

Long-Term Care Community of Practice Series

Introductory Session



Presenters: Jeffrey B. Moat, CM and Dr. Daphna Grossman

Date: December 9th, 2021

Territorial Honouring



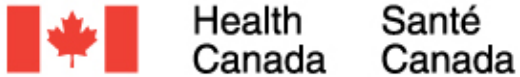
The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

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Thank You

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



Introductions

Presenters

Jeffrey Moat, CM
CEO, Pallium Canada

Dr. Daphna Grossman, MD, CCFP(PC), FCFP
Associate Professor, Department of Family & Community Medicine
Division of Palliative Care, Temerty Faculty of Medicine, University of Toronto

Conflict of Interest

Pallium Canada

- Non-profit
- Partially funded through a contribution by Health Canada
- Generates funds to support operations and R&D from course registration fees and sales of the Pallium Palliative Pocketbook

Presenters

- Jeffrey Moat, CM
 - CEO of Pallium Canada
- Dr. Daphna Grossman
 - Paid LEAP facilitator and Pallium course work developer
 - Paid content reviewer for the de Souza Institute
 - Paid facilitator for the Palliative Care e-learning (PCeL) Program at the Temerty Faculty of Medicine, University of Toronto

Reminders

- Your microphones are muted. There will be time during this session for questions and discussion.
- You are also welcome to use the chat function to ask questions, if you have any comments or are having technical difficulties, but please also feel free to raise your hand!
- This session is being recorded and will be emailed to registrants within the next week.
- Remember not to disclose any Personal Health Information (PHI) during the session

Welcome!

- **Poll 1:** What province are you joining us from?
- **Poll 2:** What setting do you work in?
- **Poll 3:** What is your role?



Objectives of this Series

- To foster a community of practice for those working in the Long-Term Care Setting
- To transfer foundational knowledge into practice
- Focus on cases and challenges you bring to us
- Knowledge exchange



Topics covered in
this series



Session #	Session Title	Date/ Time
Session 1	Introductory Session	Dec. 9 th , 2021 from 12-1pm ET
Session 2	The Palliative Approach as Part of the Continuum of Care	Jan. 13 th , 2022 from 12-1pm ET
Session 3	The Palliative Approach as an Inter-professional, Team Based Activity	Feb. 10 th , 2022 from 12-1pm ET
Session 4	Individuals and their Families as Members of the Team	Mar. 10 th , 2022 from 12-1pm ET
Session 5	Advance Care Planning	Apr. 14 th , 2022 from 12:30-1:30pm ET
Session 6	Resources for Long-Term Care: Pre and Post Pandemic	May 12 th , 2022 from 12:30-1:30pm ET
Session 7	Honouring Personhood in Dementia Care	Jun. 9 th , 2022 from 12-1pm ET
Session 8	Supporting New Team Members	Jul. 14 th , 2022 from 12-1pm ET
Session 9	Spiritual and Religious Care as Part of the Holistic Approach	Aug. 11 th , 2022 from 12-1pm ET
Session 10	Diversity and Inclusion in the Long-Term Care Setting	Sept. 8 th , 2022 from 12-1pm ET
Session 11	Meaningful Measurement to Support Health System Improvements in Long-Term Care	Oct. 13 th , 2022 from 12-1pm ET
Session 12	Mental Health and Resilience During the COVID Pandemic: Part 1	Nov. 10 th , 2022 from 12-1pm ET
Session 13	Mental Health and Resilience During the COVID Pandemic: Part 2	Dec. 8 th , 2022 from 12-1pm ET

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Session 7

Session 8

Session 9

Session 10

Session 11

Session 12

Session 13

Introductory session

- **Presenter:** Dr. Daphna Grossman
- **Date/ Time:** now!
- **Upon completing the session, participants will be able to:**
 - Explain how the community of practice works
 - Describe the various sessions and their respective goals and objectives
 - Start to prepare cases for the individual sessions

Session 1
Session 2
Session 3
Session 4
Session 5
Session 6
Session 7
Session 8
Session 9
Session 10
Session 11
Session 12
Session 13

The Palliative Approach as Part of the Continuum of Care

- **Presenters:** Dr. Amit Arya & Janany Nemallan
- **Date/ Time:** Jan. 13th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Explain what the palliative approach means
 - Defend the notion that the palliative care approach is the responsibility of all team members
 - Describe what a palliative care approach is in the long-term care setting
 - Address myths and misconceptions regarding a palliative approach to care in the long-term care setting
 - Activate a palliative approach early

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Session 7

Session 8

Session 9

Session 10

Session 11

Session 12

Session 13

The Palliative Approach as an Inter-Professional, Team-Based Activity

- **Presenters:** Janany Nemallan & Dr. Christine Jones
- **Date/ Time:** Feb. 10th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Describe the respective contribution of each profession towards providing a palliative care approach in long term care
 - Actively seek the input from different professions
 - Consult a specialist palliative care team when needed

Session 1
Session 2
Session 3
Session 4
Session 5
Session 6
Session 7
Session 8
Session 9
Session 10
Session 11
Session 12
Session 13

Individuals and their Families as Members of the Team

- **Presenters:** Michael MacFadden, Roslyn Compton & Paulette Hunter
- **Date/ Time:** Mar. 10th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Actively involve residents and their families as part of the care team and involved in decision-making
 - Describe the ethical tensions that can occur in the setting of pandemics that result in restrictions on visitations and how to navigate these in a way that addresses residents' needs while also protecting other residents and families.

