

# Community-Based Primary Palliative Care Community of Practice Series 3

Creative art therapy in palliative care



Facilitator: Dr. Nadine Gebara  
Guest Speaker: SarahRose Black  
Date: April 24, 2024

# 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 and their families.

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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](http://www.pallium.ca/course/leap-core)

# Objectives of this Series

**After participating in this series, participants will be able to:**

- Augment their primary-level palliative care skills with additional knowledge and expertise related to providing a palliative care approach.
- Connect with and learn from colleagues on how they are providing a palliative care approach.

# Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Communication: Part 1	Oct 25, 2023 from 12:30-1:30pm ET
Session 2	Communication: Part 2	Nov 29, 2023 from 12:30-1:30pm ET
Session 3	Managing the last hours of life	Dec.20, 2020 from 12:30-1:30pm ET
Session 4	Palliative care for the structurally vulnerable	Jan 24, 2024 from 12:30-1:30pm ET
Session 5	Procedural management of complex pain: Nerve blocks, vertebral augmentation, radiotherapy	Feb 21, 2024 from 12:30-1:30pm ET
Session 6	Terminal Delirium and Palliative Sedation	Mar 27, 2024 from 12:30-1:30pm ET
Session 7	Creative art therapy in palliative care	Apr 24, 2024 from 12:30-1:30pm ET
Session 8	What in store for Palliative Care in Canada: policy, advocacy and implementation	May 29, 2024 from 12:30-1:30pm ET
Session 9	Grief and Bereavement: Beyond the Basics	June 26, 2024 from 12:30-1:30pm ET

# Welcome & Reminders

- Please introduce yourself in the chat! Let us know what province you are joining us from, your role and your work setting
- 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 to ask questions and add comments throughout the session
- 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 **9 Mainpro+** credits.

# 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:**

- Dr. Nadine Gebara: Nothing to disclose
- SarahRose Black: Nothing to disclose

# Disclosure

## Mitigating Potential Biases:

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

# Introductions

## Facilitator:

### **Dr. Nadine Gebara, MD CCFP- PC**

Clinical co-lead of this ECHO series

Palliative Care Physician at Toronto Western Hospital, University Health Network

Family Physician at Gold Standard Health, Annex

## Panelists:

### **Dr. Haley Draper, MD CCFP- PC**

Clinical co-lead of this ECHO series

Palliative Care Physician at Toronto Western Hospital, University Health Network

Family Physician at Gold Standard Health, Annex

### **Dr. Roger Ghoche, MDCM CCFP-PC, MTS**

Palliative Care and Rehabilitation Medicine, Mount Sinai Hospital- Montreal

### **Jill Tom, BSN CHPCN ©**

Nurse Clinician for palliative Home Care

Mount Sinai Hospital, Montreal

# Introductions

## Panelists (continued):

### **Elisabeth Antifeau, RN, MScN, CHPCN(C), GNC(C)**

Regional Clinical Nurse Specialist (CNS-C), Palliative End of Life Care

IH Regional Palliative End of Life Care Program

Pallium Canada Master Facilitator & Coach, Scientific Consultant

### **Thandi Briggs, RSW MSW**

Care Coordinator, Integrated Palliative Care Program  
Home and Community Care Support Services Toronto  
Central

### **Claudia Brown, RN BSN**

Care Coordinator, Integrated Palliative Care Program  
Home and Community Care Support Services Toronto  
Central

### **Rev. Jennifer Holtslander, SCP-Associate, MRE, BTh**

Spiritual Care Provider

## ECHO Support

### **Diana Vincze**

Palliative Care ECHO Project Manager, Pallium Canada

# Introductions

## Guest Speaker:

**SarahRose Black, PhD RP MTA**

Registered Psychotherapist & Certified Music Therapist

# Session Learning Objectives

**Upon completing the session, participants will be able to:**

- Describe the roles of interdisciplinary health professionals providing palliative care (ex: music therapist, art therapist)
- Describe the role of the creative arts in promoting physical, emotional and psychosocial wellbeing.

# Music Therapy in Palliative Care: A Creative Arts Overview



# Why integrate the arts in palliative care?

- Dynamic and patient-centered
- Support for multiple domains of experience
- Multi-modal
- Accessible
- Evidence-based
- Creative self-expression
- Legacy options
- Family/caregiver support





# Why music?

- For centuries, music has been:
  - a form of communication
  - a mechanism for creativity
  - a means of sociocultural and religious expression
- Music processing involves core cognitive, motor, and language systems of the human brain.
- Music is deeply tied to our identities as individuals and as a collective.
- We express, engage, connect, and process through music.



