

# Long-Term Care Community of Practice Series

The Palliative Approach as Part of the Continuum of Care



Host: Jeffrey B. Moat, CM

Presenters: Dr. Amit Arya & Janany Nemallan

Date: January 13<sup>th</sup>, 2022

# 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

## Host

**Jeffrey Moat, CM**  
CEO, Pallium Canada

## Presenters

**Dr. Amit Arya, MD, CCFP(PC), FCFP**  
Palliative Care Lead, Kensington Health, Toronto  
Lecturer, Division of Palliative Care, Department of Family and Community Medicine, University of Toronto

**Janany Nemallan, M.S., RN(EC), NP-PHC**  
Nurse Practitioner - Primary Health care Practicing in Palliative Care  
Multidisciplinary Clinical Co-Lead for the Mississauga Halton Palliative Care Network

# 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

## **Host/ Presenters**

- Jeffrey Moat, CM: CEO, Pallium Canada
- Dr. Amit Arya: Nothing to disclose
- Janany Nemallan: Nothing to disclose

# Disclosure

## Mitigating Potential Biases:

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



# Welcome & Reminders

- Please introduce yourself in the chat! Let us know what province you are joining us from and what your role is in the Long-Term Care setting
- Your microphones are muted. There will be time during this session for questions and discussion.
- You are welcome to use the chat function to ask questions, if you have any comments or are having technical difficulties, but also 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
- This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to **12 Mainpro+** credits.

# The Palliative Approach as Part of the Continuum of Care



# Objectives of this Session

**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



# What is palliative care?

...a medical speciality that aims to relieve suffering and improve the quality of living and dying.

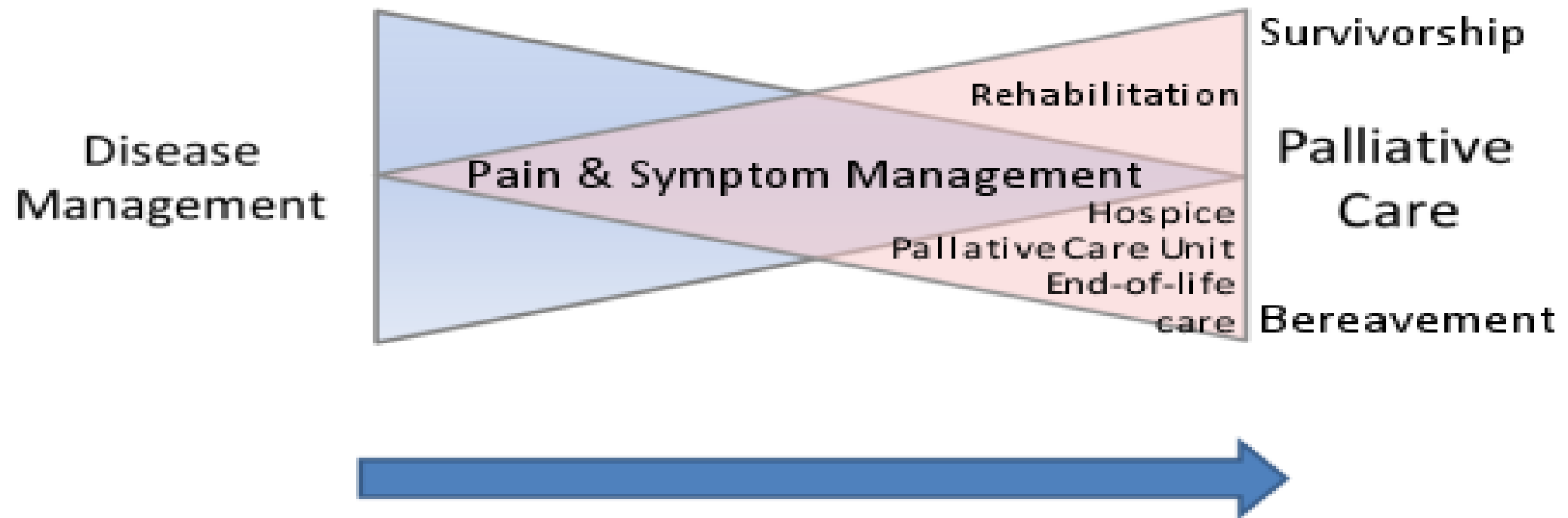
***Palliative Approach:*** Meeting a person's and his/her family's full range of needs – physical, psychosocial and spiritual – at all stages of a chronic progressive illness... an approach to care that can enhance their quality of life throughout the course of their illness or the process of aging.

# Myths

- Palliative care is end-of-life care
- Life-prolonging treatments must stop when palliative care is initiated. Palliative care is not active care.
- Palliative care hastens death
- Talking about palliative care with patients and caregivers takes away their hope.

# Palliative care model

## Palliative Care-Enhanced Model



# A Palliative Approach to Care

- ✓ **ANYTIME**, at any age and stage of a serious illness. Initiation should not be determined by prognosis; it can begin as early as the time of diagnosis and be provided alongside treatment.
- ✓ **ANYONE** within the circle of care. Family physicians, primary care NPs, oncologist, internists, nurses, PSWs, chaplains, volunteers, etc...
- ✓ **ANYWHERE** – home, clinics, hospital, LTC homes, RH, hospice



## 1. IDENTIFY

Identify if the person would benefit from palliative care early in their illness trajectory



## 2. ASSESS

Assess the current and future needs and preferences of the individual and their family/caregiver across all domains of care.



## 3. PLAN/MANAGE

Plan and collaborate ongoing care to address needs identified during the assessment.





