

Spiritual Care Community of Practice

Supporting Existential Reflection and Meaning-Making Part 2



Facilitator:
Diana Vincze, Pallium Canada

Presenters:
Oceanna Hall, M.Div., M.Ed., RCH
Sheila Atkinson, RP, MDiv

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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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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

Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Introduction	June 28, 2023 from 1-2pm ET
Session 2	Supporting Existential Reflection and Meaning-Making Part 1	September 19, 2023 from 1-2pm ET
Session 3	Supporting Existential Reflection and Meaning-Making Part 2	October 25, 2023 from 1-2pm ET
Session 4	Spirituality of Grief and Bereavement	November 22, 2023 from 1-2pm ET
Session 5	Reinventing Ritual, Narrative Presence, and the Spiritual Nature of the Grief Journey	December 13, 2023 from 1-2pm ET

Welcome and Reminders

- Please introduce yourself in the chat!
- 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 at any time to ask questions and add comments.
- Remember not to disclose any Personal Health Information (PHI) during the session.
- This session is being recorded and will be emailed to registrants within the next week.

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/ Presenters/Panelists:

Diana Vincze: nothing to disclose

Sheila Atkinson: nothing to disclose

Oceanna Hall: nothing to disclose

Christine Enfield: nothing to disclose

Peter Barnes: nothing to disclose

Disclosure

Mitigating Potential Biases:

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

Introductions

Facilitator

Diana Vincze

Palliative Care ECHO Project Manager, Pallium Canada

Presenters:

Sheila Atkinson, RP, MDiv

Certified Spiritual Care Practitioner (CASC), Registered Psychotherapist (CRPO), Grief Support Coordinator, Pathways Grief Support Program, Paediatric Advanced Care Team (PACT), SickKids, Toronto, ON

Oceanna Hall, M.Div., M.Ed., RCH

Spiritual Health Practitioner, Certified CASC Clinical Specialist
End of Life, Palliative, MAiD and Bereavement
Spiritual Health Practitioner, Island Health Authority,
Saanich Peninsula Hospital Vancouver Island, BC

Panelists:

Peter Barnes, D.Min, CCC, SEP

Psychospiritual Therapist
Spiritual Pathways, Private Practice. CASC/ACSS
(certified) CCPA (certified)

Christine Enfield, M.Div.

Spiritual Health Practitioner, Tertiary Palliative Care
Unit, Covenant Health, Edmonton, Certified Spiritual
Care Practitioner (CASC/ACSS)

Support Team

Aliya Mamdeen

Program Delivery Officer, Pallium Canada

Session Learning Objectives

Upon completing the session, participants will be able to:

- Use Conversational tools to assess Spiritual Health needs in Palliative and Bereavement care for Medical Assistance in Dying (MAiD).
- Support Existential Reflection and Meaning-Making.

Following our last session



“Is there really a light?”- How We Listen

- Narrative example...
- Imagine yourself hearing that question.
 - What comes to mind?
 - What does her question mean?
 - What does it tell you about her spirituality?
 - What does it tell you about her preparation for death?

“Is there really a light?”- How We Respond

- How might you respond?
 - Answer the question
 - Acknowledge/validate the question
 - Wonder with her about the question
 - Share what you’ve heard others say
 - Work with her metaphor /imagery...
- How do you keep the response being about her?



Unique grief issues with MAiD

The MAiD option is relatively new in Canadian society & only recently introduced as a new medical norm; for many it doesn't "feel" like the right thing to do, to schedule one's death.

Coming to the Decision

- Beginning conversations can be contentious.
- Conflicting values between patient, family/friends and health care providers.

Coming to the Decision: sources of conflict

- Religious beliefs
- Desire for more time
- Feeling responsible for P/T making decision
- Fears P/T feels like a burden

Challenges and Barriers

- Family/friends may feel guilt over being a willing facilitator of death by supporting the autonomy of the patient to choose MAiD.
- Don't feel P/T has been given all possible options of treatment.

Challenges and Barriers continued

- Rapidly progressing disease/pain.
- Health care provider personally objects to MAiD as a medical option.
- Does not have a clear understanding of the actual procedure and rules that govern the process.

Challenges and Barriers continued

- Timing and limited availability of providers.
- Availability of psycho-social support.
- Fear of loss of capacity.
- Feeling procedure happening too quickly or not fast enough.

Challenges and Barriers continued

- Institutional conscientious objection in their residential facility.
- Underestimating the intensity of the day.
- Family concerns about disclosure and the stigma of MAiD.

Challenges and Barriers continued

- Reactions of relatives, social disapproval of friends.
- Anticipatory grief.
- Cultural Death phobia.

What can mitigate bereavement?

- Confidence in the patient's choice.
- Mutual agreement to autonomy and choice.
- P/T discussing for years the possibility of choosing MAiD.

What can mitigate bereavement? continued

- Relationship with Provider.
- Location of death.
- Involvement in planning.
- Availability for psycho-social support.
- Local Resources for Bereavement.

MAiD Family Support Society (www.maidfamilysupport.ca)

- Free, 1 to 1 peer support for people supporting someone choosing MAiD or grieving a MAiD loss.
- To request support and connect with a volunteer please email:
info@maidfamilysupport.ca
- *This Society is available across Canada; it is a group of individuals who have personal experience of going through MAiD with a loved one and have come together to volunteer support for others and be that bridge, making the path leading up to MAiD and the grief following a little easier for others.*

CASE Study

- Independent personality male university professor, 56 years of age - end stage lung cancer, increasing pain that is not responding to pain medication, losing physical capacity for ADL's, feels he no longer has quality of life - he has been assessed twice and scheduled for MAiD. Married to his high school sweetheart right after graduation, both at the age of 18. They have been married for 38 years. They both describe their relationship as devoted. Both are devastated by his diagnosis. The wife and 2 adult children daughter 34 and son 35 are deeply devout, practicing Roman Catholics. The husband was trained as an engineer and described himself as an agnostic - He has no belief or relationship to the Catholic church or its teaching.
- The wife who was raised in the RC Church and their two adult children are very distress that he has chosen MAiD. The Roman Catholic Church forbids MAiD. The wife and adult children fear that if he proceeds with the MAiD, against the teaching of the Church, after death, they will not be reunited in heaven. This is causing severe distress and anguish in the family especially with the wife. The wife has spoken many times with the priest in her Church who has affirmed the wife's fears about what will happen spiritually after death when her husband has chosen MAiD.
- This is the first impasse the couple has had in all their years of being together. As a social worker, in a facility that does not have a trained clinical spiritual health professional, How would you support both the spouse and the husband seeking MAiD? What resources would you seek?

Case-Based Discussion



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 **November 22, 2023 from 1:00-2:00pm ET** on the topic of **Spirituality of Grief and Bereavement.**
- Thank you for your participation!

Thank You



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