# Music Therapist Snapshot

- **Clinical focus:** oncology & palliative care (Princess Margaret Cancer Centre); Psychotherapeutic support for anxiety, depression, chronic illness, advanced illness, grief & bereavement in private practice @ Whole Note
- **Academic focus:** graduate music therapy training at UHN, undergraduate music therapy teaching at U of T; interdisciplinary learner training @ UHN; health care professional training; adult education in music & health
- **Research focus:** music therapy & assisted dying; music & psychedelic assisted psychotherapy; music therapy for adolescents & young adults



What is Music Therapy?



**Music therapy** is a discipline in which **credentialed professionals** (Certified Music Therapists) use music purposefully ***within therapeutic relationships*** to support **development, health, and well-being.**

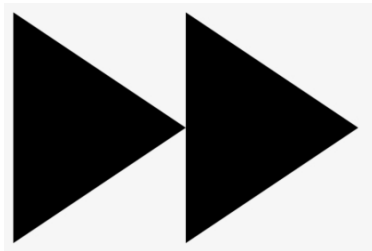
Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual **domains.**

(Canadian Association of Music Therapists, June 2016)

# Music within a therapeutic relationship to address **clinical** (non-musical) **goals**.

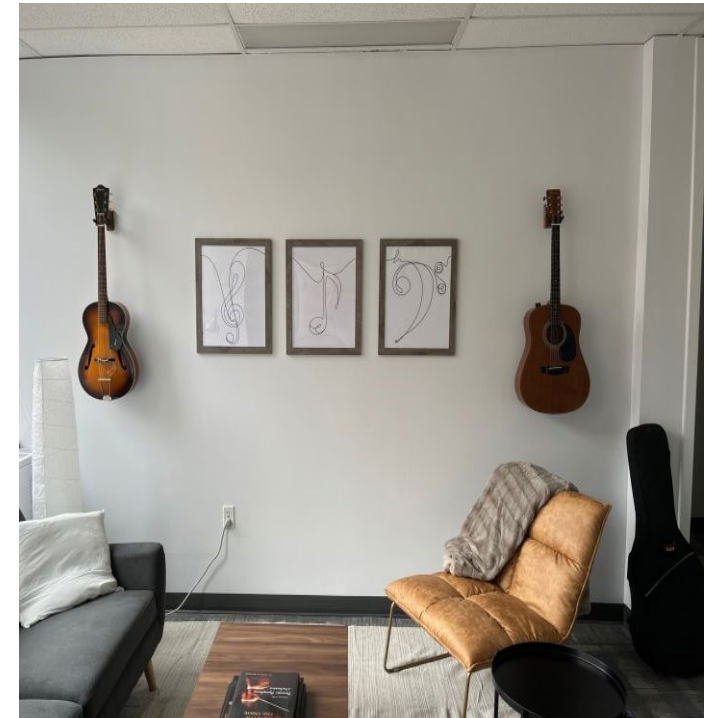


## CLINICAL GOALS in Palliative Care MAY INCLUDE:



- **Pain and symptom management** (Gao et al, 2019)
- **Emotional support** (Gallagher & Langman, 2017)
- **Mood enhancer, stabilizer, changer** (Doro, Neto, Cunha & Doro, 2017)
- **Support in grief and bereavement** (Klinck & Clements-Cortes, 2016)
- **Creative self-expression** (Thompson, Grocke & Dileo, 2017)
- **Relaxation and distraction** (Black, Zimmermann & Rodin, 2017)
- **Legacy songwriting and relationship completion** (Clements-Cortes, 2021)
- **Support within medically assisted dying** (Black, 2020)