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Session 7

Session 8

Session 9

Session 10

Session 11

Session 12

Session 13

Advance Care Planning

- **Presenters:** Karine Diedrich & Sharon Kaasalainen
- **Date/ Time:** Apr. 14th, 2022 from 12:30-1:30pm
- **Upon completing the session, participants will be able to:**
 - Explain advance care planning
 - Undertake advance care planning
 - Refer oneself- colleagues, residents and families to useful ACP resources
 - Navigate challenging ACP situations.

Session 1
Session 2
Session 3
Session 4
Session 5
Session 6
Session 7
Session 8
Session 9
Session 10
Session 11
Session 12
Session 13

Resources for Long-Term Care: Pre and Post Pandemic

- **Presenters:** Karine Diedrich & Sharon Kaasalainen
- **Date/ Time:** May 12th, 2022 from 12:30-1:30pm
- **Upon completing the session, participants will be able to:**
 - Describe useful resources that help advance palliative care in LTC, during and before the pandemic.
 - Respond when resources are not available in a particular area related to providing palliative care in LTC.

Session 1
Session 2
Session 3
Session 4
Session 5
Session 6
Session 7
Session 8
Session 9
Session 10
Session 11
Session 12
Session 13

Spiritual and Religious Care as Part of the Holistic Approach

- **Presenters:** Jennifer Holtlander
- **Date/ Time:** Jun. 9th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Explore patients' spiritual or religious needs.
 - Refer to useful resources that help support the spiritual and religious needs of patients and their families.
 - Describe some important practices across main faith groups with respect to EOL care

Session 1
Session 2
Session 3
Session 4
Session 5
Session 6
Session 7
Session 8
Session 9
Session 10
Session 11
Session 12
Session 13

Supporting New Team Members

- **Presenters:** Roslyn Compton
- **Date/ Time:** Jul. 14th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Describe the experience of new recruits to the LTC sector, from the perspective of caring for persons with serious illnesses.
 - Champion the need to coach and support new graduates or recruits in the Long-Term Care Setting
 - Recognize coaching moments and help create a 'coaching in the moment' culture to support new staff to long-term care.

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Session 7

Session 8

Session 9

Session 10

Session 11

Session 12

Session 13

Honouring Personhood in Dementia Care

- **Presenter:** Elisabeth Antifeau
- **Date/ Time:** Aug. 11th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Explain what is meant by “personhood” and how the concept of personhood applies to dementia.
 - Explain how a diagnosis of dementia impacts one’s personhood
 - Provide care that better supports the sense of personhood and dignity in someone living with advancing dementia

Session 1
Session 2
Session 3
Session 4
Session 5
Session 6
Session 7
Session 8
Session 9
Session 10
Session 11
Session 12
Session 13

Diversity and Inclusion in the Long-Term Care Setting

- **Presenters:** Drs. Amit Arya and Naheed Dosani
- **Date/ Time:** Sept. 8th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Respect the cultural backgrounds of residents
 - Describe how people with different cultures and perspectives may perceive the Long-Term Care setting and the palliative approach
 - Engage residents and families in ways that are culturally appropriate, respectful and safe.

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Session 7

Session 8

Session 9

Session 10

Session 11

Session 12

Session 13

Meaningful Measurement to Support Health System Improvements in Long-Term Care

- **Presenters:** Michael MacFadden & Shane Sinclair
- **Date/ Time:** Oct. 13th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Describe outcome measures that are often applied to palliative and EOL care in the LTC sector
 - Describe how outcome measures can help advance or hinder the integration of and improvement of palliative care in LTC.
 - Utilize measures to promote quality improvement in LTC.

Session 1
Session 2
Session 3
Session 4
Session 5
Session 6
Session 7
Session 8
Session 9
Session 10
Session 11
Session 12
Session 13

Mental Health and Resilience During the COVID Pandemic: Part 1

- **Presenter:** Francois Mathiew
- **Date/ Time:** Nov. 10th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Describe what is meant by “moral distress” related to palliative and EOL care in the Long-Term Care setting.
 - Identify situations that lead to moral distress.
 - Proactively address situations that may result in moral distress or navigate these when they occur.
 - Describe the experiences of residents, families and staff during COVID-10 and the impact of these on their mental health

- Session 1
- Session 2
- Session 3
- Session 4
- Session 5
- Session 6
- Session 7
- Session 8
- Session 9
- Session 10
- Session 11
- Session 12
- Session 13

Session 13: Mental Health and Resilience During the COVID Pandemic: Part 2

- **Presenter:** Francois Mathiew
- **Date/ Time:** Dec. 8th, 2022 from 12-1pm ET
- **Upon completing the session, participants will be able to:**
 - Describe what is meant by resiliency with respect to palliative and EOL Care in LTC.
 - Describe what builds or undermines personal resiliency during challenging times
 - Undertake reflective debriefing as a strategy to support staff mental health while also improving palliative care practice

Bringing
Knowledge to
action through
Interactive, Case-
Based
Discussions



Why submit a case?

