



Provincial Palliative and End-of-Life Innovations Steering Committee

The Provincial Palliative and End-of-Life Care (PEOLC) team hopes that everyone had a happy, healthy, and restful summer and are ready to come back to an action-packed fall!

The team wanted to share a few key accomplishments that occurred over the summer:

- The Conversations Matter Guidebook has been translated into two more languages and is now available in [Cree](#) and [Blackfoot](#).
- Revisions have been made to the definitions on the [Goals of Care Designation \(GCD\) order form](#) to align with the terminology in the Provincial [Clinical Knowledge Topic](#).
- Minor language updates to the [Expected Death in the Home Care Setting \(EDITH\) form](#) have been completed to clarify the notification process for patients with no GCD or an R1, R2, or R3 GCD. A memo has been circulated to key stakeholders to notify them of the updates.

Provincial Palliative and End-of-Life Care Grand Rounds

Please join the Provincial PEOLC Team on **October 17 from 08:00-09:00** for the fall Provincial PEOLC Grand Rounds session. **There is no need to register, you can join using the link below.**

Title: Psychedelics in Palliative Care

Presenters: Drs. Lyle Galloway and Hayden Rubensohn

Instructions on how to attend:

Instructions for Webinar (Visual) and Teleconference Dial-in (Audio) Step 1,2,3		
Step 1	If you have never attended a meeting in Zoom before please test your connection	<i>Please test your connection (below) at least 1 day in advance of the session. For help joining a meeting from your computer visit Joining a Zoom meeting – Zoom Support</i>
Link to test connection	Test your connection: https://zoom.us/test Note: this is the testing provided by the application provider, Zoom, not AHS.	
Step 2	To enter the meeting room in Zoom please click on the meeting room URL	Enter the meeting ID 674 2552 8944 and your display name.
Meeting room URL	https://albertahealthservices.zoom.us/j/67425528944?pwd=alhOR2ZYcUVqVnFZQzQzMDQ1MjBKUT09 <i>Group attendees – if you are entering the meeting room as a group, kindly change the display name to your group name and include the number of attendees participating - i.e. Site Name - 8</i>	
Step 3	Teleconferencing is used in conjunction with webinars if you are not able to attend via a computer –AUDIO ONLY	
Teleconference Access	Toll Free: 1- 587-328-1099	Meeting ID: 674 2552 8944 Passcode: 999573



Provincial Education Online Opportunities! Learning Essential Approaches to Palliative Care (LEAP)



Funded by:



The Palliative and End-of-Life Care (PEOLC) portfolios and the Provincial PEOLC team within AHS are excited to partner with Pallium Canada to deliver LEAP training online to health care providers across the province until March 31, 2024.

The following will benefit from this LEAP PEOLC education **at no cost** to the learners:

- AHS Continuing Care Programs: Home Care, Palliative Home Care, Palliative Pediatric Acute / Home Care / Hospice and Supportive Living.
- Cancer Care Alberta (Oncology Health Care Professionals).
- Health Care Providers working with patients who have Heart Failure and Lung Disease.
- AHS Continuing Care Contracted Providers: Covenant Health, Hospices, Contracted Agencies (Home Care), Long Term Care, Supportive and Facility Living.
- AHS Partners in Palliative Care: EMS, Community and Front-line Paramedics, Allied Health (Pharmacists, Social Workers, Physiotherapists, Spiritual Care, Acute Care & Emergency Staff and Physicians, Outpatient specialty clinics, Indigenous Programs and Partners, Strategic Clinical Networks (SCNs), Community programs serving marginalized and homeless populations, Primary Care Networks (PCNs), etc.
- AHS and Continuing Care Contract Provider Health Care Aids and / or Personal Support Workers and / or Supportive Care Assistant (Unit Clerks, Volunteers, etc.).

Pallium's award-winning LEAP courses are considered the gold standard for PEOLC education for health care organizations and professionals in Canada. LEAP courses provide health care professionals with the knowledge, attitudes, and skills to help provide palliative care to patients and families facing life-limiting illnesses.

