

Long-Term Care Community of Practice Series

Resources for Long-Term Care



Host: Jeffrey B. Moat, CM

Presenters: Sharon Kaasalainen & Karine Diedrich

Date: May 12th, 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.

Stay connected: www.echopalliative.com

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 Long-Term Care

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- 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.
- Accredited by CFPC for **27.5 Mainpro+ credits** (online) and **26.5 Mainpro+ credits** (in-person).



Learn more about the course and topics covered by visiting

www.pallium.ca/course/leap-long-term-care

Introductions

Host

Jeffrey Moat, CM
CEO, Pallium Canada

Presenters

Sharon Kaasalainen, RN PhD
Professor & Gladys Sharpe Chair in Nursing
McMaster University

Karine Diedrich
Director, Operations and Engagement
Canadian Hospice Palliative Care Association

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
- Sharon Kaasalainen: I have no potential conflicts or biases to declare
- Karine Diedrich: *CHPCA – Preparing Canadians for their future Health and Personal Care: A Capacity Building Project* has received financial support from Health Canada in the form of a contribution program

Disclosure

Mitigating Potential Biases:

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

Overview of Sessions

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

Welcome and 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- this recording and a copy of the slides 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.

Resources for Long-Term Care



Objectives of this Session

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.



Welcome

- The Canadian Hospice and Palliative Care Association (CHPCA) acknowledges that our office is located on un-ceded territory of the Algonquin Anishinaabeg People, who have lived on this territory for millennia.
- Their culture and presence have nurtured and continue to nurture this land. We are grateful to have the opportunity to be present in this territory.

Implementing a Palliative Approach in Long Term Care

- In Canada, current average stay in LTC is <18 months
- Over 1 in 4 residents die each year
- Frail and marginalized population – multiple chronic conditions, social isolation
- Includes dementia and mental illness – unique approach to care using a palliative approach required
- Decision making often occurs too late and in crisis mode as ACP often has not occurred

A Palliative Approach to Care

Focuses on meeting a person's and family's full range of needs — physical, psychosocial and spiritual – at all stages of frailty or chronic illness, not just at the end of life

SPA-LTC

Strengthening a Palliative Approach in Long-Term Care

Preparedness

- ✓ Advance care planning resources
- ✓ Healthcare decision-making resources
- ✓ Illness trajectory pamphlets for residents and families

Symptom management

- ✓ Assessment tools
- ✓ Education for the whole care team
- ✓ Video education for residents and families

Caring relationships

- ✓ Care conferencing resources
- ✓ Bereavement care resources for families
- ✓ Bereavement care resources for residents and staff

Organizational capacity

- ✓ Self-assessment resources
- ✓ Resource mapping tools to identify external consultants
- ✓ Terms of reference to build your champion team
- ✓ Resources to support practice
- ✓ Education for the whole care team

