



# Provincial Palliative and End-of-Life Care Newsletter and Education Bulletin

October 2024

## Provincial Palliative and End-of-Life Innovations Steering Committee

Over the last few months, the **Provincial Palliative and End-of-Life Innovations Steering Committee** (PPAL/EOL ISC) has been planning and reviewing priorities for the 2024/2025 fiscal year. The annual work plan prioritizes the initiatives to be completed for the upcoming fiscal year and identifies other key priority work for the Provincial Palliative and End-of-Life Care (PEOLC) team. The 2024/2025 annual prioritized work plan was endorsed at the March PPAL/EOL ISC meeting and approved at the June Integrated Continuing Care Steering Committee after incorporating feedback from the groups. We are looking forward to participating in and leading many exciting projects over the next 10 months.

### Continuing Care Transformation

Funded by Alberta Health the Provincial PEOLC team is leading two initiatives: increase the new number of Palliative Home Care clients by 500 by March 2026; and increase hospice capacity by 25 beds by March 2026. Existing meetings, such as the PEOLC Operational DYAD working group, will be used to help support this work.

### The Continuing Care Act

Updated Continuing Care Act and Regulations came into effect April 1, 2024. [Continuing Care Act - Open Government \(alberta.ca\)](#)

The Provincial PEOLC team has updated the Provincial PEOLC Webpages to reflect the new definitions/terminology from the Continuing Care Act.

## Provincial Palliative and End-of-Life Care Grand Rounds



### Zen and the Art of Surrender

Tuesday, October 8th, 2024  
8:00-9:00 am

**Presenter: Jaeun Macen**

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 297 304 349 888

Passcode: rYac8u

**Dial in by phone**

+1 403-910-7226, 460158551# Canada, Calgary

+1 587-412-5456, 460158551# Canada, Edmonton

+1 587-601-5449, 460158551# Canada, Fort McMurray

+1 587-801-5679, 460158551# Canada, Medicine Hat

+1 587-813-5835, 460158551# Canada, Lethbridge

+1 587-819-5646, 460158551# Canada, Red Deer

+1 587-743-0446, 460158551# Canada, High Level

[Find a local number](#)

Phone conference ID: 460 158 551#

**Join on a video conferencing device**

Tenant key: 559793803@t.plcm.vc

Video ID: 119 222 358 8

[More info](#)

For organizers: [Meeting options](#) | [Reset dial-in PIN](#)

If you are joining this meeting by phone, please use the listed number or click "Find a Local Number" to locate a dial in number in your region





Thanks to all in PEOLC for your collaboration with the Palliative Institute. Our website has been updated with the resources from ACP Alberta and Palliative Care Public Awareness Projects. Click [Compassionate Alberta](#) for a closer look.

We commissioned Ipsos Canada to survey Albertans in March 2024 regarding their awareness and understanding of palliative care and advance care planning. Of the 800+ Albertans polled, 73% reported being 'somewhat' or 'very' aware of palliative care (up from 58% in 2016) and 39% recognized the term 'advance care planning' (up from 31% in 2019). View the full report at <https://covenanthealth.ca/sites/default/files/2024-08/albertans-views-on-palliative-care-and-acp-2024-05.pdf>.

Since 2014, the health care, law and other sectors have worked together to address barriers to advance care planning in Alberta, especially those at the intersection of health and law. On November 21, 2024 noon to 1:30 PM, we're hosting a multidisciplinary focus group to review draft principles "to align the practice of advance care planning in legal offices with the realities of implementation in health settings." Please join us! For more information or to register contact [maureen.douglas@covenanthealth.ca](mailto:maureen.douglas@covenanthealth.ca).

## THE PALLIATIVE CARE EDUCATION & RESEARCH CONFERENCE | Monday, October 21, 2024 | Virtual Event

This year's theme is "Compassion & Hope" Please see the attached poster with Plenary Speaker information. Please share this poster with your colleagues and post in your areas.

Covenant Health is proud to continually support and provide delegates with the opportunity to gather, share experiences and exchange ideas about Palliative Care. Join us on our online platform this October to connect with colleagues representing many disciplines from all over Alberta, nationally and internationally.

Thanks to the support of Covenant Foundation and its generous donors and community partners, we are able to provide FREE REGISTRATION to all those interested in attending the Palliative Care Education & Research Conference!

The registration link is open until Wednesday, October 16, 2024. Register [Here](#) on eventbrite

Conference information and a registration link are also available at [Palliative Care Education and Research Conference \(covenanthealth.ca\)](#).

