

CANADIAN HOSPICE PALLIATIVE CARE ASSOCIATION'S

LEARNING INSTITUTE

JUNE 3 - 5, 2016 BANFF CENTRE, BANFF, ALBERTA

2016

The CHPCA's Learning Institute brings together health care professionals from across the country for an intense learning weekend on hospice palliative care.

Stream 1

Community-wide approaches to engagement - including communications skills - Advocacy, Social Media and Advance Care Planning

Stream 2

Organizational Development and Great Leadership

Stream 3

Inter-professional Education and Practice Presented by Pallium Canada - Mobilizing Palliative Care Champions

Stream 4

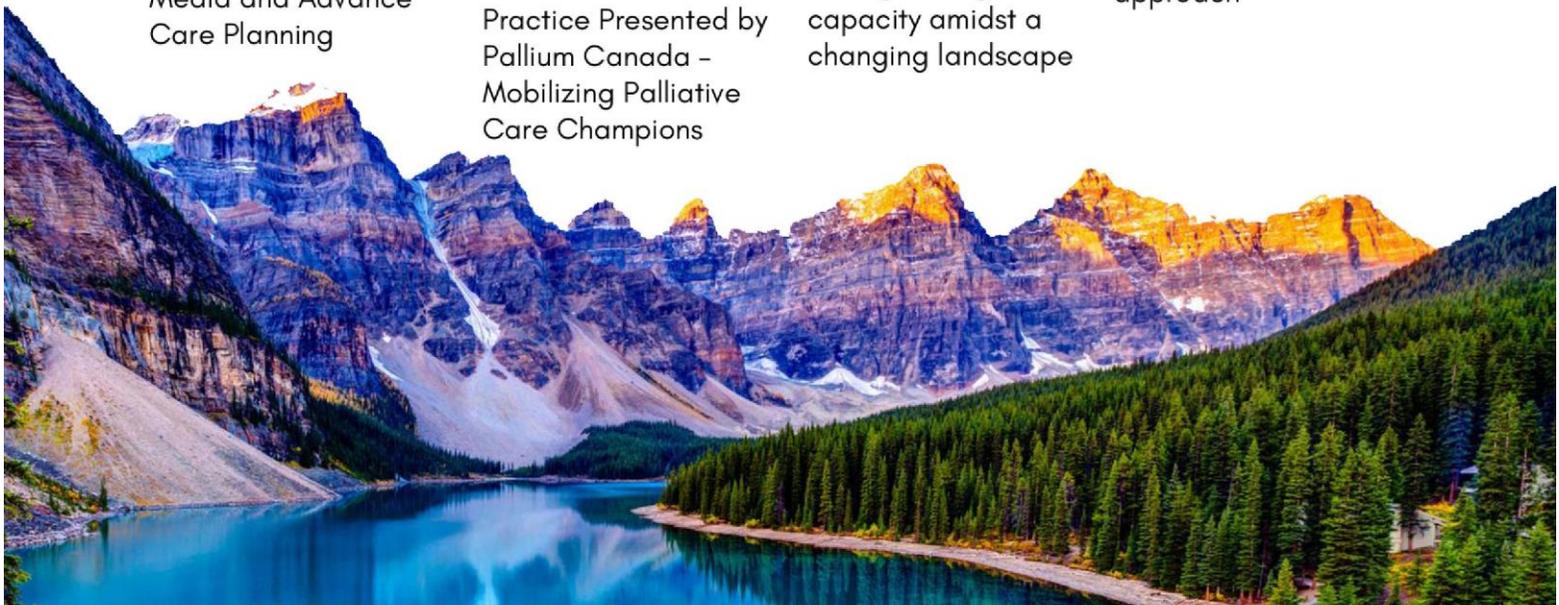
Clinical Practice - Palliative care and chronic disease

Stream 5

Clinical Practice - Strengthening our capacity amidst a changing landscape

Stream 6

Integration of the Palliative Approach to care across all settings of care: the way towards an integrated community approach



For more information or to register, please visit the CHPCA Learning Institute website at www.conference.chpca.net or visit us on Twitter at [#LearningINS2016](https://twitter.com/LearningINS2016)



Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs

INNOVATIVE
MEDICINES
CANADA



MÉDICAMENTS
NOVATEURS
CANADA

SCHEDULE

Schedule at a Glance	1
Life is Simple! So Why Do We Screw It Up?	2
Stream 1: Community-wide approaches to engagement – including communications skills – Advocacy, Social Media and Advance Care Planning	3
Saturday, June 4, 2016 – Morning Session, 8:30 a.m.	3
Advocating for Change: What you need to know!.....	3
Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.	3
Social Media and mobilizing communities – How do you get your desired outcome? <i>Using Social media for effective marketing and communication</i>	3
Sunday, June 5, 2016 – Morning Session, 8:30 a.m.....	4
Advance Care Planning in Canada: Engaging with communities	4
Stream 2: Organizational Development and Great Leadership	6
Saturday, June 4, 2016 – Morning Session, 8:30 a.m.	6
Leadership and Self Care.....	6
Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.	7
Coaching and Mentorship – key skills for the modern leader?	7
Sunday, June 5, 2016 – Morning Session, 8:30 a.m.....	7
Emerging Leadership and Governance—Aligning the Vision!	7
Stream 3: Inter-professional Education and Practice Presented by Pallium Canada - Mobilizing Palliative Care Champions	9
Saturday, June 4, 2016 – Morning Session, 8:30 a.m.	9
Advancing Inter-professional Competency-Based Facilitation and Mentoring Skills	9
Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.	10
E-101 –E-Learning, Apps and Social Media – Utilizing E-Resources and Social Media to educate National and International Communities	10
Sunday, June 5, 2016 – Morning Session, 8:30 a.m.....	11
Mobilizing Change – Becoming an Agent of Change in your Community	11
Stream 4: Clinical Practice - Palliative care and chronic disease.....	13

Saturday, June 4, 2016 – Morning Session, 8:30 a.m.	13
Palliative Care for Non-cancer Illnesses: Frailty.....	13
Saturday, June 4, 2015 – Afternoon Session, 1:30 p.m.	13
Palliative Care for Non-cancer Illnesses: A look at Heart Failure and Advanced Lung Disease	13
Sunday, June 5, 2016 – Morning Session, 8:30 a.m.	14
The Challenges of Relieving Pain	14
Stream 5: Clinical Practice – Strengthening our capacity amidst a changing landscape	16
Saturday, June 4, 2016 – Morning Session, 8:30 a.m.	16
Leaning into the Pain and Darkness and Utilizing Reflective Practice	16
Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.	17
Mindful Palliative Care Practice	17
Sunday, June 5, 2016 – Morning Session, 8:30 a.m.	17
Engaging the continuum of dignity in care	17
Stream 6: Integration of the Palliative Approach to care across all settings of care: the way towards an integrated community approach	19
Saturday, June 4, 2016 – Morning Session, 8:30 a.m.	19
The Big Health Care System – Setting the Stage.....	19
Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.	20
Changing the system one program at a time.....	20
Sunday, June 5, 2016 – Morning Session, 8:30 a.m.	20
Changing culture on the ground – a patient perspective	20

Schedule at a Glance

Friday, June 3

5:30 p.m. – 7:30 p.m. – Registration Opens

7:30 p.m. – 8:30 p.m. – Opening Plenary

8:30 p.m. – Cocktail Reception – Opening of Exhibits and Posters

Saturday, June 4

7:00 a.m. – 8:15 a.m. – Breakfast (Vistas Dining Room)

8:30 a.m. – 10:00 a.m. – Session One

10:00 a.m. – 10:30 a.m. – Refreshment Break and Resource Fair (Exhibit Hall)

10:30 a.m. – 12:00 p.m. – Session One Continues

12:00 p.m. – 1:30 p.m. – Lunch (Exhibit Hall)

1:30 p.m. – 3:00 p.m. – Session Two

3:00 p.m. – 3:30 p.m. – Refreshment Break and Resource Fair (Exhibit Hall)

3:30 p.m. – 5:00 p.m. – Session Two Continues

Sunday, June 5

7:00 a.m. – 8:15 a.m. – Breakfast (Vistas Dining Room)

8:30 a.m. – 10:00 a.m. – Session Three

10:00 a.m. – 10:30 a.m. – Refreshment Break and Resource Fair (Exhibit Hall)

10:30 a.m. – 12:00 p.m. – Session Three Continues

12:00 p.m. – 2:30 p.m. – Lunch and Plenary Session followed by Closing Remarks

Life is Simple! So Why Do We Screw It Up?