# Settings



**COMPREHENSIVE  
PSYCHOSOCIAL  
CARE** with an  
**INTERDISCIPLINARY  
TEAM**

**EVIDENCE-BASED  
GROUNDBREAKING  
RESEARCH** in pain and  
symptom management  
and psychosocial care.

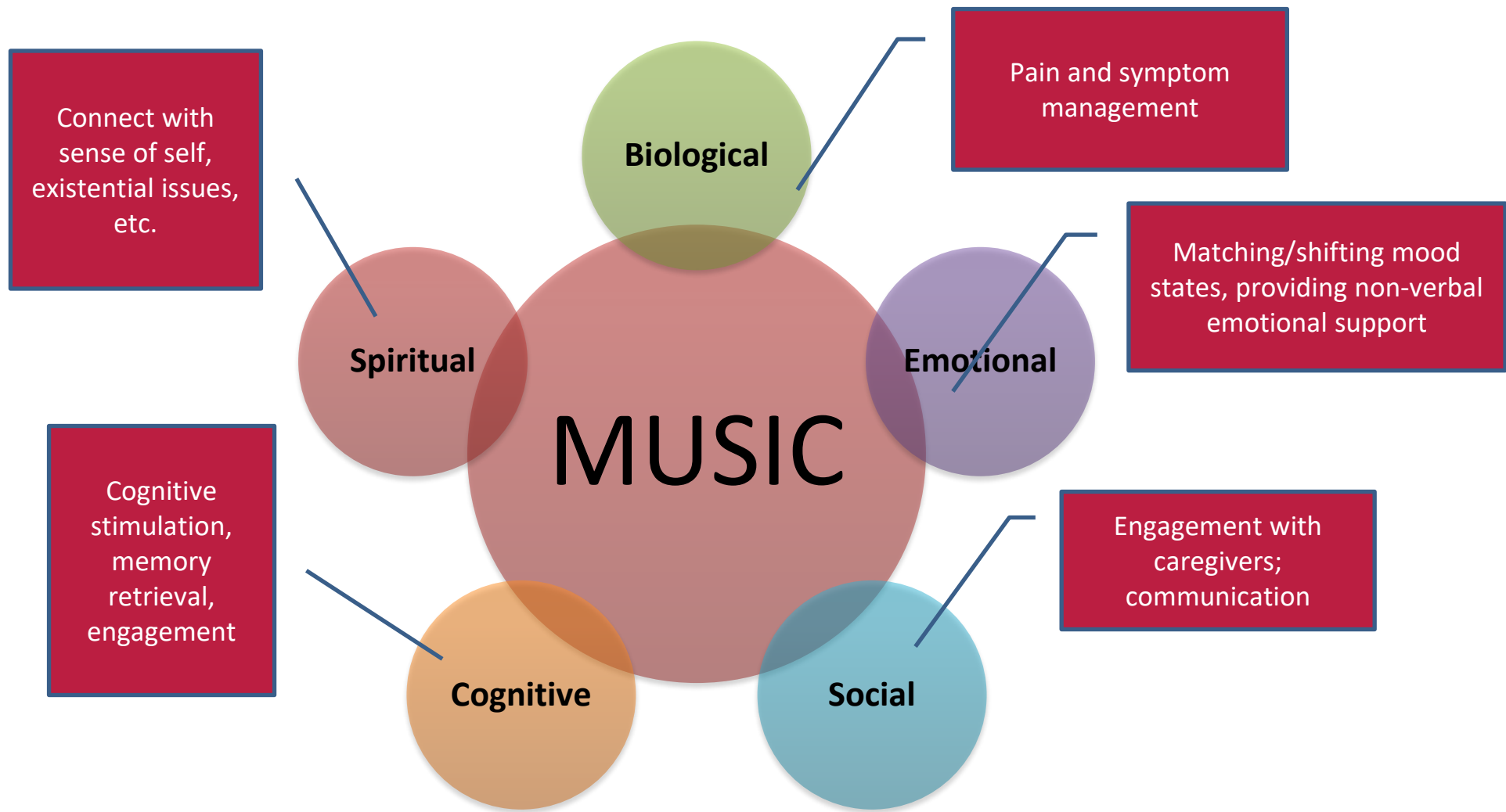
Supporting **FAMILIES  
& CAREGIVERS**  
through joint sessions  
and group support

# Music Therapy x Palliative Care

**PSYCHOTHERAPY** as a  
**MODALITY** for  
supporting the **WHOLE  
PERSON**; physical,  
emotional, mental,  
cognitive and spiritual

**STAFF SUPPORT** and  
opportunities for **TEAM  
CARE** across various  
populations

**EDUCATIONAL  
SUPPORT** for trainees:  
forming the basis of  
**CHANGING the  
CULTURE OF  
HEALTHCARE**





# Clinical Process

- **REFERRAL + IDT Collaboration**
  - **Hospital & hospice**
- **Assessment, intervention, evaluation**
- **Range of musical interventions**
- **Therapeutic relationship is critical**



# Interdisciplinary Team Work



# Interdisciplinary Team Work



# Creative Arts Therapies in Canada

- National organizations (overseeing governing bodies)
- National peer reviewed journals
- Standardized training/internship requirements
- Connection to CRPO (College of Registered Psychotherapists of Ontario)
- Presence in multiple palliative care settings:
  - Hospitals (acute care)
  - Hospices
  - Home based care
  - Community care



