



BY  
 Pallium Canada

# The Palliative Care ECHO Project

## Semi-Annual Report

December 2023



## Palliative Care ECHO Project: Semi-Annual Report

Welcome to the fifth 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 340 learning sessions, accounting for over 16,000 learner encounters and over 27,000 recording views.

### Launch of the new Quality Improvement Toolkit

In collaboration with the Long-Term Care Quality Improvement Community of Practice, Pallium launched the new [Quality Improvement Condensed \(QUIC\) toolkit: Improving Essential Conversations in Long-Term Care](#). This free toolkit is designed to support those working in long-term care facilities to improve essential conversations with their residents and their caregivers.

We would like to extend our gratitude to Dr. Amit Arya and Elizabeth Wojtowicz, the core group of subject matter experts and the members of the Long-Term Care Quality Improvement Community of Practice for their support in developing this QUIC.

## Hub Partner 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.



## Program updates

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

### Communities of practice and series

The Palliative Care ECHO Project delivers the majority of its content through national, provincial, and regional communities of practice and educational series. These bring together health care professionals with shared interests to foster continued knowledge exchange and interactive, case-based learning.

The recordings of all Pallium-run communities of practice and series are available for viewing at [echopalliative.com](https://echopalliative.com).

Below are highlights from the past six months:

#### Pallium Canada

- **Community-Based Primary Palliative Care Community of Practice** – Due to popular demand, this community of practice recently returned for its third series. This accredited 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 providing a palliative care approach.
- **Heart Disease Community of Practice** – This is the second accredited community of practice for individuals with an interest in integrating a palliative care approach for individuals with advanced heart failure. Over the course of six sessions, participants explore topics ranging from multi-morbidity and heart failure and implantable cardioverter-defibrillators to de-prescribing cardiac and other medications.
- **Severe and Persistent Mental Illness Community of Practice** – Led by an interprofessional expert panel with guest speakers and interactive case discussions, this accredited series focuses on providing a palliative care approach for individuals with Severe and Persistent Mental Illness (SPMI).
- **Spiritual Care Community of Practice** – This five-session series creates a space for health care professionals, systems leaders, spiritual care practitioners, and psychospiritual therapists to come together and deepen their understanding of spirituality in palliative and bereavement care.

- **Long-Term Care Quality Improvement Community of Practice** – This unique community of practice consisted of 97 interprofessional members who came together from across Canada to work collaboratively, develop and share knowledge on initiating essential conversations in the long-term care setting. Through their work, they produced a Quality Improvement Condensed (QUIC) toolkit that supports those working in long-term care facilities improve essential conversations with their residents and their caregivers.

### **BC Centre for Palliative Care**

- **Flexing Your Core: The 30-Minute Palliative Workout** – Brought back by popular demand, this series optimized learning in a short amount of time. Eight Learning Hub modules take 15 minutes to complete and are complimented with a short 30-minute session designed for those looking to incorporate the palliative approach to care into their daily practice.
- **Palliative Nurse Coordinators Series** – Recognizing the importance of supporting nurses' specialized consultant roles as Palliative Coordinators, this invitation-only series was launched in 2022 to build competency in their roles and increase connectedness between the nurse clinicians to network, support and share resources.
- **Grief and Bereavement Literacy Series** – This series launched in August of 2023 and includes sessions focused on finding hope and resilience after substance abuse, grieving the death of a pet. The series is intended for anyone interested in increasing their knowledge around grief and bereavement to support them personally or in their professional careers.
- **Updates and Innovations ECHO: Serious Illness Conversation Training for Facilitators and Clinicians** – This series provides training to facilitators, clinicians, and champions with an ongoing learning opportunity to further integrate and increase awareness of serious illness conversations (SIC) into routine clinical practice throughout British Columbia.

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

- **Long-Term Care Leadership Series** – This series was first presented in English in 2021. Due to popular demand, CALTC reintroduced the series in French to make it accessible for French speakers across Canada. Following its success, the series returned for a second run in English. In this iteration, the focus was on unveiling the role of long-term care leaders and administrators in palliative home care and creating a platform for long-term care colleagues to discuss challenges and opportunities for improvement within the home.

## **Canadian Home Care Association**

- **Essential Skills for Palliative Care** – This series addressed the priority competency domains in the Canadian Interdisciplinary Palliative Care Competency Framework and shared knowledge, experience, and expertise in specific palliative care domains.