Presented By: Dr. Louis Hugo Francescutti, Past President of the Canadian Medical Association

When you come to think of it life really is simple. I want to thank the organizers for the chance to share a few stories from the ER, some bizarre stories from politics, some really sad stories buffered with some very happy stories. We all have our own stories but we unfortunately don't take the time to share them with each other often enough. By the end of the hour you should be asking yourself "if life really is that simple why do we all keep screwing it up?"

I will share my secret that a famous storyteller, Paul Belserene, entrusted me with close to thirty years ago that has since served as my compass in life. See you in June in one of the most beautiful places on earth Banff. We are going to have lots of fun, trust me I am a doctor!

Stream 1: Community-wide approaches to engagement – including communications skills – Advocacy, Social Media and Advance Care Planning

This stream will be composed of intermediate to advanced interactive lectures and small group workshops. Over two days, part I and II will explore making a difference using communication skills in Advocacy, Social Media and Advance Care Planning.

This session would be ideal for decision makers, program managers, executive directors and advocates interested in honing in their advocacy and social media organizational practices as well as those interested in Advance Care Planning.

Saturday, June 4, 2016 – Morning Session, 8:30 a.m.

Advocating for Change: What you need to know!

- Introduction to Advocacy – Developing a plan, ensuring that your plan meets your community and organization’s needs.
- Eight Steps to Good Advocacy – Learn how to create your own advocacy strategy including identifying targets and successful tactics.
- Using case-based Learning: Learners will work in teams of 6-8 to create their case scenario – What do you want to change in your environment? Teams will also start developing a group strategy.

Learning objectives for this session:

1. To understand the process of advocacy.
2. To learn the key communication strategies involved with successful advocacy.
3. To work together as groups to develop a strategy for future reference.

Faculty:

Ryan Clarke, Principal, Advocacy Solutions

Sharon Baxter, Executive Director, Canadian Hospice Palliative Care Association

Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.

Social Media and mobilizing communities – How do you get your desired outcome?

Using Social media for effective marketing and communication

- Introduction to social media.

- How to create a foundational strategy to choose and use social media effectively and efficiently.
- Various social media types and techniques.
- Determining your audience and the best social media vehicles to reach them.
- Writing effective articles for the media.
- Measuring your success: best practices for measuring your activity and reach.
- Discussion: What types of social media is your organization currently using and why? What challenges do you face in reaching target audiences and successfully delivering your messages?
- Activity: Using a pre-determined case study and strategy template, participants will develop a social media strategy and campaign. Groups will present their campaigns at the end.

Learning objectives for this session:

1. Learn how to develop a solid foundation for your social media strategies
2. Understand how to identify target audiences and key messages and align them with the right social media tools
3. Develop strategies for optimizing your time, energy and budgets
4. Learn how to develop a social media presence, social media strategy, common pitfalls, techniques, common hashtags to palliative care, challenges, and digital tools
5. Learn how to measure your activity and progress
6. Respond to challenges in using social media.
7. Write effectively to attract media attention and learn how to lay the foundation for a social media campaign.

Faculty:

Nanci Corrigan, President, Channel 3 Communications Inc.

Sunday, June 5, 2016 – Morning Session, 8:30 a.m.

Advance Care Planning in Canada: Engaging with communities

- Discussion of how we engage communities – across all sectors – in advance care planning.
- Discussion of messages and campaigns to engage communities in advance care planning.
- Tips, skills and tools for communicating effectively about advance care planning with the general public and professionals.

Learning Objectives for this session:

1. Learn to describe strategies to engage communities in advance care planning.
2. Identify the various tools that can be used to raise awareness and engage communities regarding advance care planning.
3. Learn to describe how to effectively communicate advance care planning messages through the media, social media and the web.

4. Acquire skills for communicating successfully about advance care planning with the general public and professionals.

Faculty:

Nanci Corrigan, President, Channel 3 Communications Inc.

Louise Hanvey, Project Manager, Advance Care Planning in Canada

Stream 2: Organizational Development and Great Leadership

This stream will be composed of intermediate to advanced interactive lectures and small group workshops focusing on a number of organizational development issues. These sessions will take on a personal perspective, and over the course of the Learning Institute participants will discuss and learn about the different leadership styles and ideologies associated with effective management and great leadership.