After you register, you will be sent an email with your access code to the online event website. Please use this code on October 21, 2024 to gain access to the live presentations, and additional website content. All sessions will be recorded and available to conference registrants until December 31, 2024. Questions can be directed to Bonnie LeBlanc at [palliative.institute@covenanthealth.ca](mailto:palliative.institute@covenanthealth.ca).

## PalliPro

PalliPro is a free educational series for all Alberta health care professionals and disciplines to strengthen knowledge, skills, and attitudes in providing palliative care. There are 5 interactive modules that are based on the Alberta Interprofessional Palliative Care Competency Framework. The full series takes approximately 2.5 hours to complete, and you may choose to work at your own pace, stopping anytime and using the side menu to resume from where you left off. This educational series was created in collaboration with Alberta health care providers.

[click here for PalliPro](#)



## Covenant Health Palliative Institute—Continued

**Psychosocial Spiritual Alberta Community Of Practice:** Building skills for when we cannot fix or take away.

In palliative and grief care, there is often a component of suffering that we cannot “fix” or “take away”. Instead, as psychosocial-spiritual professionals we are called to companion and support and foster coping, processing, and sometimes healing. This COP seeks to develop the clinical and self-care skills of professionals providing psychosocial-spiritual care to palliative patients, families and the bereaved in Alberta. The series is open to social workers, spiritual care providers, creative arts therapists, occupational therapists, Indigenous liaisons, counsellors, psychologists, nurses, and other clinicians providing emotional and spiritual support. Explore relevant topics, meet colleagues, deepen knowledge, and build connections. Please attend all sessions, if able.

### Upcoming Sessions:

**Session 1: Palliative Care Can Happen Anywhere: Tools for Psychosocial Spiritual Professionals** November 21, 2024, 12-1 PM MST

**Presenters:** Sheila Killoran MA, MTA, FAMI; Danica Hans RN, BScN Bilingue, CHPCN(C), Education Leads, Palliative Institute  
Compassionate care is at the heart of the work you do. Palliative care can be delivered by generalists anywhere in the healthcare system. This presentation aims to empower and equip psychosocial spiritual professionals with the knowledge, tools, and competency-based education needed to deliver excellent palliative care. Register here: <https://albertahealthservices.zoom.us/j/84515sfu6grzwuHdJoYRuoOku1nIKXZHjWBgir>

**Session 2: TBA-** December 19, 2024

**Session 3: Mindful Self-Compassion** January 16, 2025, 12-1 PM MST

**Presenter:** Dr. Charlie Chen, MD, Med, CCFP(PC), FCFP

Please join Charlie to explore and discover the wonders of mindful self-compassion (MSC). MSC combines the skills of mindfulness with the emotional practice of self-compassion. You will hear about the theoretical framework and learn about some the research behind this practice. The session will involve a 12-minute guided MSC meditation followed by small and large group discussions about your experience. **Register here:** <https://albertahealthservices.zoom.us/j/84515sfu6grzwuHdJoYRuoOku1nIKXZHjWBgir>

**Session 4: How To Care, What To Say** February 20, 2025

**Session 5: Skill Building for Difficult Conversations** March 20, 2025

**Session 6: Dementia & Grief** April 24, 2025

**Session 7: Poetry In Therapy** May 15, 2025

For info. email [PalliativeInstitute@covenanthealth.ca](mailto:PalliativeInstitute@covenanthealth.ca).

### World's Largest Palliative Care ECHO Session

**October 18, 2024, 9:30 a.m. to 10:30 a.m. ET**

Be a part of a global palliative care movement at the World's Largest Palliative Care ECHO session!

On October 18, 2024, the [Palliative Care ECHO Project](#), led by [Pallium Canada](#) and its partners, will make history as they host the world's largest palliative care ECHO session simultaneously online and in-person at the [McGill International Palliative Care Congress](#) in Montreal.

Join thousands of health care professionals from around the world to participate virtually in a discussion with internationally renowned palliative care guest speakers, gain insights into innovative approaches to palliative care, and advance primary palliative care. To register or submit your video click here [World's Largest Palliative Care ECHO Session](#).

### Palliative Care Public Education

The PalliLearn public education series is expanding across Alberta. To date, approximately 30 Alberta health professionals with palliative care experience have trained as PalliLearn facilitators, and have begun offering these courses to improve community support for people who are sick, dying, caregiving and grieving. Organizations that have hosted PalliLearn include: Caregivers Alberta, hospice and palliative care societies, public libraries and seniors organizations. Participant evaluations indicate high satisfaction with the courses and improved understanding of palliative care, advance care planning and grief. Another round of facilitator training will be offered next year. Interested in more information reach out to [mary-ann.shantz@covenanthealth.ca](mailto:mary-ann.shantz@covenanthealth.ca).