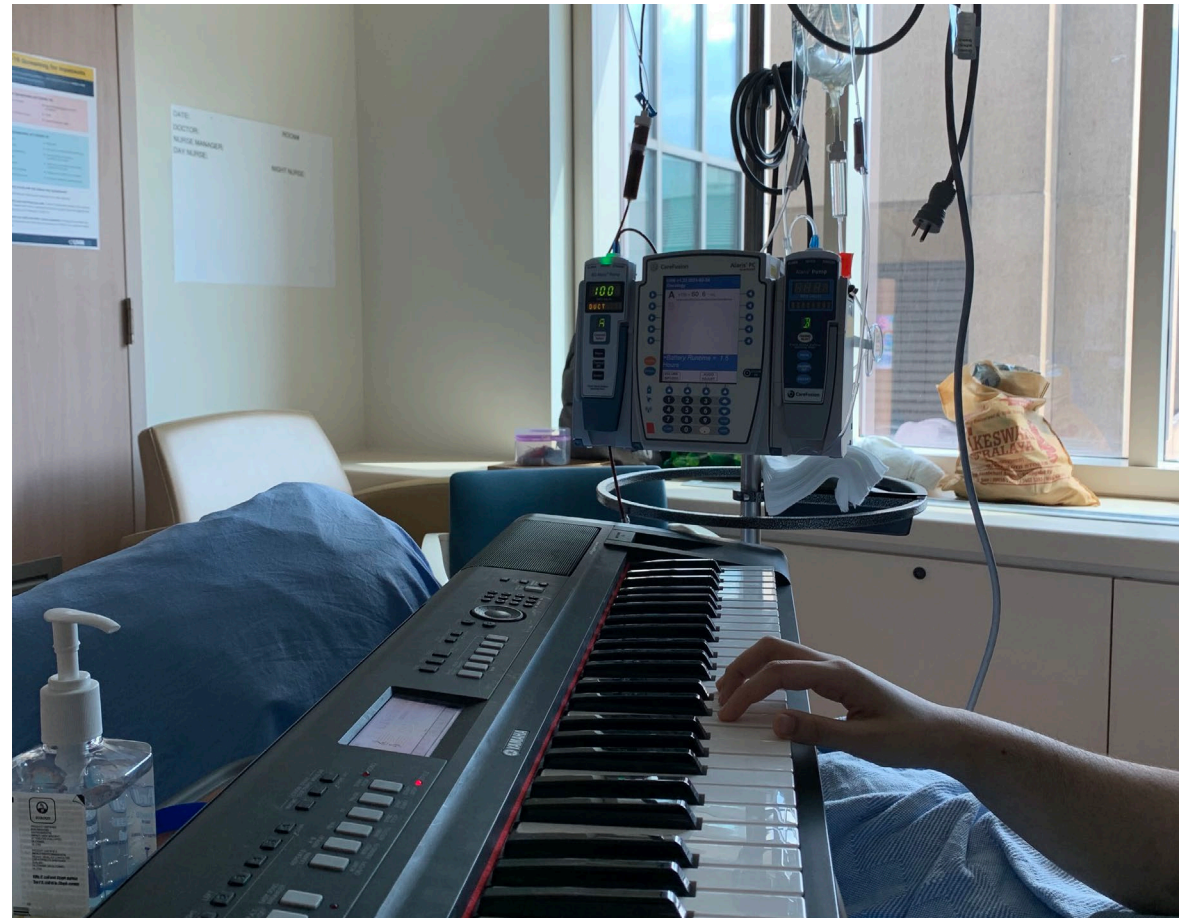
# Creative Arts Therapies in Palliative Care

- Multi-modal teams (music therapy, art therapy, drama therapy)
- Larger teams at many academic teaching hospitals
- Availability of the creative arts across many hospices
- Community based programming
- Individual and group sessions
- Family support (caregiver support, grief & bereavement, etc.)
- Supporting all stages of palliative and end of life care
- Teaching & research roles for CATs



# What does a music therapy session look like?

- Live music
- Playing instruments
- Songwriting
- Playlist creation
- Legacy work
- Lyric analysis
- Verbal psychotherapy



# Case based discussion

# Case Example: John



# Stay connected



[sarahrose.black@uhn.ca](mailto:sarahrose.black@uhn.ca)



@pulsemusichealth



YouTube @pulsemusicmedia



wholenotepsychotherapy.com



# 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 **May 29th, 2024 from 12:30-1:30pm ET** on the topic of **What is in store for Palliative Care in Canada: policy, advocacy and implementation.**
- Thank you for your participation!

# Thank You



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