



BY  
 Pallium Canada

# The Palliative Care ECHO Project

## Semi-Annual Report

December 2022



## Palliative Care ECHO Project: Semi-Annual Report

Welcome to the third semi-annual report on the Palliative Care ECHO Project.

### About the Palliative Care ECHO Project

The [Palliative Care ECHO Project](#) is a national initiative that cultivates communities of practice and establishes continuous professional development among health care providers across Canada caring for patients with life-limiting illness and their families.

Led by Pallium Canada and its Hub Partners from across Canada, the Palliative Care ECHO Project offers a wide variety of free ECHO programs on both a national, provincial, and regional level.

# Palliative Care ECHO Project Highlights

## Continued spread and scale of ECHO programs

Since launching the Palliative Care ECHO Project in March 2021, Pallium and its Hub Partners have delivered over 150 learning sessions, accounting for over 8,500 learner encounters and over 10,600 recording views.

## Launch of New Standalone Website

In August 2022, Pallium Canada officially launched the Palliative Care ECHO Project website, [echopalliative.com](https://echopalliative.com). All national and Hub Partner sessions are available in one place, making the exchange of knowledge and building of communities easier for all. Over 70 session recordings are available on the website and are viewed thousands of times every month.

## Coming Together at the McGill International Palliative Care Congress

Pallium Canada was thrilled to attend and sponsor the McGill International Palliative Care Congress in October 2022. Pallium was honoured to present the work of the Palliative Care ECHO Project, on an international panel titled “Democratizing Palliative Care Knowledge and Building Palliative Care Capacity: Project ECHO Learnings from Around the World.” Dr. José Pereira and CEO, Jeffrey Moat, joined international panellists to share knowledge, and learn from colleagues.

It was also a great opportunity to meet with Hub Partners and come together for the first time in-person to share experiences and lessons learned. The Congress also provided an opportunity for the Scientific Committee members to review and discuss evaluation results to date.



## Hub Partners Updates

Hub Partners are at the heart of the Palliative Care ECHO Project and are critical to the creation and delivery of ECHO programs that will meet the needs of their learners. Through the leadership of these amazing organizations, existing programs and resources can reach more learners and new programs can be rapidly developed, shared, and deployed to fill gaps.

Over the past six months, three new Hub Partners have joined the Project (Médecins Francophone du Canada, Covenant Health, Canadian Society of Palliative Care Physicians); bringing the total to 10.



## Program updates

Over the past six months, Pallium and its Hub Partners have run several high-impact programs including:

### Standalone Sessions

Pallium Canada and its Hub Partners have hosted several standalone ECHO sessions, inviting subject matter experts to present on topics relevant to Palliative Care. These sessions include:

#### Pallium Canada

- Pain Pumps in the Home
- The Platinum Rule: All That Glitters Isn't Gold
- Peaufiner l'art de l'accompagnement des personnes en soins palliatifs et de leurs proche (in French)
- Fin de vie de maladie pulmonaire chronique (in French).

#### Médecins Francophones du Canada

- **Fin de vie – insuffisance cardiaque (in French)** – shortly after joining the ECHO Project, Médecins Francophones du Canada launched their first accredited session on heart disease at the end-of-life. The session was held in French, and they plan to launch a series of sessions in the new year.

## Communities of Practice and Series

The Palliative Care ECHO Project continues to run a variety of national, provincial, and regional communities of practice and series. These series bring together health care professionals with shared interests to foster continued knowledge exchange and interactive, case-based learning.

Below are highlights from the past six months:

### Pallium Canada

- **Long-Term Care Community of Practice** – This accredited, 13 -part series was developed for health care professionals, administrators, and system leaders working in long-term care.
- **Heart Disease Community of Practice** – This community of practice recently launched its second series, after a successful first. Participants in this accredited series meet every two months with a panel of experts in the field to explore opportunities in integrating a palliative care approach for individuals with advanced heart failure.
- **Community-Based Primary Palliative Care Community of Practice** – After successfully wrapping up the first series, this community of practice recently launched their second accredited series. This community of practice is geared toward inter-professional primary Care clinicians across Canada who are looking to augment their primary-level palliative care skills and connect with and learn from colleagues around providing a palliative care approach.
- **Paramedic Community of Practice** – This COP connects paramedics with community and frontline paramedics from across Canada who have a shared interest in integrating a palliative care approach for patients and their families.

### BC Centre for Palliative Care

- **Psychosocial Series** – Co-created by and for psychosocial health care providers, the third cohort of this series focused on ethical dilemmas in palliative care. The use of participant presenters led to great engagement amongst participants, acknowledging that context experts were just as important as content experts.
- **Serious Illness Conversations (SIC) Provincial Collaborative ECHO** – This collaborative is aimed at SIC trained health care professionals in British Columbia and Yukon and

provides ongoing learning opportunities increase connectedness between SIC trainers to network, support, and share resources.

