

Community-Based Primary Palliative Care COP Series 2

Spiritual Care and Rituals around Death and Dying



Facilitator: Dr. Nadine Gebara

Presenter: Jennifer Holtslander

Date: March 1, 2023

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 and their families.

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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.



LEAP Core

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- Taught by local experts who are experienced palliative care clinicians and educators.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) who provides care for patients with life-threatening and progressive life-limiting illnesses.
- Accredited by the CFPC and Royal College.



Learn more about the course and topics covered by visiting

www.pallium.ca/course/leap-core

Objectives of this Series

After participating in this series, participants will be able to:

- Augment their primary-level palliative care skills with additional knowledge and expertise related to providing a palliative care approach.
- Connect with and learn from colleagues on how they are providing a palliative care approach.

Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Pain: Beyond the Basics	Nov 9, 2022 from 1-2pm ET
Session 2	Communication: Part 1	Nov 23, 2022 from 1-2pm ET
Session 3	Communication: Part 2	Dec.7, 2022 from 1-2pm ET
Session 4	Palliative Care and Substance Use Disorders	Jan 18, 2023 from 1-2pm ET
Session 5	GI Symptoms in Palliative Care	Feb 1, 2023 from 1-2pm ET
Session 6	Delirium	Feb 15, 2023 from 1-2pm ET
Session 7	Spiritual Care and Rituals around Death and Dying	Mar 1, 2023 from 1-2pm ET
Session 8	Palliative Sedation	Mar 15, 2023 from 1-2pm ET
Session 9	What's in store for Palliative Care in Canada: Policy, Advocacy and Implementation	Mar 29, 2023 from 1-2pm ET
Session 10	Grief and Bereavement: Beyond the Basics	Apr 12, 2023 from 1-2pm ET
Session 11	Practical Tips: Lessons from the Front Line	Apr 26, 2023 from 1-2pm ET

Welcome & Reminders

- Please introduce yourself in the chat! Let us know what province you are joining us from, your role and your work setting.
- Your microphones are muted. There will be time during this session when you can unmute yourself for questions and discussion.
- You are welcome to use the chat function to ask questions and add comments throughout the session.
- 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.
- This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to **11 Mainpro+** credits.

Disclosure

Relationship with Financial Sponsors:

Pallium Canada

- Not-for-profit
- Funded by Health Canada

Disclosure

This program has received financial support from:

- Health Canada in the form of a contribution program
- Generates funds to support operations and R&D from Pallium Pocketbook sales and course registration Fees

Facilitator/ Presenter:

- Dr. Nadine Gebara: Nothing to disclose
- Jennifer Holtslander: I am an author and a Spiritual Care Provider in private practice. My recommendation of Spiritual Care may be perceived as a potential conflict of interest.

Disclosure

Mitigating Potential Biases:

- The scientific planning committee had complete independent control over the development of course content

Introductions

Facilitator:

Dr. Nadine Gebara, MD CCFP- PC

Clinical co-lead of this ECHO series

Palliative Care Physician at Toronto Western Hospital, University Health Network

Family Physician at Gold Standard Health, Annex

Panelists:

Dr. Haley Draper, MD CCFP- PC

Clinical co-lead of this ECHO series

Palliative Care Physician at Toronto Western Hospital, University Health Network

Family Physician at Gold Standard Health, Annex

Dr. Roger Ghoche, MDCM CCFP-PC, MTS

Palliative Care and Rehabilitation Medicine, Mount Sinai Hospital- Montreal

Introductions

Panelists (continued):

Elisabeth Antifeau, RN, MScN, CHPCN(C), GNC(C)
Regional Clinical Nurse Specialist (CNS-C), Palliative End of Life Care
IH Regional Palliative End of Life Care Program
Pallium Canada Master Facilitator & Coach, Scientific Consultant

Thandi Briggs, RSW MSW
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Care Coordinator, Integrated Palliative Care Program
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Support Team

Aliya Mamdeen
Program Delivery Officer, Pallium Canada

Diana Vincze
Palliative Care ECHO Project Manager, Pallium Canada

Introductions

Presenter:

Rev. Jennifer Holtslander, SCP-Associate, MRE, BTh
Spiritual Care Provider

Jennifer is a Spiritual Care Practitioner in Regina, Saskatchewan. Through the years her practice has provided Spiritual Care supports to patients and families in acute care, long-term care, home care, as well as in the community generally. Jennifer is also a Pallium LEAP facilitator (online and in person), Coach, and palliative education event coordinator.

