



BY
 Pallium Canada

The Palliative Care **ECHO Project** Semi-Annual Report

May 2025



Palliative Care ECHO Project: Semi-Annual Report

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

About the Palliative Care ECHO Project

The [Palliative Care ECHO Project](#) is a national initiative led by Pallium Canada in collaboration with its 14 Hub Partners located across Canada. It serves as a catalyst for cultivating communities of practice and fostering continuous professional development among health care providers dedicated to caring for patients with life-limiting illnesses and their families.

The Palliative Care ECHO Project offers a wide variety of free ECHO programs on both a national, provincial, and regional level. Through this innovative program, participants gain access to specialized training, interdisciplinary support, and evidence-based resources, empowering them to deliver high-quality palliative care.

Palliative Care ECHO Project Highlights

Six years of continuous learning with the Palliative Care ECHO Project

We are in the sixth year of the Palliative Care ECHO Project—a journey driven by passion, purpose, and a commitment to building local capacity across Canada to provide a palliative care approach to patients and their families.

Since its launch, the Palliative Care ECHO Project has brought together tens of thousands of learners in over 580 webinars, creating more than 34,900 learning encounters and drawing over 55,000 views of webinar recordings.

Together with our partners, we have built a unique, national platform that fosters continuous professional development and empowers health care professionals with practical knowledge that they can use to improve palliative care for patients.

McGill Palliative Care National Grand Rounds Programme

Launched in January 2025, the McGill Palliative Care National Grand Rounds Programme, hosted by McGill Palliative Care, in partnership with the Palliative Care ECHO Project, provides universal access to the latest research, innovations, and strategies in palliative care. The programme addresses the urgent need for professionals to stay connected and up to date on emerging evidence and best practices.

This bilingual series features interactive sessions delivered both online and in person at sites within the McGill Palliative Care Network in Montreal. Each session focuses on timely topics, such as implementing palliative care in diverse settings, addressing system-level challenges, and applying the latest evidence to practice.

Since its launch, the programme has reached thousands of health care professionals across Canada. As a certified continuing professional development activity, it supports clinicians in maintaining high-quality care and advancing the field of palliative care.

[Learn more about this series.](#)

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.



Introducing our new Hub Partner

Our network of Hub Partners continues to grow, as we welcome the Saskatchewan Health Authority to the Palliative Care ECHO Project.



The Saskatchewan Health Authority is responsible for the delivery of health care services across the province of Saskatchewan. They operate hospitals, health centres and community-based programs across the province.

The addition of this new Hub Partner represents a significant milestone in the continued spread and scale of the Palliative Care ECHO Project and underscores our commitment to fostering a space for collaboration, learning, innovation, and excellence in palliative care across Canada.

Program updates

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

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.

Below are highlights from the past six months:

Pallium Canada

- [Lung Health Community of Practice](#) – In collaboration with the Lung Health Foundation, Pallium hosted the accredited community of practice for those interested in integrating a palliative care approach for individuals with advanced lung disease. Over the course of five webinars, participants explored topics including symptom management and models of care (including home care, hospice, and palliative care units).
- [Community-Based Primary Palliative Care Community of Practice](#) – This is the fourth series of the accredited community of practice geared toward interprofessional 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.
- [Paediatric Palliative Care Community of Practice \(in French\)](#) – In collaboration with Le Phare, Enfants et Familles, Pallium hosted the accredited French-language Community of Practice for paediatric palliative care professionals. Over six webinars, participants connected with French-speaking experts across Canada, engaging in case discussions and exploring essential topics like symptom management, pain approaches, and psychosocial support.

- [Spiritual Care Community of Practice](#) – In partnership with the Canadian Association for Spiritual Care, this community of practice welcomes health care professionals, system leaders, spiritual care practitioners, and psychospiritual therapists to come together and deepen their understanding of spirituality in palliative and bereavement care.
- [Heart Disease Community of Practice](#) – Returning in 2024 due to popular demand, this accredited community of practice is ideal for individuals with an interest in integrating a palliative care approach for individuals with advanced heart failure. For six sessions, participants explored topics ranging from multi-morbidity and heart failure and implantable cardioverter-defibrillators to de-prescribing cardiac and other medications.
- [Long-Term Care Quality Improvement Community of Practice \(Ontario\)](#) - An action-oriented Community of Practice (COP) geared toward interdisciplinary health care professionals in Ontario who work in long-term care settings and are actively involved in palliative care-related quality improvement initiatives. Members share lessons learned, receive expert advice, and co-develop resources through equity-focused, case-based discussions to enhance care practices and support successful QI project implementation.
- **Unity Health Toronto Palliative Care Community of Practice** – This invitation-only series is an exciting initiative that brings together local Unity Health Toronto health care providers in small groups to collaborate, participate in expert-led discussions, and review community-based cases. It reflects the evolving vision of the Palliative Care ECHO Project — to foster sustainable, community-centered learning network.