## **Médecins francophones du Canada**

- **Fin de vie Webinaire en soins palliatifs (in French)** – Médecins francophones du Canada co-hosted their accredited series with Palli-Science. This seven-part series is offered in French, covers topics ranging from heart failure to dementia and has been highly attended by health care professionals in Quebec.

## **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 five-session bilingual series focused on providing relevant palliative care knowledge to home health care professionals in Quebec.

## North Simcoe Muskoka Hospice Palliative Care Network

- **Taking the Pain out of Pain Management: One Step at a Time** – This ongoing series provides a comprehensive review of the types of pain, assessment of pain, pharmacological and non-pharmacological management, and the concept of total pain in palliative care. NSMHPCN leveraged the power of Descript, an innovative AI tool designed for crafting, recording, transcribing, editing, collaborating on, and sharing captivating videos and podcasts. This cutting-edge technology plays a crucial role in assisting individuals with difficulties of hearing.

## Covenant Health Palliative Institute

- **Plan Ahead Alberta Series** - The Plan Ahead Alberta Series was designed to educate about advance care planning, enduring powers of attorney, wills and more. In each session, participants are introduced to resources developed by the Community Homelessness Prevention Initiative (CHPI).
- **PalliLearn ECHO Series** – Developed in Australia, this series was adapted for Alberta in partnership with Palliative Care South Australia and an Alberta working group. PalliLearn is a train-the-trainer program that helps people to develop the knowledge and skills to be a supportive friend and neighbour in times of sickness and loss incorporating key research findings and practical ways to put them into action.

## Coming soon:

- **Lung Community of Practice** – In 2024, Pallium, in collaboration with the Lung Health Foundation, will be launching a new community of practice for those interested in integrating a palliative care approach for individuals with advanced lung disease.
- **Communauté de pratique en soins palliatifs pédiatriques (in French)** – In the coming year, Pallium will be launching the first national French ECHO series, in collaboration with Le Phare. This series will be ideal for French-speaking health care professionals across Canada interested in pediatric palliative care.
- **Diversity and Inclusion series** – Pallium is proud to announce its inaugural Diversity and Inclusion series starting in 2024. This initiative will explore a range of crucial topics such as cultural diversity, ageism, and diversity, and promises more insightful discussions in the upcoming year.

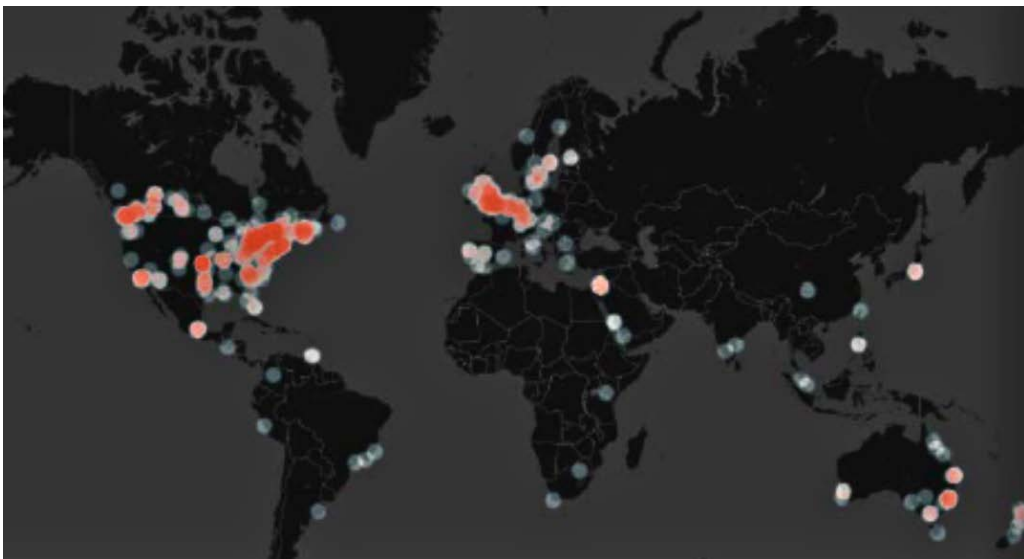


## Palliative Care Journal Watch

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.

In 2023 we added new teams of contributors who regularly monitor 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 conducted 10 episodes so far with over 3,900 downloads, reaching listeners from around the world (see map below).