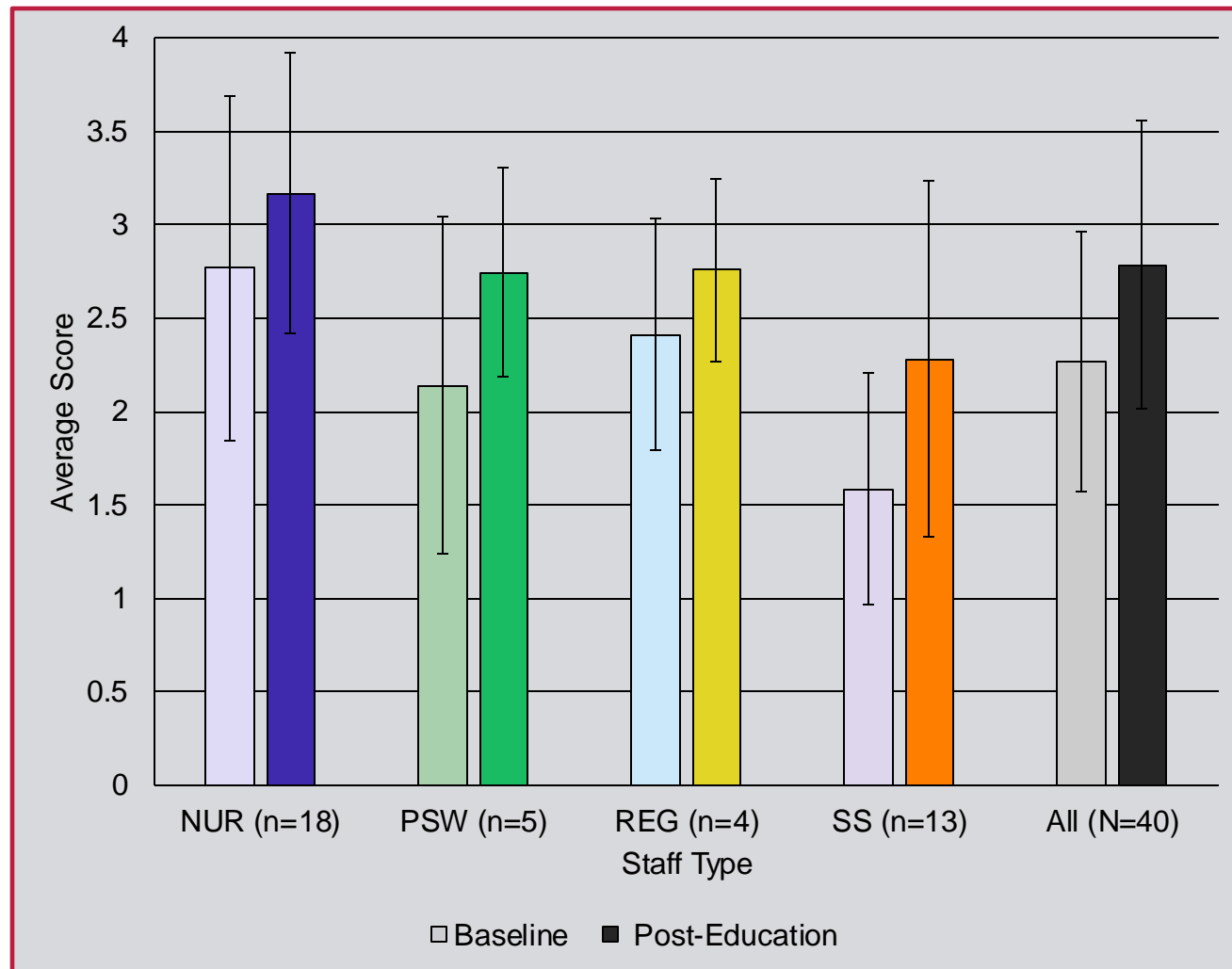


For Staff



Need for Education & Training

- LTC staff reported higher comfort levels with caring for residents at end of life after attending an educational workshop about effective communication at end-of-life
- PSWs and support staff reported the lowest comfort level before attending the workshop and improved the most after attending the educational workshop



Growing Capacity: Comfort Care Rounds

- A strategy for addressing staff's palliative and end-of-life care educational and support needs
- Met monthly
- Include all team members
- Reflect on resident deaths and emerging resident EOL issues



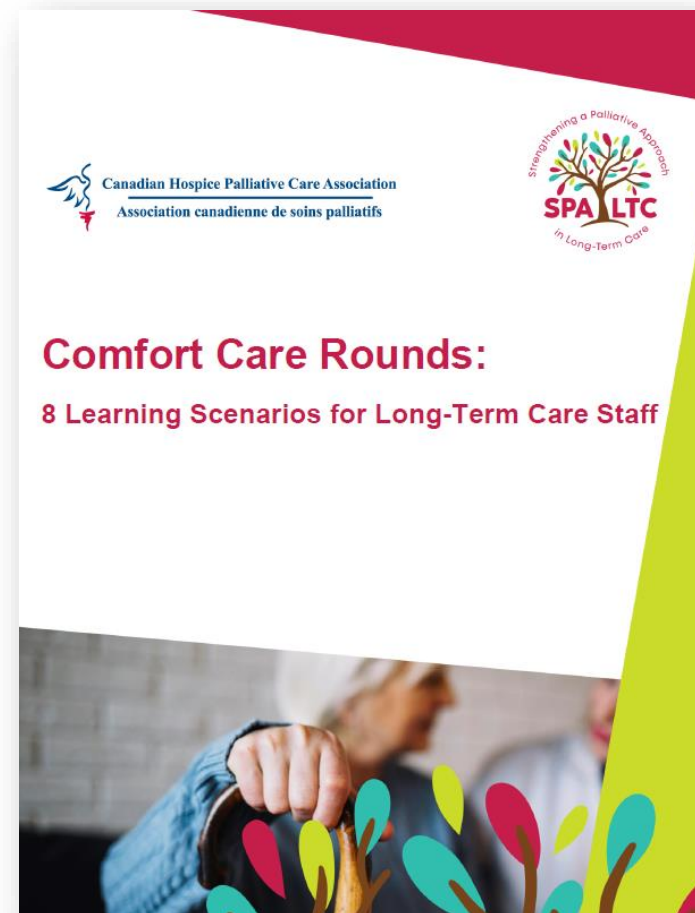
Wickson-Griffiths, A., Kaasalainen, S., Brazil, K., McAiney, C., Crawshaw, D., Turner, M., & Kelley, ML. (2015). Comfort Care Rounds: A qualitative evaluation of an innovative palliative care improvement strategy. *Journal of Gerontological Nursing*, 18:1-7. doi: 10.3928/00989134-20140611-01

