

A message from your Palliative Care Resource Team

April 2024

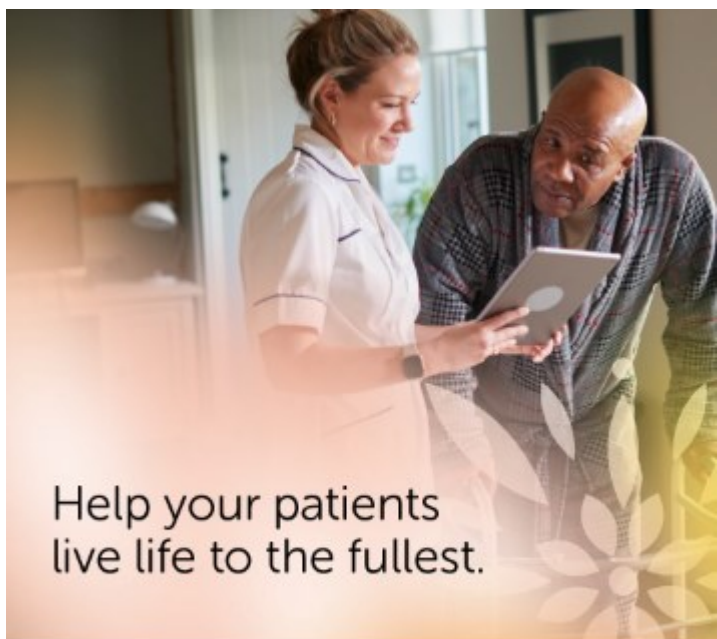


Hospice Palliative Care Week May 5-11

How can we acknowledge and
address discomfort

Last year during Hospice Palliative Care Week, we highlighted the joy team members bring through this work. This year the Palliative Care Resource Team (PCRT) would like to acknowledge the opposite, *discomfort*.

Discomfort experienced by care providers or clients is a common barrier to optimization or participation in palliative care.^(1,2) Perhaps in light of this, [the Canadian Interdisciplinary Palliative Care Competency Framework](#) identifies understanding the core philosophy of palliative care and the palliative approach to care as a key competency for all care team members.



In this issue:

- Addressing discomfort
- Advance Care Planning Day
- Reflection Spaces
- Awareness Resources from Health Canada
- Free Public YG Learn Modules
- Palliative Care Competency Self Assessment
- Upcoming at Hospice Yukon
- Pallium ECHO Webinars

Important Dates

April 16—Advance Care Planning Day
<https://www.advancecareplanning.ca/acpday/>

May 5-11—Hospice Palliative Care Week
<https://www.chpca.ca/campaigns/national-hospice-palliative-care-week/>

May—National Caregiving Month
<https://canadiancaregiving.org/caregivers/caregiver-aware/>

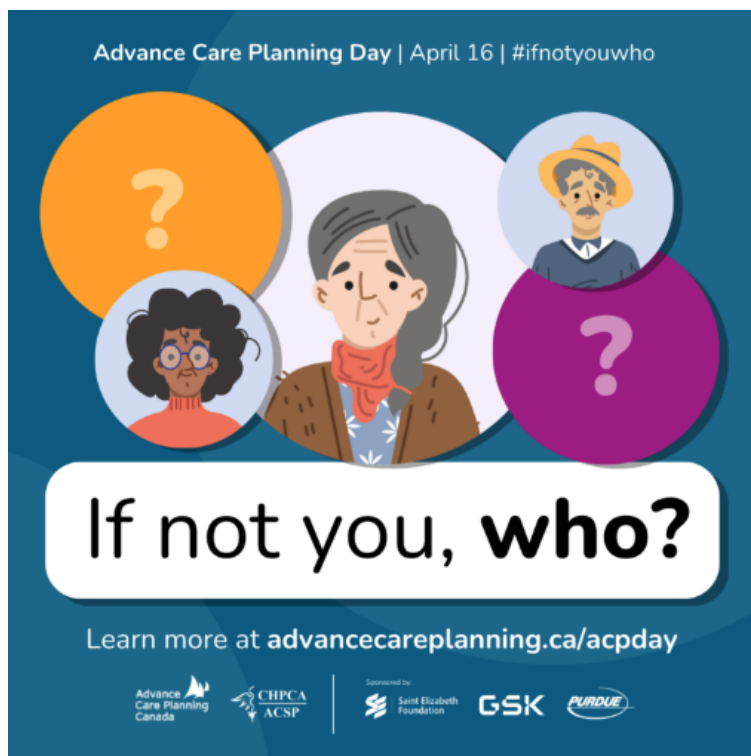
Throughout this newsletter we are highlighting advance care planning, reflection on grief, death and dying, and new awareness tools from Health Canada. All of these have the potential to increase public and health care provider comfort.