Funded by an Alberta Health Grant the following **Online Pallium's courses** are being offered provincially **at no cost** to learners:

LEAP Core	LEAP Long Term Care	LEAP Pediatric
LEAP Heart	LEAP Lung	LEAP Personal Support Worker/Health Care Aids
LEAP Hospital	LEAP Oncology	LEAP Supportive Care Assistant / Unit Clerks, Volunteers
LEAP Indigenous Cultural Safety Module (later in 2023)	LEAP Paramedic	

For more information about the eligibility to participate in this opportunity, please contact your AHS Zone Coordinator as listed below and provide them with where you are located and which course you would like to enroll in. **Please note that seats are limited in each session.**

Zone	Email Contact
Calgary	palliative.education@ahs.ca
Central	centralzoneleapregistration@ahs.ca
Edmonton	ezpcp@albertahealthservices.ca
North	northzoneleapregistration@ahs.ca
South	szshsupportreporting@ahs.ca

If you are interested in the LEAP Oncology course, please contact leap.oncology@ahs.ca

If you are interested in the LEAP Pediatric course, please include "LEAP Pediatrics" in the subject line and email one of the following according to where you live: 1). Calgary, South or Southern Central zone please email rfh.programs@ahs.ca 2). Edmonton, North or Northern Central zone please email tara.wren@ahs.ca or mary.schlosser@ahs.ca

If you require additional information, please email palliative.care@ahs.ca.

Covenant Health's Palliative Institute



Registration is open for the Palliative Care Education & Research Conference on Monday, October 23, 2023. The 34th annual conference brings together healthcare professional and volunteers together in a virtual setting. The theme of this year's conference is *Personalized Palliative Care: Caring for People & Communities – Honouring People Where They Are At*. For more about the speakers and conference visit the [conference website](#).

The Compassionate Communities forum entitled *Growing & Sustaining Compassionate Communities, an event for community organizations and members* is Thursday, November 30, 2023. The forum is a **virtual event** and will feature keynote speakers, a community voices panel, a showcase of Compassionate Communities initiatives across Alberta, and workshops on tools to support palliative care awareness and advance care planning. Registration details are coming soon for this free online event. You can stay updated on the [forum page](#) or by [subscribing to their newsletter](#).

Last month the Palliative Institute launched [PalliLearn](#), a series of facilitated courses that help people to develop the knowledge and skills to be a supportive friend and neighbour in times of sickness and loss. Adapted for Alberta from Australian source material, these courses incorporate key research findings and practical ways to put these into action. Sign up for their newsletter for information on upcoming courses and facilitator training sessions.

The Palliative Institute wants to connect with Alberta health care professionals to be involved in the validation of the Alberta Interprofessional Palliative Care Competency Framework (launched earlier this year). We are seeking participants from each of the following disciplines: dietitians, paramedics, nurses, occupational therapists, physiotherapists, respiratory therapists, social workers, speech-language therapists, audiologists and spiritual care practitioners. Participants will complete three one-hour surveys asynchronously online. Please email manpreet.tatla@covenanthealth.ca for more information or to express interest.

University of Calgary (UofC) Division of Palliative Medicine

Canadian Atlas of Palliative Care—Alberta Edition

Do you want to be among the first to have a sneak peek at the Alberta Palliative Care Atlas? Sign up for one of the focus groups to review and validate the draft Atlas!

The Canadian Atlas of Palliative Care—Alberta Edition is a collaborative effort with Pallium Canada to map the current state of provincial and zonal palliative and end-of-life care services. The Atlas is an opportunity to showcase the remarkable innovation and integration of the services we provide across our province, and enable best practices and evidence-based developments to spread both here in Alberta and across Canada. Focus group participants will receive a \$50 gift card as a token of appreciation.

Contact Dr. Jessica Simon, University of Calgary at: jessica.simon@ahs.ca to learn more!