http://www.palliativealliance.ca/assets/files/Alliance_Reources/Communication/Comfort_Care_Rouds-Jan_162013.pdf

Comfort Care Rounds

For staff who assist in the end-of-life decision-making within LTC

- Encourages an interdisciplinary approach in learning
- Aims to strengthen teamwork, awareness, and overall quality of care for residents
- Aims to increase the confidence and knowledge of staff caring for residents who are living and dying in LTC



Comfort Care Rounds

- Introduction and guidance
- Scenario description
- Purpose of the CCR
- Qs for facilitator
- Additional discussions Qs
- Informing practice: reflection Qs, role playing, feedback, follow-up

Scenario 1

Section Type: Reflection and Education

Description of Resident Scenario

LB is an 80-year-old female. She lives with advanced dementia, and a history of breast cancer, hypertension, and diabetes. A Hoyer lift is used to help LB out of bed and into her wheelchair. Over the past few weeks, staff have noticed that LB has been verbally less engaged and wanting to spend most of her days in sleeping in bed. LB has lost a significant amount of weight over the past few weeks and is not interested in eating. LB is no longer able to make any decisions about her goals for end-of-life care. At this point, her substitute decision maker is insistent that LB receive all investigations and interventions to sustain life (i.e., blood tests, blood transfusion, IV fluids, etc.).

Purpose of Comfort Care Round

Assist substitute decision makers (often a family member) in learning about different options for goals of care for end-of-life care, including a palliative approach to care.

Questions for Facilitator to Start Discussion

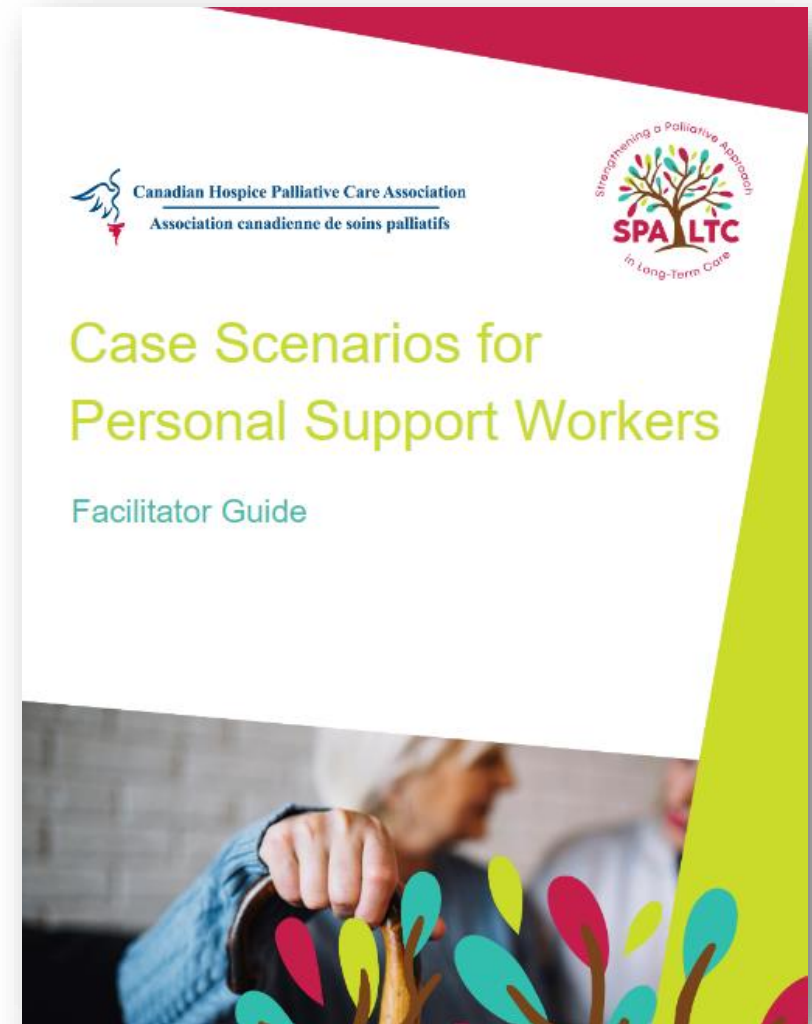
- Does this scenario reflect the experiences of residents and family members that you currently care for?
 - What successes and/or challenges are you experiencing?
- What are the conflicts or tensions that are felt by staff in offering all interventions to sustain life?