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



Funded by:



The Provincial Palliative and End-of-Life Care Team and Sponsor of the project are pleased to announce that AHS Executive has provided support to restart the Pallium Canada LEAP Education Grant funded by Alberta Health which is available until March 31, 2026. The learners will be inclusive of both Contracted Providers and AHS staff. For AHS staff (learners and facilitators), it is at the discretion of local leadership to determine if they are able to support attendance via their established processes.

This grant will benefit the following key programs:

- AHS Continuing Care Programs: Palliative Home and Community Care, Pediatric Home and Community Care and Programs. Type A and B facilities.
- AHS Continuing Care Contracted Providers: Covenant Health, Hospices, Contracted Agencies (Home and Community Care), Type A and B Facilities, 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, oncology, Indigenous Programs and Partners, Community programs serving marginalized and homeless populations, Primary Care Networks (PCNs), etc.
- AHS and Continuing Care Contract Provider Health Care Aides and/or Personal Support Workers

For any questions, please email: [palliative.care@ahs.ca](mailto:palliative.care@ahs.ca)

## Alberta's addition to the Canadian Palliative Care Atlas

### Canadian Palliative Care Atlas

Alberta Edition 2023

#### Mapping Alberta's palliative care

Have you wondered how Alberta's palliative care services are organized and vary across the province? The first Canadian Atlas of Palliative Care – Alberta Edition is now available at: <https://cumming.ucalgary.ca/research/paces-project/our-studies/alberta-palliative-care-atlas>

This was created by the University of Calgary's Division of Palliative Medicine, Alberta Health Services, the Covenant Health Palliative Institute, and the Alberta Hospice Palliative Care Association, in collaboration with Pallium Canada and the Joshua Shadd Pallium Research Hub at McMaster University. This work was supported by a grant from the Government of Alberta.

The Atlas provides a comprehensive, visual snapshot of palliative care service provision as of December 2023. It serves policy makers, organizations and care providers as a current state map, from which to celebrate innovation, plan and grow. Thank you to the many people who participated in the development of the Atlas!



# Canadian Hospice Palliative Care Association

The new Advance Care Planning Canada Guidebook is now available! This guide is for people across Canada, of all abilities, in good health and those who have health needs.

You can start wherever makes sense for you—do the parts that fit where you are in your journey. You can draw pictures, jot down notes, and make it your own. Use it on your own or with support from others; it's made to help you through the planning process and record your wishes.

Visit [advancecareplanning.ca](http://advancecareplanning.ca) to download the electronic version or order your hard copy. And for a limited time, we're offering the Guide for free, including mailing costs.

You can also send us an email at [info@advancecareplanning.ca](mailto:info@advancecareplanning.ca). Order yours today!

This National Children's Hospice Palliative Care Day, celebrate how palliative care helps children with serious illnesses and their families **Make Every Day Count!**

Join us on **Thursday, October 10** as we shine a light on how children's hospice palliative care helps families enjoy each day to its fullest. Be sure to take in **CHPCA's free webinar**, where attendees will learn about how play and fun can be used in pediatric palliative care to help families find joy and create memories together. Show your support on social media as well with the hashtags #MakeEveryDayCount and #HPCForChildren!

This day is a call to action. It's time to recognize that children's hospice palliative care is not just a specialty. It is a shared responsibility across healthcare and communities to help children and families **Make Every Day Count**.

Visit [chpca.ca/awareness/national-childrens-hospice-palliative-care-day/](http://chpca.ca/awareness/national-childrens-hospice-palliative-care-day/) to learn more and register for the **free webinar** today!

## Calgary Zone

The Calgary Grief Support program is thrilled to share the success of our recent video launch event, held on September 5<sup>th</sup> at the Central Library. The event was attended by over 150 individuals who came together to celebrate the video participants, volunteers, and clients who bravely shared their stories of love, loss, and grief. The videos and digital stories, which delve into the complexities of grief, were met with overwhelmingly positive responses. Attendees expressed their appreciation for the thoughtful content and the opportunity to connect with others who have experienced similar journeys. Overwhelming, attendees expressed gratitude to be able to discuss grief and loss openly, and without judgement in a public forum.

Through generous funding from the Alberta Government Palliative Grant Fund, ten videos and twelve digital stories were created that illustrate the unique and heartfelt experiences of grief and loss. These tools are available to all Albertans and are a source of support and education. These videos were created in partnership with Grief Support clients and volunteers. Specifically, people with lived experiences of losing a loved one, agreed to share their story in hopes of normalizing the experiences of grief. These updated videos will serve as a source of support to individuals that are unable to access grief support services in their community. Videos were also produced for healthcare providers, and function to increase capacity to provide care at end-of-life.