1. Canadian Hospice Palliative Care Association. The way forward - moving towards an integrated palliative approach to care: Survey of GP/FPs and nurses in primary care, Final report. 2014.

2. [Zimmermann C, Wong JL, Swami N, et al Public knowledge and attitudes concerning palliative care. BMJ Supportive and Palliative Care Published Online First: 07 October 2021. doi 10.1136/bmjspcare-2021-003340](#)

Advance Care Planning Day April 16

Advance Care Planning Canada is encouraging Canadians to choose their “Who”



From Advance Care Planning Canada:

Be Part of the ACP Day 2024 Photo Mosaic

As part of this year's reprise of our "If not you, who?" theme, we're creating a photo mosaic of people in Canada who have selected someone to make decisions for them if they can't make decisions for themselves.

To be a part of this special project, send a photo of either yourself, your "who", or the two of you together to info@advancecareplanning.ca.

The photo mosaic will be unveiled on ACP Day, everyone who sends a photo will be sent a digital version, and be entered into a draw for a full colour, framed, art piece.

Hospice Palliative Care

Researchers from the Saint Elizabeth Research Centre aimed to improve the social discomfort around death, dying and grief.

They created the [Reflection Room](#) project. Created as a "participatory arts-based storytelling initiative", quiet spaces were created with the invitation to visit and to share written reflections anonymously. The project analysis found that creating a space such as this may increase comfort around death, dying and grief and also have different reach than other awareness initiatives. Learn more about the project and its outcomes [here](#) and [here](#).

The PCRT invites you to take time and space to reflect on your thoughts about death, dying and grief and how this may affect your work. You may also consider creating a reflection room or space in your workspace.



Carter, C., Giosa, J., Rizzi, K., Oikonen, K., Stephenson, B., & Holyoke, P. (2023). The Reflection Room®: Moving from Death-Avoiding to Death-Discussing. *OMEGA - Journal of Death and Dying*, 0(0). <https://doi.org/10.1177/00302228231192163>

New Palliative Care Awareness Tools from Health Canada

Health Canada wants to increase awareness and understanding of palliative care. To support these goals they have recently released new palliative care awareness tools in hopes that they would be widely shared.

If you navigate to their site, you will find posts to share on social media, messages to share with your networks, digital banners, posters, and videos.

See: <https://www.canada.ca/en/health-canada/services/health-services-benefits/palliative-care/awareness-tools.html>

Explore the full spectrum of palliative care
Palliative care is important, but often misunderstood. Let's explore how it can help people with serious illness live life as fully as possible.

What is palliative care?
Palliative care focuses on improving quality of life for people living with serious illness. It can benefit people:

- of any age
- in any setting
- even while receiving other treatments

When people talk about palliative care, they usually mean specialist palliative care provided by a palliative care doctor, nurse, or team. But in many cases, it can be broader than that.