BC Centre for Palliative Care

- **Grief and Bereavement Literacy Series** – This series explores unique experiences of grief, including loss after substance use, children’s grief, pregnancy and infant loss, and finding support during the holidays. It is designed for anyone looking to deepen their understanding of grief and bereavement, personally or professionally.
- **All Together ECHO Series** – As part of a compassionate communities initiative, this series is ideal for health care providers, volunteers, and community groups exploring Advance Care Planning, serious illness conversations, and fostering support through session topics like compassionate communities, social prescribing, and creating dementia-inclusive spaces.

- **Palliative Nurse Coordinators Series** – Recognizing the importance of supporting nurses' specialized consultant roles as Palliative Coordinators, this invitation-only series builds competency in their roles and increases connectedness between nurse clinicians to network, support and share resources.
- **Advanced Palliative Psychosocial BC Community of Practice: Grief & Bereavement** – A co-creation between Canuck Place Children's Hospice, BCCPC, Lumara Grief & Bereavement Care Society, and Victoria Hospice, this series is being developed by and for BC psychosocial palliative care providers working in clinical roles providing care to adults, children, and families who are affected by end-of-life issues, grief, loss and/or bereavement.
- **Essential Conversations for the Healthcare Team** – This invitation-only series enhances communication skills within health care teams, fostering collaboration and connection. Sessions in this series provide valuable insights and strategies, helping professionals network and share best practices to improve patient care.
- **Flexing Your Core: The 30-Minute Palliative Workout** – Brought back by popular demand for a fourth time, 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 session designed for those looking to incorporate the palliative approach to care into their daily practice.

Canadian Gerontological Nursing Association (CGNA)

- **CGNA Community of Practice** – This series offered by the CGNA covered topics such as altered physiological and psychological responses in serious illness, integrating family caregivers into health care teams, and the role of extracellular vesicles in longevity research. These discussions were ideal for those looking to improve care for patients with complex needs and explore innovative approaches in aging and disease management.

Canadian Home Care Association

- **Unpacking the Principles of a Palliative Approach to Care** – This series dives into how a holistic model can transform care by addressing patients' needs throughout their illness journey—not just at end-of-life. Guided by the Canadian Interdisciplinary

Palliative Care Competency Framework, sessions explore the essential skills, knowledge, and attitudes needed to deliver effective, compassionate palliative care.

Covenant Health Palliative Institute

- **Psychosocial-Spiritual Series** – This series was developed with Alberta-specific content and is ideal for social workers, spiritual care providers, creative arts therapists, occupational therapists, counsellors, psychologists, and other clinicians providing direct emotional and spiritual support. The topics are relevant to emotional, spiritual, and grief support in palliative care and bereavement as well as self-care for clinicians.
- **PalliLearn ECHO Series** – Back by popular demand, this series returned for a third and fourth time. 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.
- **Alberta Hospice Palliative Care Community of Practice** – This community of practice is ideal for clinicians, frontline champions, clinical educators, unit leaders and managers of hospices and palliative care units in Alberta and open to any site that delivers care to people with serious and life-threatening illnesses. Members of this community of practice will have the opportunity to meet every other month with other clinicians from the province to engage in discussions and explore topics such as continuing education, care delivery processes and best practice care.
- **Plan Ahead Alberta** – This second Plan Ahead education series covered the five steps of advance care planning, financial planning and estate planning. Participants reviewed the importance of having conversations about wishes and values, the key legal documents for planning ahead (personal directive, will, enduring power of attorney), and the resources and services that can help this planning process.

L'Institut de soins palliatifs et de fin de vie Michel-Sarrazin - Université Laval

- **Croquettes scientifiques (in French)** – This webinar series brought together experts in palliative and end-of-life care. Experts summarized recently published scientific articles, sparking discussions on new scientific findings and innovative practices in the field of palliative and end-of-life care.
- **Conférences (in French)** – This series offers a virtual platform for learning, exchange, and dialogue on a wide range of topics in palliative and end-of-life care. Featuring presentations from health care professionals, researchers, and subject-matter experts, the series provides diverse perspectives and insights to deepen understanding and foster collaboration.