Spiritual Care and Rituals around Death and Dying



Session Learning Objectives

Upon completing the session, participants will be able to:

- Describe faith-based considerations for after death care
- Describe the role of spiritual care within the palliative care approach

What is Spiritual Care?

Spiritual Care professionally brings together
respecting the physical body,

engaging the mind,

and embracing emotion

to respond to the spiritual and religious care needs

of patients,

their family members/friends,

and the Care Team.

What is Spiritual Care?

Often Spiritual Care is invited into the conversation when people are:

- Seeking sources of hope, meaning, comfort, and strength;
- Wrestling with issues of forgiveness or unresolved conflict;
- Addressing a crisis of life or faith;
- Struggling with anger, despair, hopelessness, or loneliness; or
- Dealing with the fear of death or dying.

FICA

The acronym FICA can help health care professionals take a brief Spiritual History.

F - Faith and belief

Question example: *"Do you consider yourself spiritual and/or religious?"*

I – Importance (Impact)

Question example: *"What importance/impact does your spirituality have in your life?"*

C - Community

Question example: *"Are you part of a local faith community?"*

A - Address in Care

Question example: *"How would you like me, your _____, to address these issues in your care?"*

Life-giving Rituals

Pillars of Traditional Healing

(moving from trauma, through a sensitized nervous system, to regulated, and maybe resilience)

1. connection to clan and natural world,
2. regulating rhythm through dance, drumming, and song;
3. a set of beliefs, values, and stories that bring meaning;
4. plant derived substances used to facilitate healing with an elder

Best Practices

- Structure and predictability
- Controllable and moderate doses
- Safe, stable, and physically regulating interactions

End of Life & After Death Rituals

Many people from many traditions and families with combined traditions.

- ❖ Presence
 - ❖ Prayers
 - ❖ Washing
- ❖ Sacred Items

- ❖ Anointing/Love Dots
 - ❖ Storytelling
 - ❖ Song
 - ❖ Poetry
- ❖ Physical Nourishment

Resources

- Creatively assess who in your community can help you connect residents and families.
- To Spiritual Care supports.
- Invite a Spiritual Care Provider to prepare resources for your team.
- Invite a Spiritual Care Provider to be part of your team.

FICA

- <https://smhs.gwu.edu/spirituality-health/program/patient-research/monitoring-effectiveness-fica-tool>

End of Life and After Death Rituals

- <https://livingmyculture.ca/culture>
- <https://www.worldreligions.ca/>
- <https://www.thecanadianencyclopedia.ca/en/article/funeral-practices>
- <https://www.cpd.utoronto.ca/endoflife/Modules/Indigenous%20Perspectives%20on%20Death%20and%20Dying.pdf>

Dignity Therapy - Dr. Harvey Chochinov

- <https://www.dignityincare.ca/en/toolkit.html>

Life-giving Rituals (Dr. Bruce Perry)

- <https://www.bdperry.com/recent-academic-articles>

Case-Based Discussion



Case

Background: Mr. H is a Palliative Homecare Client with pancreatic cancer. During Intake, the Palliative Care Coordinator flags Mr. H for follow up at home with the Chaplain.

History: Mr. H discloses that in his growing up years he had two different faith tradition experiences: Hindu and Christian. His primary resources are his family (wife and two young adult daughters) and Hindu prayer chants. His energy and memory are not allowing him to pray as he would like to. He has never developed connections with a local faith community. His wife aligns with the Christian tradition of their childhood home but is unfamiliar with her husband's Hindu traditions.

1. **What makes this case difficult?**
2. **What skill, tool, or resource can you use to navigate this?**

Session Wrap Up

- Please fill out our feedback survey, a link has been added into the chat.
- A recording of this session will be emailed to registrants within the next week.
- We hope to see you again at our next session taking place **March 15, 2023 from 1-2pm ET** on the topic of **Palliative Sedation**.
- Thank you for your participation!

Thank You



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