This session would be ideal for Executive Directors, CEOs, Senior leadership staff, clinicians in management, nursing supervisors, team leaders and health care leaders

Saturday, June 4, 2016 – Morning Session, 8:30 a.m.

Leadership and Self Care

This session will define the concept and the value of self-care in a challenging work environment

- Different strategies will be presented to assist the participant to recognize and deal with multiple reoccurring stressors.
- These Tools will provide a better understanding on how to access a meaningful work life through self-care.
- Practical examples and case studies will be used to illustrate how to get positive outcomes by utilizing the tools necessary for self-care in promoting effective leadership.

Learning objectives for this session:

1. Identify how self-knowledge can support self-care.
2. Identify the winning strategies to develop self-care.
3. Learn how to stimulate the practice of self-care with effective leadership and coaching.
4. Implement self-care building strategies within their working groups.

Faculty:

France Remete, Director, Operations Board, West Island Palliative Care Residence, Montreal and Lecturer, Faculty of Nursing, Université de Montréal

Teresa Dellar, Executive Director, West Island Palliative Care Residence, Montreal

Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.

Coaching and Mentorship – key skills for the modern leader?

During this session, we will be exploring the following questions:

- What is the difference between coaching and mentorship – and where does therapy fit in to the spectrum?
- Should it be that all leaders need to have enough training in coaching and mentorship so that aspects of these disciplines become a regular part of leadership and management practise – or might they be a distraction from – or even undermine - the responsibilities of leadership?
- How do we identify what method is appropriate for whom?
- By using the Cynefin framework we will also consider different approaches in different situations – be they simple, complicated, complex or chaotic.
- When do we identify the need to refer someone to expert external coaching or mentorship support?

Learning objectives for this session:

1. Understanding of similarities and differences between coaching and mentoring.
2. Identifying the requirements of different individuals and varying situations.
3. Exploring strategies for embedding coaching and mentoring practise across the organisation.

Faculty:

David Prail, Chair, ehospice, WHPCA and retired CEO, Hospice UK

Teresa Dellar, Executive Director, West Island Palliative Care Residence

Sunday, June 5, 2016 – Morning Session, 8:30 a.m.

Emerging Leadership and Governance—Aligning the Vision!

Whether talking about a project, a department's goals or an organization's mission, the end result will be more successful if all levels are working together. Moving from the individual to the organizational view, this last session focuses on two areas where you can increase your impact— (1) developing emerging leaders and management teams and (2) good governance. Potential challenges that can arise when trying to create alignment will also be examined. Participants will be asked to draw on their own experience as well as scenarios from other resources to discuss and consider alternate approaches to actual work issues. Learning tools and training resources that can be brought back to a variety of settings will be introduced.

Learning objectives for this session:

1. Recognize the diverse perspectives of others based on sharing of experiences.
2. Identify gaps in your team/organization's leadership development.
3. Develop tools for promoting & supporting internal candidates into management or leadership roles.
4. Identify the principles of good governance.
5. Explore effective strategies to address challenges and conflicts that can arise between levels of leadership.

Faculty:

Sarah Walker, Executive Director, Hospice Calgary

Fiona McColl, Senior Director of Operations, Hospice Calgary

Stream 3: Inter-professional Education and Practice Presented by Pallium Canada - Mobilizing Palliative Care Champions

The Interprofessional Education and Practice Stream is designed to mobilize palliative care champions to strengthen palliative care capacity and build Canada-wide Compassionate Communities of Care.

Pallium Canada invites participants to engage in hands-on interprofessional educational workshops designed to hone advanced level facilitation and mentoring skills, increase the use of social media and a wide variety of E-Learning resources to become agents of change in local communities utilizing select modules from Pallium Canada's accredited Learning Essential Approaches to Palliative and End-of-Care courseware.

Saturday, June 4, 2016 – Morning Session, 8:30 a.m.