Additional Discussion Questions

- What changes in the resident are staff noticing to prompt a discussion with the substitute decision maker about goals of care?

Case Scenarios for PSWs

- Same goals and format as Comfort Care Rounds
- Designed specifically for PSWs who assist in end-of-life decision-making within long-term care
- Scenarios that focus more on the roles and realities of PSWs



For Residents & Family



Nearing End of Life: Palliative Care Conference

- A meeting held with staff, family, and residents (if possible) to discuss end-of-life care
- Can be triggered by PPS score, change in function/status, or request
- Designed to help family and residents to:
 - Access important information
 - Clarify goals and preferences for care
 - Feel supported in decision-making
 - Consider the site of care options (LTC, home, or hospital)
 - Obtain informed consent about goals of care

Our Results

- Increased family satisfaction
- 82% of participating residents had a palliative care conference before they died
- 55% reduction in ER visits in last year of life
- 72% decrease in resident deaths in hospital

Kaasalainen et al. *BMC Palliative Care* (2020) 19:107
<https://doi.org/10.1186/s12904-020-00599-w>

BMC Palliative Care

RESEARCH ARTICLE

Open Access

A pilot evaluation of the Strengthening a Palliative Approach in Long-Term Care (SPA-LTC) program



Sharon Kaasalainen^{1*}, Tamara Sussman², Genevieve Thompson³, Lynn McCleary⁴, Paulette V. Hunter⁵, Lorraine Venturato⁶, Abigail Wickson-Griffiths⁷, Jenny Ploeg¹, Deborah Parker⁸, Shane Sinclair⁶, Vanina Dal Bello-Haas⁹, Marie Earl¹⁰, John J. You¹¹ and the SPA-LTC team

Comfort Care Booklet

Provides families and residents

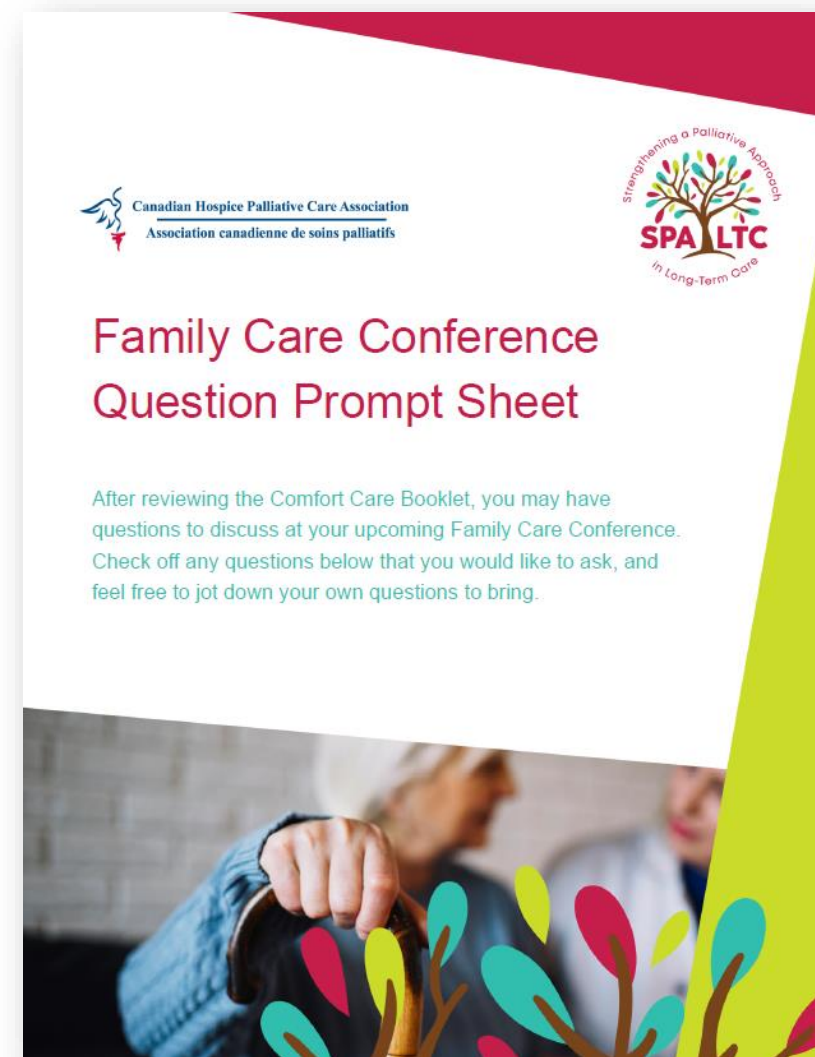
- Information about the trajectory of dementia and possible complications
- Options to manage issues such as feeding difficulties and pneumonia
- Symptom management and comfort care
- The decision-making process
- The dying process and grief