# Benefits of Identifying Patients Early

- ✓ Better quality of life and improved symptom management
- ✓ Decreased caregiver and health worker burnout
- ✓ Respects residents choices, wishes, values, goals
- ✓ Fewer hospitalizations, and lower medical costs
- ✓ For some, there is also an indication of longer survival time, as compared to those who received palliative care later

# Palliative Care in Long-Term care

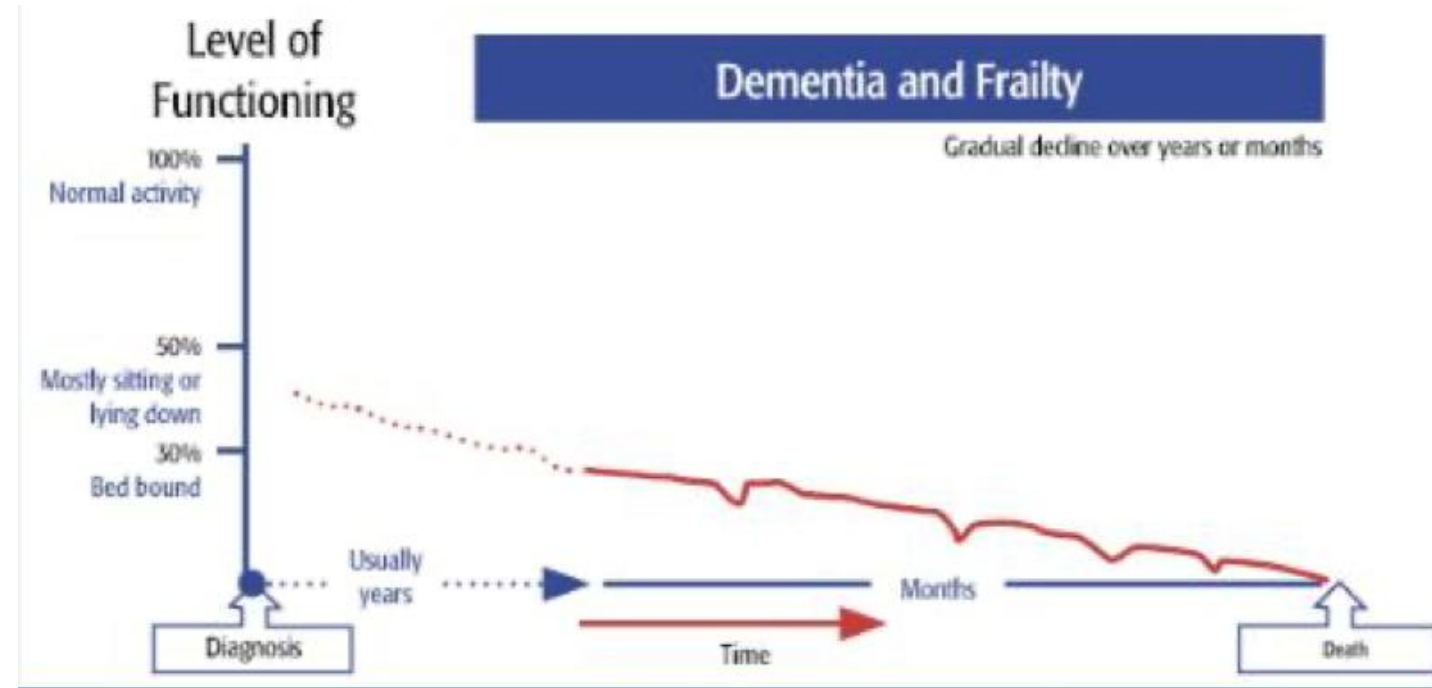
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- Annual mortality of 22%
- Average life expectancy of 2 years or less

and yet...

- Most residents with less than 6 months to live did not have a record of palliative care
- Just 6% of residents had a record of palliative care in the last 12 months of life
- 21% of residents were transferred to hospital for palliative care

# Prognostic Paralysis



# Barriers

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- Understaffing
- Lack of skill & educational competencies
- Lack of specialist supports

# Questions & Discussion

# Case-Based Discussion



# Case Presentation

- A 78 year old with advanced rheumatoid arthritis
- severe neuropathic pain with anxiety, “total suffering”
- was referred to a chronic pain clinic previously, no benefit

# Case Presentation

- Started on Methadone for pain with good effect with breakthrough Hydromorphone
- Started on Mirtazapine for sleep
- Connected with volunteer support, spiritual care supports



# Case Presentation

- 12 months later...noted to have a cough, decreased appetite
- chest x-ray- unilateral pleural effusion
- significant assistance provided to patient and family re: prognostic uncertainty and goals of care
- counselling support provided from local hospice

# Case Wrap Up

- eventually declined further, decreased appetite
- due to worsening pain and dyspnea, required increase in Hydromorphone
- eventually was started on a Hydromorphone PCA pump
- died peacefully with daughter at the bedside

# Session Wrap-Up



# Wrap Up

- Please fill out the feedback survey following the session! Link has been added into the chat
- A recording of this session will be emailed to registrants within the next week
- Please join us for the next Long- Term Care Community of Practice Session!
  - The Palliative Approach as an Inter-Professional, Team-Based Approach
  - February 10th, 2022 from 12:00-1:00 pm ET
- If you would like to present a case, contact us at [echo@pallium.ca](mailto: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](http://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.



- 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](http://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
- This series aims to improve the ability of leaders in LTC homes to support staff, residents, caregivers and families.
- Register at: [caltc.ca/echo/](http://caltc.ca/echo/)



# Thank You



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