Advancing Inter-professional Competency-Based Facilitation and Mentoring Skills

- This workshop will explore advanced level constructive teaching approaches and inter-professional learning strategies across palliative and end-of-life care.
- Utilizing Pallium Canada's LEAP *Being Aware* and *Taking Ownership* Modules, participants will strengthen their skills with the assistance of Master Facilitators to promote inter-professional competency based training, enhance learner engagement and mentoring/coaching strategies that support practical application of training.
- In this interactive session, participant "facilitators" will explore facilitation and mentoring/coaching strategies and gain skills that support a range of participant situations in the field.

Learning objectives for this session:

1. Describe inter-professional competency-based learning across palliative and end-of-life care.
2. Experience effective inter-professional learning strategies for palliative and end-of-life care.
3. Acquire facilitation and mentoring/coaching skills that:
 - a) Use personal style and facilitation skills to create effective learning.
 - b) Effectively engage with trainee facilitators from a "coach" role.
 - c) Embed Cultural Competency into facilitation and intentionally model it to trainees.
 - d) Use Dignity Interventions with trainees who are having difficulty.
 - e) Utilize the RISE format for giving feedback to trainees.

- f) Support application of training across settings of care.

Faculty:

Dr. Lori Teeple, MD CCFP (EM) FCFP, Associate Professor Medicine and Family Medicine Schulich School of Medicine and Dentistry, Western University, Physician Bluewater Area Family Health Team, Master LEAP Facilitator Coach, Pallium Canada

Dr. Jose Pereira, MBChB, DA, CCFP, MSc, Professor, Division of Palliative Care, Department of Medicine, University of Ottawa, Medical Chief Department of Palliative Medicine, Bruyère Continuing Care, Ottawa, Scientific Officer and Master LEAP Facilitator, Pallium Canada

Maryse Bouvette, BScN, MEd, CON(C), CHPCN(C), Bruyere Continuing Care, Master LEAP Facilitator

Dr. Kathryn Downer, MSc, EdD, National Director, Pallium Canada

Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.

E-101 –E-Learning, Apps and Social Media – Utilizing E-Resources and Social Media to educate National and International Communities

Technologies, e-learning resources and social media are effective tools to educate in today's health care environment. In addition to accessing patient information at the point of care, they also present user-friendly platforms to educate the public on the palliative approach to care and bust myths that may surround palliative care. The Pallium Foundation of Canada has produced a suite of products for mobile devices and desktop computers to support distributed learning and clinical decision-making.

- Throughout this workshop various styles of E-products will be demonstrated including the Pallium Resource App.
- Participants will gain access into the Pallium Canada Portal and experience hands-on application on how to best use these tools in educating patients, families, colleagues and the public.

Learning objectives for this session:

1. Experience just-in-time teaching/learning E-Resources that can be used to support best practice at the clinical bedside and with families
2. Receive access and training on the Pallium Portal and Resource App
3. Describe how to use social media to increase awareness and understanding of palliative care
4. Discuss mechanisms that promote public awareness and community engagement in palliative care.

Faculty:

Dr. Jose Pereira, MBChB, DA, CCFP, MSc, Professor, Division of Palliative Care, Department of Medicine, University of Ottawa, Medical Chief Department of Palliative Medicine, Bruyère Continuing Care, Ottawa, Scientific Officer, Pallium Canada

Brady Riordan, E-Educational Designer, Pallium Canada

Jordan MacGregor, Communications Manager, Pallium Canada

Dr. Kathy Kortés-Miller, MSW, PhD, Research Affiliate, Centre for Education and Research on Aging and Health (CERAH), Lakehead University, Compassionate Community Co-Lead, Pallium Canada

Sunday, June 5, 2016 – Morning Session, 8:30 a.m.

Mobilizing Change – Becoming an Agent of Change in your Community

A public health approach takes the responsibility of palliative care from a few highly trained specialists to a community that considers it “everybody’s business.” It treats palliative and end-of-life care as a community responsibility and creates partnerships between the community and services to fully support persons with life-threatening illness and their families, live well until they die and through grief and bereavement.

- This session will introduce participants to the importance and impact that palliative care as a public health topic would have on Canadians.
- This session will introduce tools and resources that empower participants in their everyday practice to support Compassionate Communities across Canada.

Learning Objectives for this session:

1. Introduce and Contextualize Compassionate Communities to Canadian realities.
2. Expand insights and supports to grow the Compassionate Communities model across Canada.
3. Experience mentoring and coaching techniques to mobilize change in your local community.
4. Become a Compassionate Community Champion!