## 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**

- Communication in Palliative Care Part II - Strategies for Sticky Situations
- GI Symptoms in Palliative Care
- The Oyster Care Model – Nurturing a Patient-Centered Healthcare System
- Palliative Sedation
- Enabling Canadians to Support Caregivers by Strengthening Care Connections (co-hosted with Hospice PEI)
- Atlas CareMap Workshop (co-hosted with Hospice PEI)
- Supporting Caregivers and Their Evolving Worlds
- Compassionate Connectors Program - A distinct form of end-of-life volunteering (co-hosted with Public Health Palliative Care International)
- Global Examples of Community Connector Programs (co-hosted with Public Health Palliative Care International)
- Creating Culturally Safe Palliative Care Education for Indigenous Communities (co-hosted with the Centre for Education and Research on Aging & Health (CERAH) at Lakehead University)
- Complications en fin de vie de maladies neurologiques dégénératives - Partie 2 (in French)
- Symptômes gastro-intestinaux en soins palliatifs (in French)

### **BC Centre for Palliative Care**

- The Impact of COVID-19 on Bereavement in BC
- How to Best Support Bereaved People in the Post-COVID - 19 Era: Provincial Evidence-Informed Recommendations by Knowledge Users in BC
- Experience from QI project attempting to bring SIC to the dialysis unit using an interprofessional lens

### **Canadian Society of Palliative Care Physicians**

- Breathing Easy: Strategies for Integrating Palliative Care for COPD

### **Covenant Health Palliative Institute**

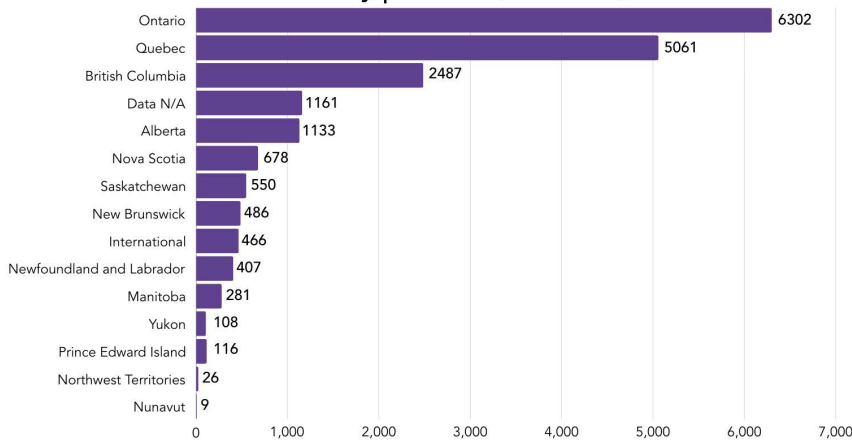
- Introducing Death Cafe: facilitating conversations about death and dying over coffee, tea and cake

# Results and impact

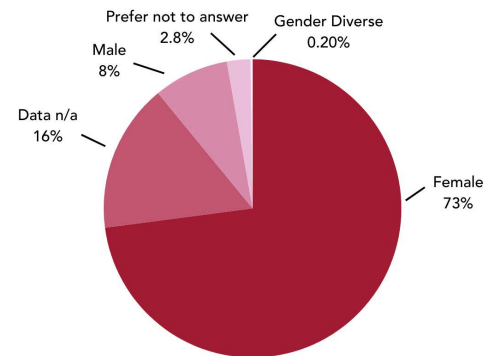
## Palliative Care ECHO Project reach

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.

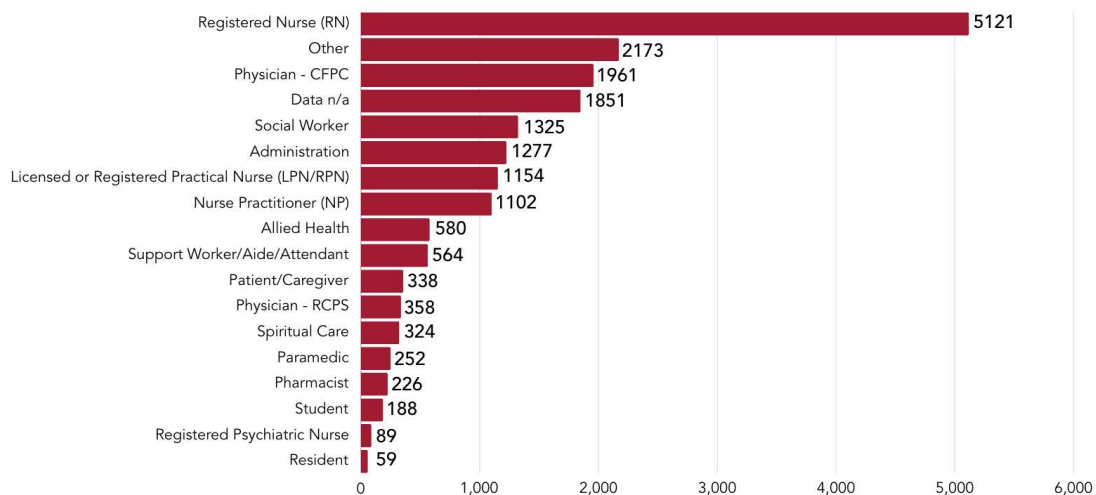
Learners by province (N=19271)