Using Connect Care flags to trigger an early palliative approach to care

Are you curious about how Connect Care can be used to help identify patients who would benefit from an early palliative approach to care? UofC's Division of Palliative Medicine is looking for clinicians to participate in anonymized chart reviews to identify palliative care needs amongst patients living with advanced gastrointestinal or lung cancers, in order to develop Connect Care advanced cancer flags. All communications and chart reviews are done electronically, at a time and place convenient to you. Participants also receive a \$50-\$75 Amazon.ca gift card as a token of appreciation.

Contact Asmita Bhattarai, University of Calgary at: asmita.bhattarai@ahs.ca to learn more!



Hospice Calgary, Living with Advanced Illness Centre Dying to Know– 2023 Fall Seminars

Dying to Know seminars are held online at no cost and open to anyone interested in a variety of topics that help us to live well while facing uncertainty. The seminars provide information on preparing for end-of-life, offer strategies for staying resilient through challenging times, and help family caregivers become more confident in their roles.



OCTOBER 17 | 6:00 PM – 7:30 PM

Practical Tools for Mindfulness in Times of Uncertainty

Presented by Dr. Nicole Libin, PhD.
Certified Mindfulness Educator, Adjunct Professor & Author

Mindfulness is the practice of paying attention to the present moment in a non-judgmental, and kind way. While it cannot eliminate pain or illness, mindfulness does offer us a practical way to train our brains so that we can respond to those stimuli in a more balanced, and compassionate way.



NOVEMBER 21 | 6:00 PM – 7:30 PM

Identifying & Prioritizing Caregiver Support

Presented by Dr. Sharon Anderson & Dr. Jasneet Parmer
Department of Family Medicine, University of Alberta

The Caregiver Centred Care Competency Framework was introduced in the September 2023 Dying to Know Series. This presentation expands further on the foundational and advanced education available to effectively incorporate caregiver needs assessment in your practice as a health care provider.



REGISTER ONLINE AT

hospicecalgary.ca/education



info@hospicecalgary.ca

403-263-4525

Pain and Mood Toolkit Feature

Impacts of Prescribing Cascades on Pain and Mood in Older Adults

Clinical Innovation and Practice Supports, Provincial Seniors Health and Continuing Care



Mood distress may look like restlessness, repetitive complaints or aggression. It is often related to more than one unmet need, including pain and medication side effects.

Mood distress can result in mis-prescribing of antidepressants, antipsychotics and other pharmacologic restraints.

Assess for root causes with your interdisciplinary team. Try reducing as many causes of distress as you can discover! In this 4 minute video, [Changing Behaviours](#), the team identified the root cause of Gracie's agitation was discomfort, and introduced her favorite activity in order to remove the source of distress.

In Alberta, 84-100% of older adults in LTC and DSL have some level of cognitive impairment, and 56% in LTC are prescribed at least 1 antidepressant (AHS Tableau). According to the [2021 Canadian Coalition for Seniors Mental Health Depression Guidelines](#):

- There is limited evidence to recommend antidepressant therapy for mild to moderate depression associated with dementia.
- For mild or short term depressive symptoms, first trial psychosocial supportive interventions such as reminiscing, exercise, virtual visits, horticulture and social groups.
- For severe and persistent symptoms also consider antidepressant therapy, understanding efficacy is not well established, and side effects could occur.

Looking for more resources? Check out:

- [Fast Facts: Differentiating Pain and Depression](#)
- [Tool: Assess/Treat Behavioral Symptoms of Older Adults living in LTC Facilities](#)

For more information, visit ahs.ca/painmoodtool



Alberta Hospice Palliative Care Association (AHPCA)

AHPCA is hosting free monthly Roadshow Webinars!

November 22, 2023 6:30-8:00pm
Supporting Children, Youth and Families in the Face of an Advanced Illness
Presented by Jessica Caroll (Hospice Calgary)

November 29, 2023 6:30-8:00pm
Navigating Grief and the Holidays
Presented by Kim Everingham (Calgary Grief Centre)

To attend these free webinars, please register on [AHPCA's Eventbrite page](#). Registration starts November 1, 2023.
For more information visit [AHPCA's website](#).



Contacts

General questions or comments email: palliative.care@ahs.ca



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