Faculty:

Dr. Kathy Kortés-Miller, MSW, PhD, Research Affiliate, Centre for Education and Research on Aging and Health (CERAH), Lakehead University, Compassionate Community Co-Lead, Pallium Canada

Dr. Srinivasa Chary, MBBS, CCFP, DA, FRCSEd, Consulting Physician, Regional Palliative & Hospice Care, Calgary Zone Faculty, Palliative Medicine, Department of Oncology & Family Medicine, University of Calgary Director & Chairman of the Board, Pallium Foundation of Canada Board Chair, Pallium Canada

Dr. Lori Teeple, MD CCFP (EM) FCFP, Associate Professor Medicine and Family Medicine,
Schulich School of Medicine and Dentistry, Western University, Physician Bluewater Area
Family Health Team, Master LEAP Facilitator Coach, Pallium Canada
Dr. Kathryn Downer, National Director, Pallium Canada

Stream 4: Clinical Practice - Palliative care and chronic disease

This stream will focus on pain and other symptom management. Attendees will participate in intermediate to advanced workshops, academic working groups and case-based discussions.

This session would be ideal for any member of the interdisciplinary hospice palliative team, physicians and nurses working in primary care, and other related health care providers with a clinical interest.

Saturday, June 4, 2016 – Morning Session, 8:30 a.m.

Palliative Care for Non-cancer Illnesses: Frailty

- This session will examine frailty and include end-stage dementia (including Alzheimer's) and palliative care for those afflicted.
- Topics will include pain management, disease complications, and best practices.

Learning objectives for this session:

1. Understand the implications of late-stage dementia in the trajectory of the illness.
2. Prepare patients and/or families for the decisions involved in preparing for the terminal phase of dementia.
3. Explore the nature of treatments that often interfere with a comprehensive palliative care philosophy for end-of-life care in those experiencing the last stages of their illness.
4. Review the implications of treatments often sought under such circumstances, such as artificial nutrition and hydration and CPR.

Faculty:

Dr. James Downar, Palliative Care Physician and Intensivist, University Health Networks
Paige Moorhouse, MD, MPH, FRCPC, Associate Professor, Department of Medicine

Saturday, June 4, 2015 – Afternoon Session, 1:30 p.m.

Palliative Care for Non-cancer Illnesses: A look at Heart Failure and Advanced Lung Disease

This session will examine end-stage chronic heart failure (CHF), advanced lung disease, and palliative care for those afflicted. The lung disease component will focus primarily on an overview of the symptom burden in advanced lung disease with specific emphasis on assessment and management of refractory dyspnea, pearls and pitfalls of opioid therapy and novel

interventions aimed at reducing suffering. The heart failure component will cover symptom management in this population as well as advance care planning.

Learning objectives for this session:

1. Review the symptom burden experienced by patients living with advanced lung disease.
2. Discuss classification of dyspnea based on temporal factors, intensity and distress and review various management strategies for refractory dyspnea
3. Review the concept of opioid responsiveness in dyspnea and discuss pearls and pitfalls in initiation and titration of opioids
4. Discuss approaches to refractory cough and bronchorrhea
5. Understand the challenges of palliative care for patients with end-stage heart failure.
6. Learn a framework for the clinical care of patients with end stage heart failure.
7. Appreciate how to manage symptoms and heart failure exacerbations in the home setting.
8. Discuss special issues in end-of-life planning in the heart failure population.

Faculty

Dr. Robert Horton, Palliative Care Physician, QEII Health Sciences Centre, Halifax NS

Dr. Leah Steinberg, Palliative Care Physician, Temmy Latner Center for Palliative Care

Sunday, June 5, 2016 – Morning Session, 8:30 a.m.

The Challenges of Relieving Pain

Pain is a common symptom in patients with advanced cancer and advanced non-cancer illness. An understanding of assessment and management of these pains is critical for those providing care to these patients. This workshop will discuss the following topics:

- An update on The Edmonton Classification System for Cancer Pain (ECS-CP). What is new in clinical applicability?
- Prescribing opioids and adjuvant pain medication in advanced renal disease and dialysis.
- An update on the properties and uses of Methadone in cancer-based pain.