Médecins francophones du Canada

- **Webinaire en soins palliatifs (in French)** – This French accredited series, co-hosted with Palli-Science, covered topics including lung cancer, delayed lung cancer, pancreatic cancer, delayed pancreatic cancer, and hematological diseases. It continues to be highly attended by health care professionals in Quebec.

Montreal Institute for Palliative Care

- **Family Caregiver Series** – This series returned for a fourth iteration and is intended for family caregivers to have a space to learn, exchange ideas, and connect with others who may have caregiving stories that resonate with one another. Topics covered include advance care planning, family support in palliative care, self-care for family caregivers, and more.
- **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 returned for its second series focusing on providing relevant palliative care knowledge to home health care professionals in Quebec.

North West Regional Palliative Care Program

- **Palliative Care ECHO Lunch & Learn Series** – These sessions are designed for participants to learn about palliative care, with special guest speakers covering various topics such as symptom management, communication skills, ethical considerations, and holistic care approaches.

Coming soon

- [Interprofessional Palliative Care Community of Practice](#): This upcoming community of practice was established to meet a need identified by the Palliative Care Coalition of Canada's Education Committee to enhance and promote understanding of various roles of the interprofessional team in the provision of palliative care.

Standalone Sessions

Pallium Canada and its Hub Partners have hosted a number of standalone ECHO webinars, inviting subject matter experts to present on topics relevant to palliative care.

These sessions include:

Pallium Canada

- [Optimizing Pain Management: Exploring Sleep Architecture, Cannabinoids, and Consequences of Untreated Pain](#)
- [World's Largest Palliative Care ECHO Session](#) (in English, French, Mandarin, Hindi, Arabic, Spanish and Brazilian Portuguese)
- [Interprofessional Rehabilitation – Engaging in a Palliative Approach](#)
- [Let's Talk About Dementia](#)
- [Symptômes gastro-intestinaux en soins palliatifs](#) (in French)
- [La limite de la compassion](#) (in French)
- [Parlons des troubles neurocognitifs](#) (in French)
- [Culturally Sensitive Palliative Care for the Chinese Community](#)

BC Centre for Palliative Care

- Talk Living to Me: Experiencing Life-limiting Illness Behind Bars
- Unlocking Dignity: How to Improve the Reintegration Experience of Justice-involved People with Life-limiting Illnesses into Community

Covenant Health Palliative Care Institute

- Palliative Care Can Happen Anywhere: Education and Tools for Rehab Staff

North Simcoe Muskoka Hospice Palliative Care Network

- Dyspnea
- Palliative Care Emergencies
- Building Bridges Behind Bars

North West Regional Palliative Care Program

- Incorporating a Palliative Approach into your Primary Care Practice
- Managing Pediatric Palliative Care in Northern Ontario
- A Culturally Humble Approach to Palliative care
- Palliative Care After Stroke

Nova Scotia Health

- Goals of Care and Levels of Intervention 101

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.

Led by subject matter experts from McMaster University, Queen's University and Pallium Canada, the program features contributions from institutions such as McGill University, the University of Toronto, the University of Manitoba, the University of Calgary, the University of Alberta, and Hadassah-Hebrew University Medical Center in Israel. These contributors monitor over 30 journals to highlight key papers that challenge conventional thinking or validate current practices, offering valuable insights to advance palliative care.

The Palliative Care Journal Watch program is accessible in multiple formats, including as a live ECHO webinar, video recordings, slides, and the Palliative Care Journal Watch Podcast. The podcast has published 16 episodes to date, with over 8,100 downloads, reaching listeners from across the world (see map below).



Evaluation and Research

Evaluation results to date

Research and evaluation are integral to the Palliative Care ECHO Project and all that we do. It's critical to ensure we are having the intended reach and impact and are delivering high-quality programs that meet the needs of our target audiences.

Two research activities continue to assess the impact of the ECHO Project:

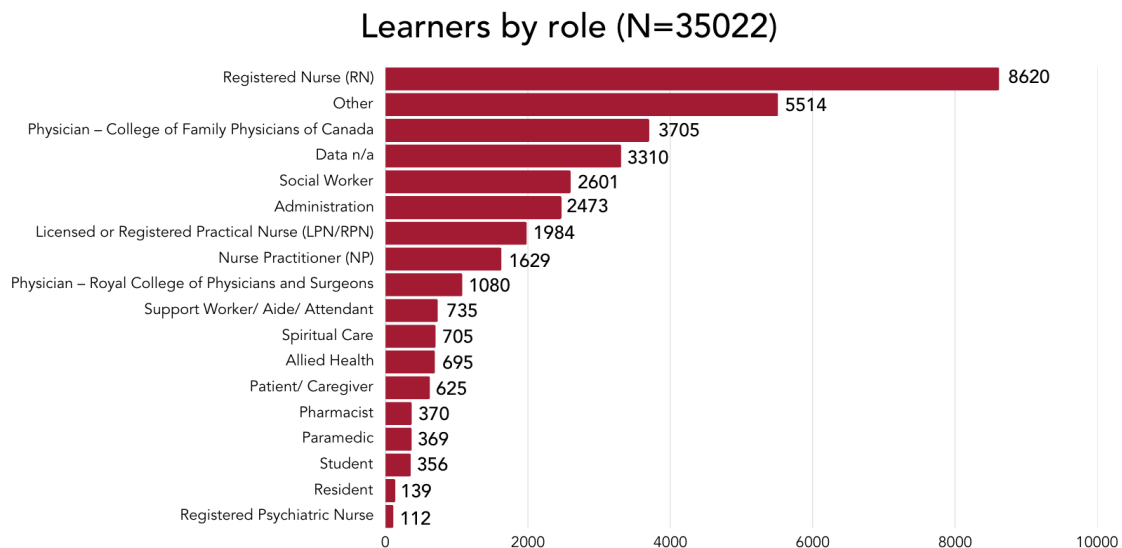
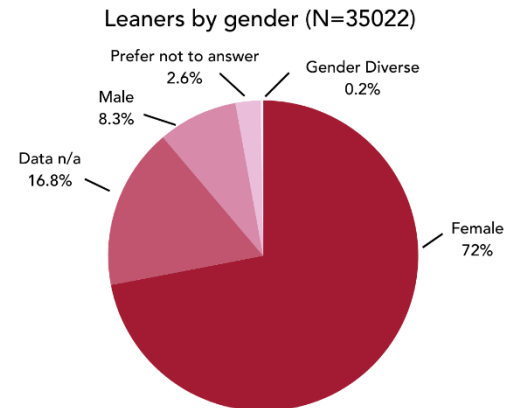
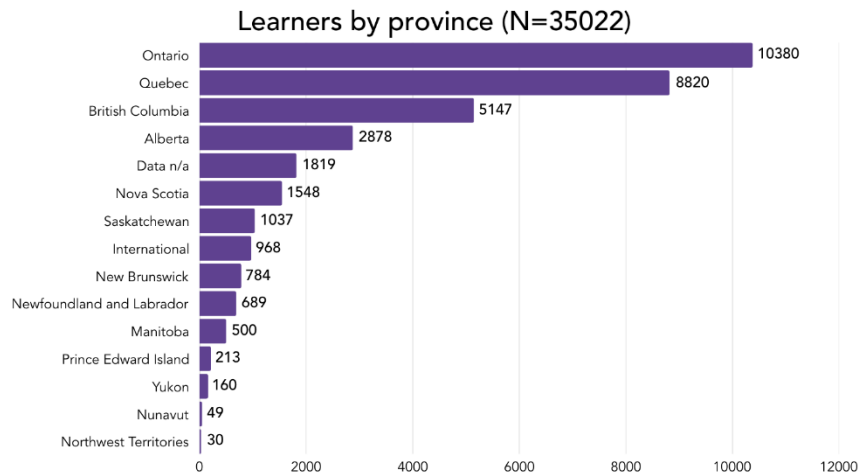
- **Activity 1 (complete):** Following the completion of the initial research report in 2024, work is now underway to develop peer-reviewed publications and other knowledge products based on the report's findings.
- **Activity 2 (in progress):** The evaluation of several of Pallium's early Communities of Practice (CoP) has entered the analysis phase. Data collection is complete, with interviews conducted with CoP leads and members across the country. The research team is now analyzing the data.

The full results of these evaluations will be shared in the coming year.

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.

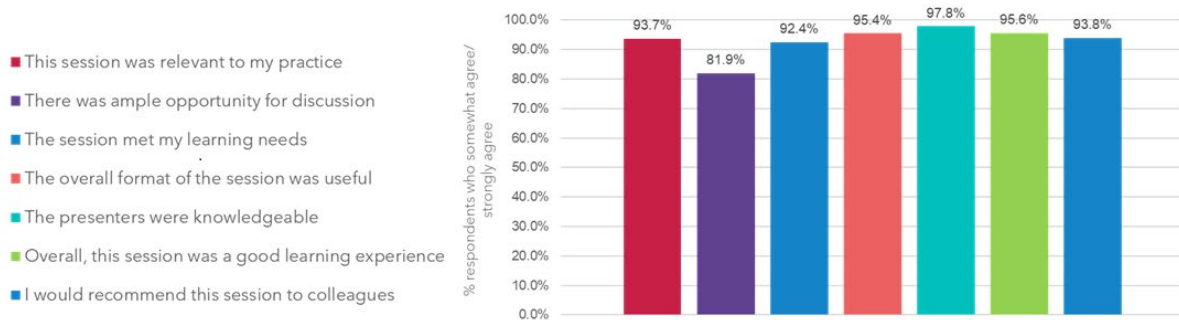


*As of April 29, 2025.