Learners by gender (N=19271)

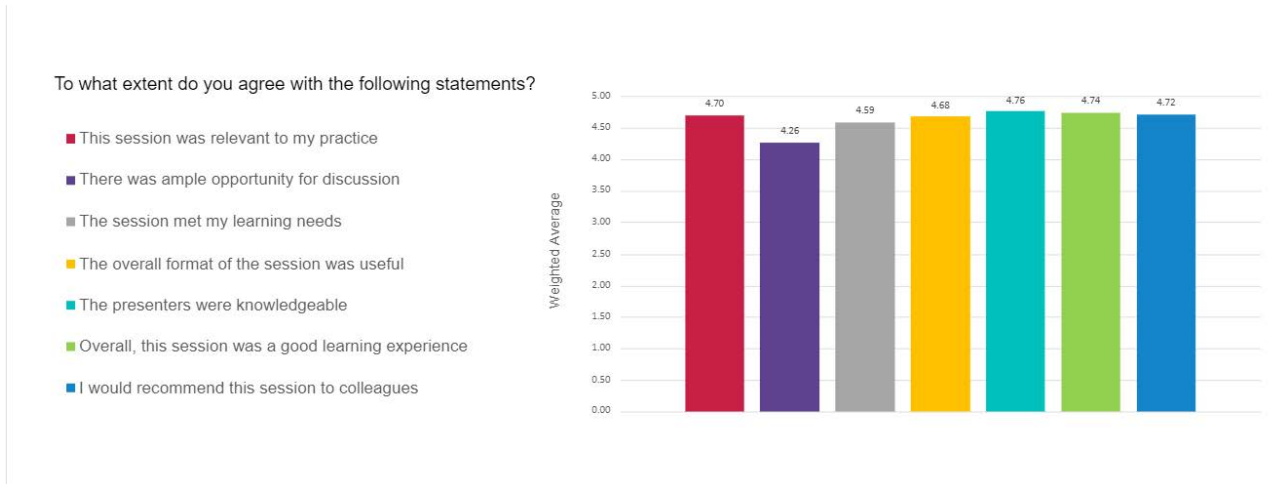


Learners by role (N=18942)



## Learner experience

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



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

"Thank you for doing these sessions. It has a major impact on building my capacity in the area of palliative care."

"Merci c'était la première fois que je suivais cette formation, j'ai trouvé très intéressante je surveillerai les prochaines. Merci."

"Excellent speakers, great education session, thank you!"

"The virtual educational training is very convenient and useful tool."



"The webinar today was very interesting and helpful. The presenters were very knowledgeable and held attention."

"I appreciate the opportunity to print off the information for free. This will allow me to have a more in-depth look at how I can support Indigenous individuals and families in hospice care."

"Je vous remercie de me donner la chance d'apprendre, d'augmenter mes connaissances. Vos formations sont SUPER."

"This was one of the best sessions I have attended. I have been attending for the last seven months!"

## Our supporters

Partnerships are at the heart of the Palliative Care ECHO Project and are critical to adapting the Project programming to meet their stakeholders' needs. Through the leadership of these amazing organizations, existing programs and resources can reach more health care providers and learners and new content and programming can be rapidly shared, developed, and deployed to fill gaps and enhance learning opportunities.

Thank you to the following supporters, whose contributions have helped the Palliative Care ECHO Project advance palliative care in Canada in the first few months of 2023–24:

- Arbor Memorial Foundation
- Boehringer Ingelheim LTD
- Caisse de dépôt et placements du Québec (CDPQ)
- The Joan and Regis Duffy Foundation

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**Want to learn more?** Stay connected at [echopalliative.com](https://echopalliative.com) or contact us at [echo@pallium.ca](mailto:echo@pallium.ca)