Learning objectives for this session:

1. Describe the updates and clinical applicability of the Edmonton Classification System for Cancer Pain (ECS-CP).
2. Discuss how to use and prescribe opioid and adjuvant pain medications in advanced renal failure and dialysis.
3. Discuss the recent developments in the use of Methadone for cancer pain.

Faculty:

Dr. Bernard Lapointe, Jewish General Hospital in Montreal Canada, Eric M. Flanders Chair in

Palliative Medicine, McGill University

Mehnoush(Noush) Mirhosseini, MD, CFPC(PC), Clinical Associate professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta

Stream 5: Clinical Practice – Strengthening our capacity amidst a changing landscape

This stream will focus on skills building in two main areas – both centred on maintaining resilience and when experiencing change and loss. All members of an interdisciplinary team working in hospice and palliative care are challenged to be proactive in preventing burnout and promoting healthy self-regulation while attending to the needs of clients in a changing and demanding landscape. Saturday will offer a number of key sessions with focuses on reflective practice, approaches to self-care, and mindfulness. Sunday will focus on Dignity Therapy. Learning sessions will include case studies at an intermediate to advanced learning level.

This session would be ideal for clinicians in hospice palliative care and other allied health fields including, doctors, nurses, spiritual care, social workers, personal service workers (psw) and government decision makers.

Saturday, June 4, 2016 – Morning Session, 8:30 a.m.

Leaning into the Pain and Darkness and Utilizing Reflective Practice

This session will endeavour to lay the foundation for the incorporation of the personal and professional, loss-related challenges of health care professionals through their accompaniment of hospice and palliative care clients and the grieving and bereaved. Dr. Ira Byock has addressed the possibility of “dying well,” and similarly Dr. Balfour Mount, has addressed “dying healed,” so that hospice palliative care clients and health care workers alike may grow through the pain and suffering experienced when living and dying with a life limiting illness and the various grief processes.

- Participants will be introduced to the use of a reflective practice in order to process their experiences and to possibly find meaning in even the most tragic personal and professional experiences.

Learning objectives for this session:

1. Explore how health care professionals may deepen their understanding of and develop compassion for hospice palliative care clients and the grieving and bereaved.
2. Consider how the pain and suffering of living with a life-limiting illness, and grief and bereavement may be a catalyst to enhance the lives of health care professionals and their clients.
3. To apply one’s Reflective Practice as the framework for integrating the pain and the suffering into one’s personal and professional life.

Faculty:

Rev. Dr. Peter Barnes, Bereavement Coordinator, Palliative Care with the Eastern Health Region
David Wright, RN, MSc(A), PhD(c), University of Ottawa

Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.**Mindful Palliative Care Practice**

Working or volunteering in a palliative care setting means that we are frequent and repeated witnesses to pain, suffering and the ultimate loss. What draws us to, and keeps us working in this challenging work environment?

- Is it possible that each encounter with a patient or family experiencing loss is an opportunity to wake up to the meaning and preciousness of our own lives?
- Can we enhance our clinical effectiveness by re-examining the way we think about and give meaning to each encounter?
- Participants in this experiential-learning based session will explore specific mindfulness practices by examining these questions and the relationship of our clinical work to resilience, personal growth and meaning.

Learning objectives for this session:

1. Learn more about what draws us to the palliative care setting.
2. Enhance our clinical effectiveness through re-examination.
3. Explore specific mindfulness practices.

Faculty:

Dr Stephen Liben, Mindfulness, Montreal
Rose de Angelis, Palliative Care Nurse, Montreal

Sunday, June 5, 2016 – Morning Session, 8:30 a.m.**Engaging the continuum of dignity in care**

Dignity in care encompasses several domains – respecting personhood, increasing meaning and hopefulness, appreciating legacy, and preserving a sense of self. As such, providing dignity in care is an on-going and multi-faceted process.

- This session will provide the theoretical foundations of dignity in care, as well as the practical tools and resources for its application in a variety of contexts.
- Specifically, information about the *Patient Dignity Question*, the *Dignity Talk* for Loved Ones, as well as *Dignity Therapy* will be provided.

- Audience members will have the opportunity to practice several dignity-in-care techniques during the session, and will leave with ideas for how to incorporate these practices into their work.
- The session will conclude with a period of self-reflection regarding how aspects of dignity can also be fostered in our own lives as helpers, appreciating that true dignity in care begins with us.