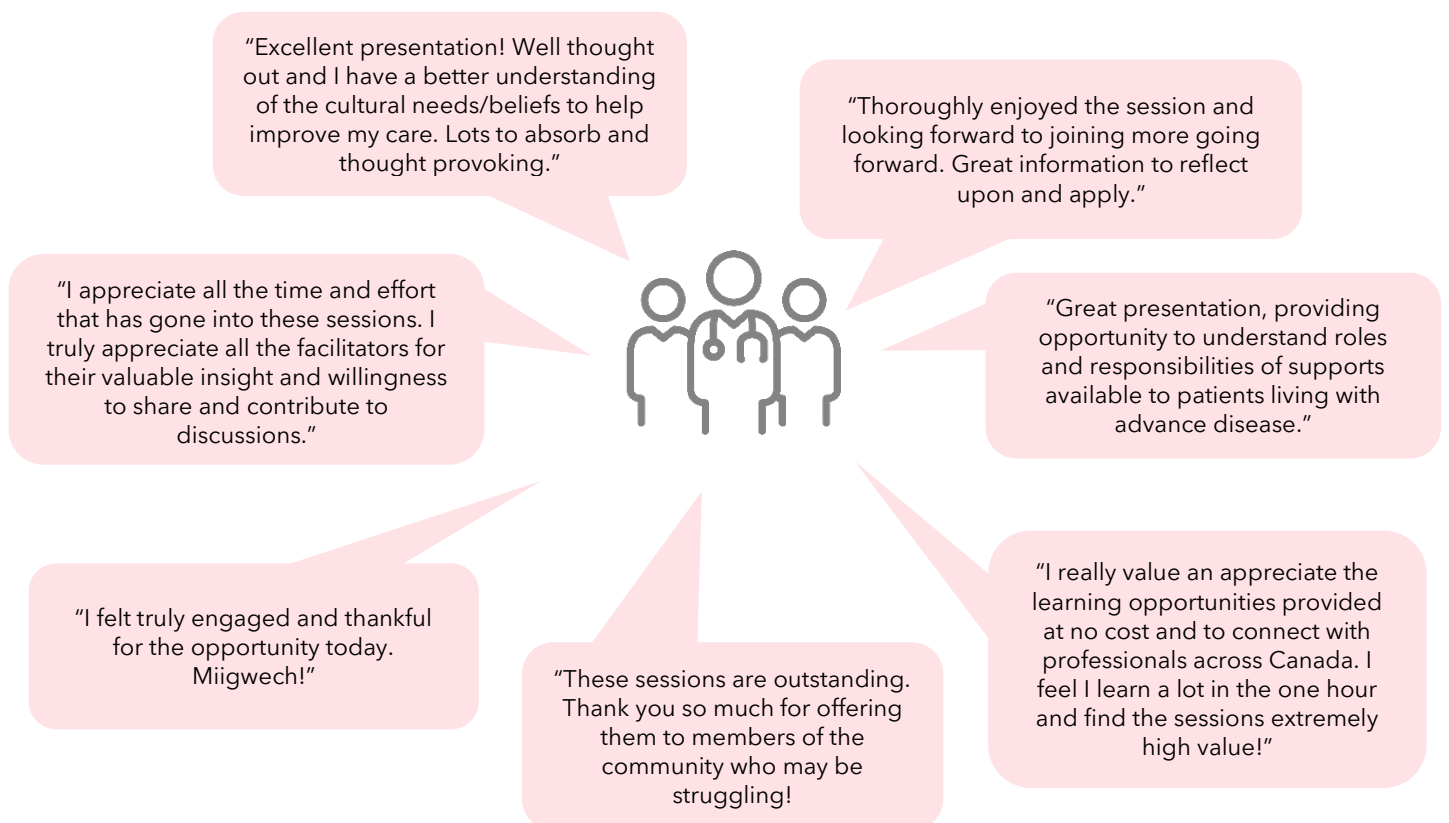
Learner Experience

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

To what extent do you agree with the following statements?



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



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 last few months of 2024-25:

- Boehringer Ingelheim LTD

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