These wonderful new resources will be available on the Alberta Health Services YouTube page under "Grief Resources" and will be publicly available in the coming weeks.

We are grateful to the Grief Support leadership and project team for their dedicated and passionate work in accomplishing the goals and objectives of this grant in such an exceptional way and to the participants for their courage and strength to tell their stories.

[Grief Resources - YouTube](#)



# Advance Care Planning/Goals of Care Designation (ACP/GCD)

**Worried you might not remember what you talked about with your healthcare provider or care team?**

For more information, Visit:  
**My Care Conversations App | Alberta Health Services**

View the video tutorial:  
**My Care Conversations Smartphone Application (youtube.com)**

Or email:  
**mycare.conversations@ahs.ca**

Alberta Health Services supports your right to audio record clinical conversations.

A free, safe way to audio record conversations with your health care providers.

Use the **My Care Conversations** app to:

- help you remember what you talked about by recording your clinic conversations.
- share the recording later with trusted family and friends.
- add your own typed notes.

Download it today on the App Store or Google Play.

For more information on the benefits and features, visit [www.ahs.ca](http://www.ahs.ca) and search "My Care Conversations"

The provincial ACP GCD Practice Consultant has been working hard over the summer with various stakeholders to address some Connect Care workflow gaps, update front-line clinician resources and continue with the revision of the ACP/GCD policy.

- The ACP/GCD Practice Consultant has been working with the eQuality/eSafety team to address safety gaps in the ACP/GCD Connect Care workflows by revising Connect Care tools, enhancing existing resources and developing new guidance for front-line clinicians. Work includes changes to Best Practice Advisories & GCD order window guidance, providing users with just-in-time support in navigating ACP/GCD workflows in Connect Care.
- A hyperlink from the [Health Professions ACP/GCD website](#) to the [My Care Conversations](#) landing page is in the process of being added. The My Care Conversations smart phone app, allows patients to record conversations with their health-care providers to help reduce stress and assist with recall and understanding. Use of the app helps empower patients to take an active role in their health care by being able to re-listen to their appointments to revisit complex discussion points and clarify any misunderstandings.
- The latest ACP/GCD draft policy has been reviewed by Health Law and their feedback is currently being incorporated prior to final approval. Updates to relevant ACP/GCD resources will follow.

## ACP/GCD Education Updates:

- The ACP/GCD Community of Practice has been working hard to develop an ACP/GCD Tip-of-the-Month one-pager series that highlights important ACP/GCD concepts and connects staff with existing resources.
- A link to the new [Choking Prevention and Response in Continuing Care FAQ](#) has been added to the [ACP/GCD Choking FAQ](#).
- The ACP/GCD Practice Consultant has also worked with the Continuing Care Connection team to add additional resource links to the ACP/GCD Continuing Care Connect webpage.
- Check out other ACP/GCD resources on the [Provincial ACP/GCD Health Professionals website!](#)

Have questions about ACP/GCD? Email us at [Conversationsmatter@ahs.ca](mailto:Conversationsmatter@ahs.ca)



# Hospice Calgary

The Volunteer-led *Companion Program*, Living with Advanced Illness Centre, Hospice Calgary, works to connect people, living within their community with an advanced illness, with trained volunteers. These volunteers provide regular client-centred and compassionate care visits as well as caregiver respite. Since the soft launch in late 2022, there has been over 100 clients, 70 volunteers, and 1400 hours of client /volunteer engagement.

May we introduce to you one of our volunteers, Bob. Bob has been a volunteer for approaching a year. During which time, Bob has been matched with three clients. In conversation with Program Coordinator, Jaclynn Cote, he shared some of his experiences. "What you get is a visitor who you don't have to explain anything to, or walk on eggshells around, it's someone to talk to about what you are going through. Your companion holds what you tell them in confidence, you know you can tell them things, and they won't share that with others".

As shared by Bob caregiver respite is a vital component of this program., "Caregivers are comforted to know that their loved one has someone to talk to, and have an opportunity to take some time for themselves."

The *Companion Program* boasts an amazing group of highly qualified and dedicated volunteers, ranging from recent youth graduates, to employed and retired health and business professionals. We often hear from volunteers how much the program means to them, and how much they get out of it. Volunteering as shared by Bob, "is not a huge commitment in terms of time, just a few hours a week, it doesn't need to be overwhelming." If you are interested in volunteering, learning more about this program for yourself, or for someone living with an advanced illness, visit [hospicecalgary.ca](https://hospicecalgary.ca) or call us at 403-263-4525.

## Provincial PEOLC Team Contacts

General questions or comments email: [palliative.care@ahs.ca](mailto:palliative.care@ahs.ca)



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