- Enhances knowledge translation by discussing issues relevant to *your* practice setting
- Provides opportunity for collaboration within community of practice to discuss options for care that can be brought back to your practice setting



How do I submit a case?

- Consider a case you've been involved with and any specific questions that have come up for you around that case
- The sooner you let us know about your case the better! If you have any cases that could be a good fit for the topics we've gone through, please let us know, even if its well in advance
- E-mail echo@pallium.ca to let us know if you'd like to submit a case, we will send you a case submission form or you can access the form through Pallium Central
- At the very latest, we will need 2 weeks notice before a session takes place to review cases that have been submitted
- Ensure the case description does not include any Personal Health Information (PHI)
- We will reach out to let you know if your case (or aspects of your case) will be highlighted in a session and will ask you to present your case to the group



Long-Term Care Community of Practice Series: Case Submission form

Instructions:

One of the key ingredients of ECHO sessions are the interactive, de-identified case-based discussions that take place following the brief lectures. It is these rich, interactive discussions with can help foster a true community of practice.

Cases can either be based on patients or systems-level issues. They can either be active or historical. They can be based on actual cases or a combination of actual cases.

Ideally cases are brought forward by the participants of ECHO sessions as this will ensure the learnings are most relevant to you. Bringing forward your own cases can help you feel more supported by your peers, who can provide reassurance and advice that is geared to you.

Please ensure that no Personal Health Information (PHI) is shared on this form or in the ECHO session.

If you have questions about this form or this process, please contact echo@pallium.ca

Your Information:

Name (first and last):

Role/ Designation:

E-mail address:

Province:

Date Submitted:

Description of your work setting (e.g., rural/ urban, Number of Staff, number of residents)



Case Information

Which session(s) would your case best apply to (*select all that apply*):

- The Palliative Approach as Part of the Continuum of Care
- The Palliative Approach as an Inter-professional, Team Based Activity
- Individuals and their Families as Members of the Team
- Advance Care Planning
- Resources for Long-Term Care: Pre and Post Pandemic
- Honouring Personhood in Dementia Care
- Supporting New Team Members
- Spiritual and Religious Care as Part of the Holistic Approach
- Diversity and Inclusion in the Long-Term Care Setting
- Meaningful Measurement to Support Health System Improvements in Long-Term Care
- Mental Health and Resilience During the COVID Pandemic: Part 1
- Mental Health and Resilience During the COVID Pandemic: Part 2

De-Identified Patient Name (ensure this is not the real name of the patient):

Gender

Male

Female

Gender Diverse (please describe):

Past Medical History:

Medication List:

[Empty text box for Medication List]

Allergies:

[Empty text box for Allergies]

Social and Spiritual History:

[Empty text box for Social and Spiritual History]

Advance Care Plan or Goals of Care

[Empty text box for Advance Care Plan or Goals of Care]

Current Medical Issues

[Empty text box for Current Medical Issues]

On Examination :

[Empty text box for On Examination]

Pertinent Investigations (i.e., lab, imaging)

[Empty text box for Pertinent Investigations]

Interventions Implemented and Outcomes:

[Empty text box for Interventions Implemented and Outcomes]



What questions do you have for your Community of Practice?

A large, empty light blue rectangular box intended for users to enter their questions.

Thank you for completing this form. Please send to echo@pallium.ca for review.

Questions and Discussion



Wrap Up

- Please fill out the feedback survey after the session
- A recording of this session will be emailed to you within the next week
- Please join us for Session 2!
 - The Palliative Approach as part of the Continuum of Care
 - Jan. 13th, 2022 from 12-1pm ET
- Contact us with your de-identified cases! echo@pallium.ca

Personal Support Worker- Community of Practice Series

- A community of practice for personal support workers who are interested in connecting with peers in sessions facilitated by practice coaches.
- A welcoming and encouraging space that invites reflective practice, dialogue, transparency, and peer-to-peer connection.
- This series is made up of 14 sessions taking place between November 2021 – May 2022.
- Register at www.echopalliative.com

LEAP Long-Term Care

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach, with case studies contextualized to the long-term care setting.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) working in long-term care and nursing homes.
- Promotes teamwork and collaboration among different health care professionals who work in a variety of settings.



LEAP

LONG-TERM
CARE

- Accredited by CFPC for **27.5 Mainpro+ credits** (online version) and **26.5 Mainpro+ credits** (in-person version).
- Learn more about the course and topics covered
www.pallium.ca/course/leap-long-term-care

Palliative Long-Term Care Leadership Series

- Hosted through one of our Palliative Care ECHO Project Hub Partners, the Canadian Association of Long-Term Care
- Launching Monday December 13th, 2022 from 1-2pm ET
- This series aims to improve the ability of leaders in LTC homes to support staff, residents, caregivers and families.
- Register at: caltc.ca/echo/



Thank You



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