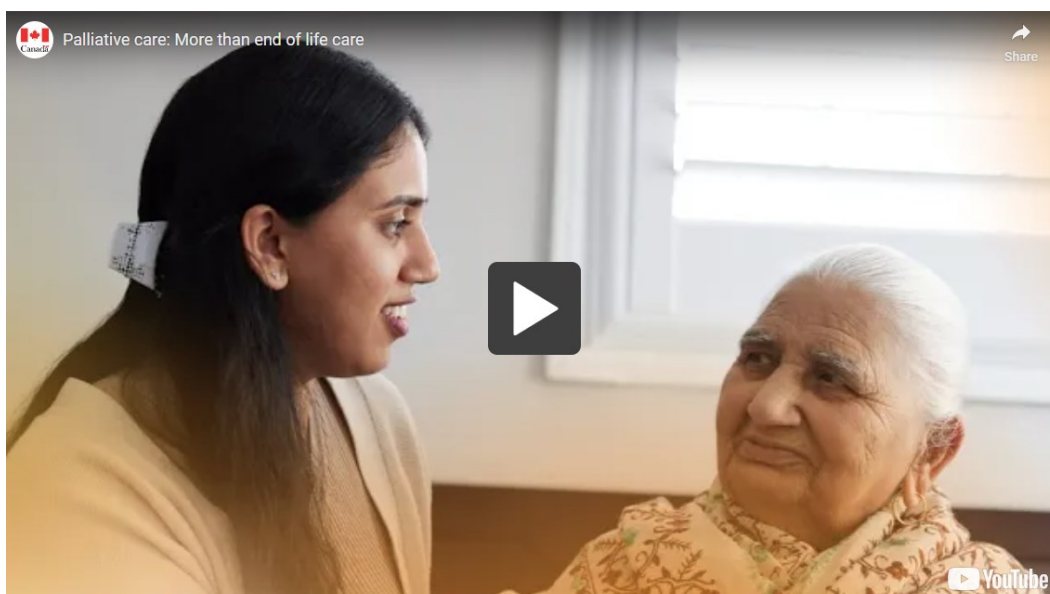
Palliative care can also:

- be provided by a primary care team and other community members
- start at diagnosis and continue throughout an illness

This is called a **palliative approach** to care.
It's also known as primary- or generalist-level palliative care.

Care can range from a palliative approach to care to specialist palliative care, and can change depending on a person's needs.

- most people can receive a palliative approach to care
- some people need a combination of both
- few people need specialist palliative care for more complex needs



Example video:

Guneet's story: More than end of life care (03:42)

<https://www.canada.ca/en/health-canada/services/video/palliative-care.html#a3>

Free Public YG Learn Education Modules

- Introduction to Palliative Care Service Delivery in the Yukon:
<https://yglearn.gov.yk.ca/palliative-care/3806>
- Yukon Advance Care Planning:
<https://yglearn.gov.yk.ca/palliative-care/3031>
- Victoria Hospice Palliative Performance Scale (PPSv2):
<https://yglearn.gov.yk.ca/palliative-care/3203>
- Edmonton Symptom Assessment System (ESAS-r):
<https://yglearn.gov.yk.ca/palliative-care/1866>

Where are your knowledge gaps in palliative care?

Take a discipline specific self-assessment to find out!

<https://www.partnershipagainstcancer.ca/topics/palliative-care-competency-framework/self-assessments/>



Upcoming at



April 8	Supporting the Grieving Child
April 24	Living with Loss
May 22/23	Grief & the Frontline Professions

Details at www.hospiceyukon.net/events

The Palliative Care Resource Team

How does the Palliative Care Resource Team (PCRT) support Yukoner's living with a life-limiting illness and the people caring for them?

- We connect individuals to existing services and programs.
- We provide links to resources and information regarding a variety of topics, including: advance care planning and caregiver specific supports.
- We provide public education sessions.

How does PCRT support Yukon health care providers?

- We assist with health systems navigation.
- We support care transitions and discharge planning.
- We offer symptom management consultation.
- We link health care providers to best practice resources, tools and information.
- We facilitate and provide palliative care education for health care providers.

For more information about the palliative care resource team and our services please contact us at:

Email: palliativecare@yukon.ca

Phone: (867) 667-9380

<https://yukon.ca/en/palliative-care>