Learning objectives for this session:

1. Learn about the theoretical foundations of dignity in care.
2. Learn about practical tools and resources for its application in a variety of contexts.
3. Opportunity to practice dignity-in-care techniques.

Faculty:

Katherine Cullihall RN, BN, Research Nurse, Manitoba Palliative Care Research Unit
Lori Montross-Thomas, Ph.D., Assistant Professor and Licensed Psychologist, University of California San Diego, Department of Family Medicine and Public Health

Stream 6: Integration of the Palliative Approach to care across all settings of care: the way towards an integrated community approach

This stream will focus on skills building around integration and the palliative approach to care from the macro health systems/policy level, the program development/program change level and finally at the patient, caregiver and family level. No matter where you work within the health care system there will be learning for you. The sessions will use some didactic methods but mostly will rely on small group work and analysis through case studies. The sessions will be at the intermediate to advanced learning level.

This stream would be ideal for Provincial government decision makers/policymakers, health system developers, program managers, health care clinicians and advocates.

Saturday, June 4, 2016 – Morning Session, 8:30 a.m.

The Big Health Care System – Setting the Stage

Building on some of The Way Forward initiative, specifically the national framework, we will make the compelling case for change - why and how we need to look at integration across all health care settings. The session will delve into some key areas of enquiry including the following:

- Defining Integration – how do we build a fully integrated system?
- QI and Indicators – how are we measuring and enhancing outcomes and identifying indicators for system change?
- How do you advocate for what you know is needed? Being smart politically.
- Conventional and non-conventional approaches to change.

Learning objectives for this session:

1. Learn to describe what integration really is and how to use the national framework to build a renewed system.
2. Identify the areas of inclusion into this integrated system.
3. Explore what this system could look like and how participants can advocate for a renewed system.

Faculty:

Leanne Clarke, Health care and communication consultant, Ontario

Max Jajszczok, Alberta health services, Alberta

Saturday, June 4, 2016 – Afternoon Session, 1:30 p.m.

Changing the system one program at a time

This session will concentrate on discussion around designing system change based on the environment. How do we help get people engaged in this discussion? Using case studies including the Alberta Advance Care Planning program that has led to goal of care discussions, participants will strategize and develop plans to consider changes needed in their environments that will lead to better integration of a palliative approach. The discussion will include:

- Show how this happens – real issues.
- Look at the basket of indicators work in Alberta, Ontario and/or BC.
- Bridging the dialogue between patients, families and practice – difference between expectation and experience.

Learning objectives for this session:

1. Learn to identify the environmental changes needed to better enable the integration of a palliative approach
2. Identify strategies to mobilize and develop the palliative approach to care within local settings based on case studies.

Faculty:

Max Jajszczok, Alberta Health Services, Alberta

Dr Jessica Simon, MB ChB FRCPC, Associate Professor, Division of Palliative Medicine, Department of Oncology, University of Calgary

Konrad Fassbender, PhD, Scientific Director, Covenant Health Palliative Institute, Assistant Professor, Division of Palliative Care Medicine, University of Alberta

Sunday, June 5, 2016 – Morning Session, 8:30 a.m.

Changing culture on the ground – a patient perspective

This session will approach the integration and palliative approach to care discussion from a patient, caregiver and family perspective. How do we put ourselves in the patient's shoes? How do we work with a system that doesn't want to adapt/or doesn't know where to begin. Using case studies we will work through these discussions together. Participants will be asked to propose case studies ahead of the Learning Institute. The discussion will include:

- How do you work with other health care professionals in transforming the system on the ground?
- How would integration benefit their work and make their work life easier?

- How do we hear the voice of the patients, caregivers and families – earlier in a disease trajectory, throughout an illness and especially during grief and bereavement?
- How do we sell our case – understand the benefit to “living well until dying” through Quality of Life and economics?

Learning objectives for this session:

1. Identify ways in which to communicate benefits of the integrated approach to health care providers, patients and caregivers.
2. Identify and explore ways in which to support patients and caregivers throughout all stages of the illness trajectory.

Faculty:

Dr. Mirielle Lecours, Palliative Care Physician and change agent, PEI
James Sullivan