### **Canadian Association of Long-Term Care (CALTC)**

- **Long-Term Care Leadership Series (in French)** – After successfully running this series in English, CALTC has relaunched the series in French to make it accessible for French speakers across Canada. CALTC has seen great uptake and engagement in these sessions.

### **Canadian Home Care Association**

- **Be Prepared: Palliative Emergencies in the Home** – During their first series on pain and symptom management in the home, CHCA identified a strong interest in learning more about Palliative Care emergencies in the home, which led to the launch of this 5-part series. This series was highly attended by health care professionals across Canada, and learners expressed an appreciation for the engaging and relevant content.

### **Montreal Institute for Palliative Care**

- **Community of Practice Series for Home Healthcare Professionals** – Developed in partnership with the Palliative Home-Care Society of Greater Montreal, this bilingual community of practice focuses on providing relevant palliative care knowledge to home health care professionals in Quebec.

### **North Simcoe Muskoka Hospice Palliative Care Network**

- **Evidence-Based Palliative Symptom Assessment and Management Series** – This ongoing series provides health care workers with a comprehensive review of the 8 Cancer Care Ontario Symptom Management Algorithms. Learners have expressed that these learning opportunities provided them with a better understanding and awareness of tools that are available to help provide a higher-quality level of palliative care.

## North West Regional Palliative Care Program (in collaboration with the Centre for Education and Research on Aging & Health CERAH)

- **Supporting Journeys to the Spirit World: Embracing a Two-Eyed Seeing Approach to Caring for Indigenous Peoples** – This accredited series explored Indigenous and Westernized ways of knowing in caring for Indigenous peoples who are seriously ill. This series was designed by an interprofessional panel of mostly Indigenous palliative care subject matter experts.

### Hub-partners launching programs in the new year:

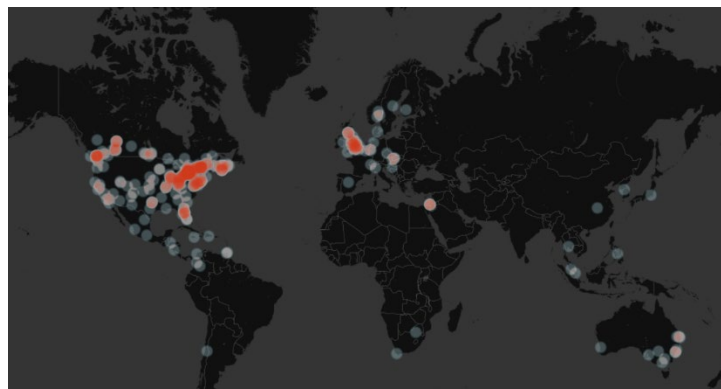
- Saskatchewan Hospice Palliative Care Association
- Covenant Health
- Canadian Society of Palliative care Physicians

## Palliative Care Journal Watch

The [Palliative Care Journal Watch](#) is a regular series of webinars that keeps audiences up to date on the latest peer-reviewed palliative care literature. This program is led by palliative care experts from the divisions of palliative care at McMaster University and Queen's University.

The team of contributors regularly monitors over 20 journals and highlight papers that have the potential to challenge us to think differently about a topic or confirm our current practices.

The Palliative Care Journal Watch program is accessible in multiple formats, including as a live ECHO session, video recordings, slides, and the Palliative Care Journal Watch Podcast. The podcast has reached over 1000 downloads, reaching listeners from across the world (see map below).





## Evaluation and Research

### Evaluation Results to Date

An important element of the Palliative Care ECHO Project is the ongoing evaluation of these ECHO programs to ensure we are having the intended reach and impact and are delivering high-quality programs that meet the needs of our target audiences.

Early on in this initiative, Pallium and its Hub Partners started collecting a standardized set of registration data and post-session feedback survey data. These data sets align with the Evaluation and Research Framework that was developed by the Dr. Joshua Shadd–Pallium Canada Research Hub.

We are now in the process of starting to analyze this data. In parallel, work is underway at the Dr. Joshua Shadd–Pallium Canada Research Hub to undertake initial research projects to understand the early outcomes and impacts of the Palliative Care ECHO Project.

