine Isenberg

Due to the COVID-19 pandemic, many community palliative healthcare providers shifted to providing a combination of in-person and virtual care.

Our research study explored the experiences and perceptions of community palliative care providers, patients and caregivers. Incorporating virtual palliative care into healthcare provider practice models (blended care models) may be the ideal model of care and standard practice moving forward beyond the COVID-19 pandemic.

7482: Determining the contemporary use of Canadian hospitals by patients who die

Donna Wilson

It is commonly thought that people are often hospitalized when dying. Contemporary evidence gained from complete hospital utilization records is needed for health services and other planning. A research study was recently carried out using immediate pre-COVID 2018-2020 population-level cross-Canada data. The findings will be outlined and policy and practice implications highlighted.

7708: Palliative Care Interventions to face seniors' loneliness and social isolation during the pandemic

Mariana Rosa de Carvalho, Marinelly Villalobos Nieto

This presentation aims to create awareness of seniors' loneliness, and social isolation increased during covid pandemic, the necessity of screening protocols and the interventions to mitigate them during palliative care and end-of-life. Seniors with loneliness and social isolation have increased symptom burden and exposure to more intense end-of-life care. Therefore, interventions to face them can improve their quality of life during their palliative care.

12:30 - 1:45 PM Lunch

Victoria Ballroom

12:30 - 1:00 PM Book Signing by Dr. Hsien Seow and Dr. Samantha (Sammy) Winemaker

Victoria Ballroom

1:45 - 2:00 PM Closing Remarks - Victoria Ballroom



Plenary

2:00 PM - 3:15 PM
Closing Plenary
Dr. Kathryn
Mannix
Victoria Room

Kathryn trained in general internal medicine and then moved sideways from training in medical oncology to develop her interest in palliative care. Before Palliative Medicine was an accepted medical speciality in the UK, she devised her own training scheme that included spending time in medical specialties associated with incurable long-term conditions (including a month in Canada), and also training as a Cognitive Behavioural Psychotherapist. After appointment to a consultant post in 1995 she worked in hospices, patients' own homes and led a busy palliative care service in a large teaching hospital, and she was regional lead clinician for palliative and end of life care in North East England.

Her research interests were in palliation of nausea and vomiting, and in the application of Cognitive Behaviour Therapy (CBT) in a palliative care setting. With CBT colleagues she devised and validated 'CBT First Aid' training for physical health practitioners, a training programme providing additional skills for helping patients with their difficult symptoms and situations.

Kathryn took early retirement in 2016 to campaign for better public understanding of dying. Her first book *With The End In Mind* was shortlisted for the Wellcome Book Prize, became a Sunday Times best-seller, and has been translated into 14 languages so far. Her second book, *Listen: how to find the words for Tender Conversations*, was published to critical acclaim in 2021.

3:15 PM - 3:30 PM **Goodbyes and Thank Yous**



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