Question Prompt List

Provides families and residents

- List of questions to help the family carer better understand the Family Care Conference (FCC) process
- Commonly asked questions they may wish to ask the internal facilitator during the FCC
- Designed as a guide for the family carer to ask questions that may not otherwise have crossed their minds
- Is a companion to the Comfort Care Booklet



All on the Same Page

- Inspired by the [*All on the same page: palliative care case conferences in residential aged care*](#) video, a part of the Palliative Approach Toolkit developed as part of the [Comprehensive Evidence Based Palliative Approach in Residential Aged Care](#)
- Provides an overview of a successful and meaningful care conference
- Highlight how advance care planning informs these discussions
- Designed for residents, their families, and long-term care staff
- Encouraging the importance and elements that help get everyone the same page about what matters most to the resident
- Full video – 13 minutes
- Three Accompanying Sorts – approx. 1 minute each

All on the Same Page



ACP and LTC Resources

www.advancecareplanning.ca/ltc



Advance Care Planning (ACP) in Canada is proud to support the Canadian long-term care (LTC) community with a number of free resources targeted to LTC staff and administrators, residents and their families.

All of the ACP in Canada LTC resources are produced in partnership with expert stakeholders and working groups from across Canada. We are particularly excited to work with the [Strengthening a Palliative Approach in Long-term Care \(SPA-LTC\)](#) team from McMaster University on several of these.

Our growing list of resources includes downloadable guides, videos and web resources.



Comprehensive guides for LTC professionals, residents and their families include [Essential Conversations: A Guide to Advance Care Planning in Long-Term Care Settings and Comfort Care Rounds](#).



Engaging videos for LTC professionals including [All on the Same Page \(coming soon\)](#) and recordings of our popular webinars.



Online resources like the [Advance Care Planning LTC Repository of Resources](#) is an information hub for those working in, living at, or interacting with Canadian long-term care homes and engaging in ACP conversations.

For a full list, visit our [Resources page](#) and under "Resource Topic", select "Long-Term Care"

ACP and LTC Resources

www.advancecareplanning.ca/resources-and-tools

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Individuals & Families Health Care & Professionals ACP Across Canada ACP DAY Resources and Tools My Speak Up Plan

Resource Group

Health Care Professionals Individuals and Families

Resource Topic

Education Long-Term Care Provincial Toolkit

Video Workbook

Resource Search

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Serious Illness Trajectory Pamphlets

[View Resource »](#)

Illness Trajectory Complementary Conversation Guides

[View Resource »](#)

Re-establishing the Role of Families in LTC after the COVID-19 Pandemic

[View Resource »](#)

Under 'Resource Topic'
select 'Long-Term Care'



Questions?

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Wrap Up

- Please fill out the feedback survey following the session! Link has been added into the chat
- A recording of this session and a copy of these slides will be emailed to registrants within the next week
- Please join us for the next Long- Term Care Community of Practice Session:
 - **Spiritual and Religious Care as Part of the Holistic Approach**
 - Guest speaker: Jennifer Holtslander, Spiritual Care Practitioner
 - June 9th, 2022 (back to our regular time from 12-1pm ET)

Thank You



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www.echopalliative.com