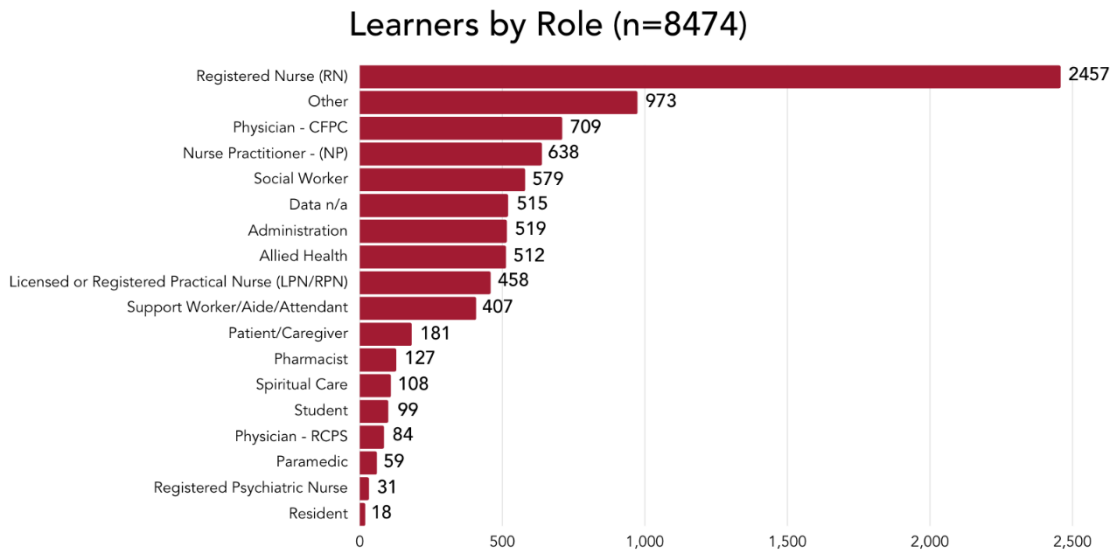
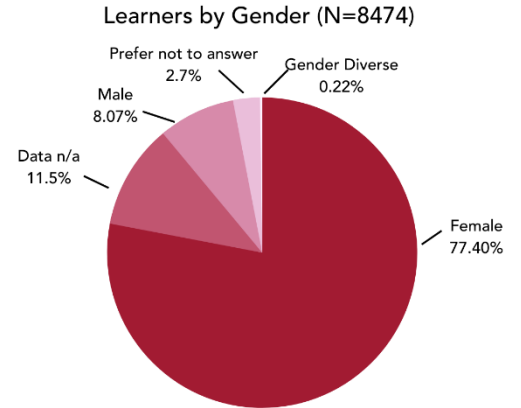
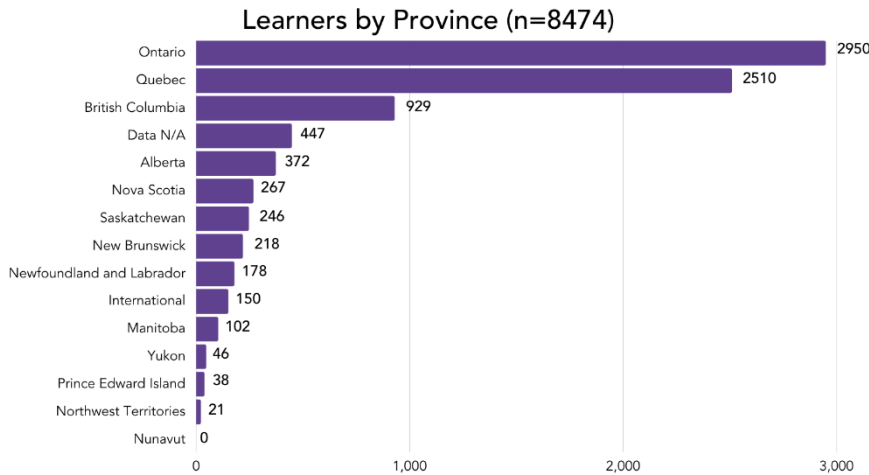
### Early Observations

- The standalone sessions offered in French have had the highest numbers of both registrants and participants.
- Programs have successfully engaged learners from almost all provinces and territories, with the most uptake in Ontario and Quebec.
- We have also reached learners on an international level.
- The majority of learners are Registered Nurses, Physicians and Nurse Practitioners, with a wide range of additional healthcare professions. These sessions also reach community members and caregivers across the country.
- There is high demand for recordings of these sessions.

# Results and Impact

## Palliative Care ECHO Project Reach

The Palliative Care ECHO Project has continued to reach health care providers from almost every province and territory across Canada and providers from many different professions and settings of care.



## Learner Experience

The ECHO programs continue to be well received by learners. Below are results from the initial post-session feedback surveys:

Question	N*	% agree or strongly agree
This session was relevant to my practice	1523	94.80%
This practice met my learning needs	1492	93%
The overall format of this session was useful	1459	96.20%
The presenters were knowledgeable	1573	98.10%
There was ample opportunity for discussion	1086	78.10%
I would recommend this session to my colleagues	2290	95.70%
Overall, this session was a good learning experience	1537	95.90%

Here's what some of our learners had to say about our ECHO programs over the past year:



## Want to learn more?

Stay connected at [echopalliative.com](http://echopalliative.com) or contact us at [echo@pallium.ca](mailto:echo@pallium.ca)



### Funding

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.

