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# What we all need to know about Palliative Care

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## Goals for this evening:

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What is Palliative Care?

Why should I learn about it now?

What services are available?

When might I use those services?

How do I access services?

# Defining Palliative Care

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“...**an approach** that improves **quality of life** of patients and their families facing the problems associated with life-threatening illness, through the **prevention** and relief of suffering by means of **early** identification and impeccable assessment and treatment of pain and other problems, **physical**, **psychosocial** and **spiritual**.”

(WHO, 2014)

# Who provides Palliative Care?

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## *Generalist palliative approach:*

Your family doctor, oncologists (medical/radiation), nurses, social workers, spiritual care providers and volunteers

## *Specialist palliative care services:*

Palliative care consultants (nurse specialists , doctors)

Palliative home care nurses and allied health

# Living Well with cancer:

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- Knowledge can reduce anxiety & fear
- Honest conversation can diminish a sense of being 'alone'
- Most of us need a community in order to live well
- Prepared but not ready.

# Road map for cancer

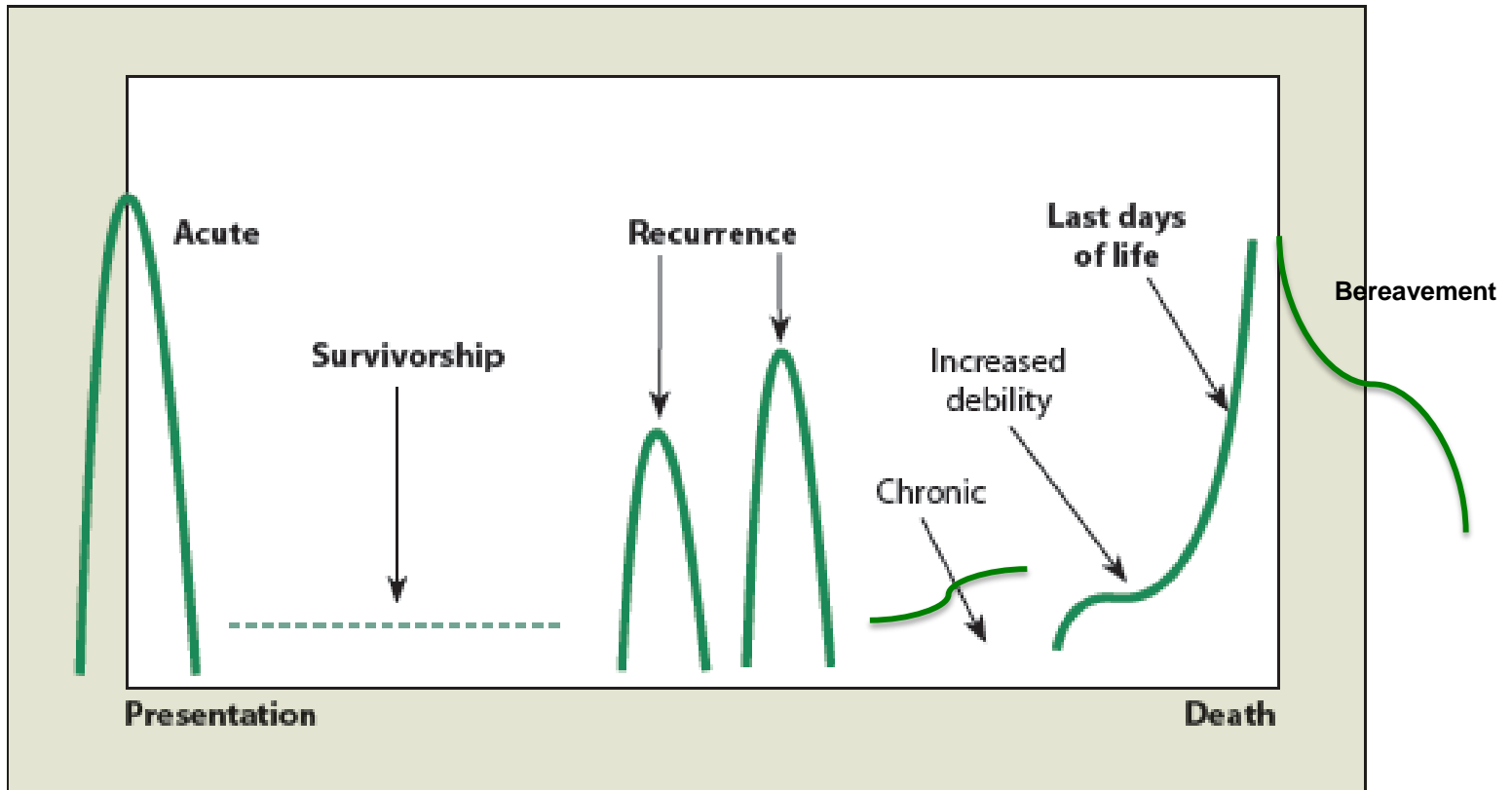


Figure 2: Symptoms across the trajectory of the cancer experience.

Hayden Von Roenn Oncology 2011



# WHEN MIGHT I USE PALLIATIVE CARE SERVICES?



# At any of these times

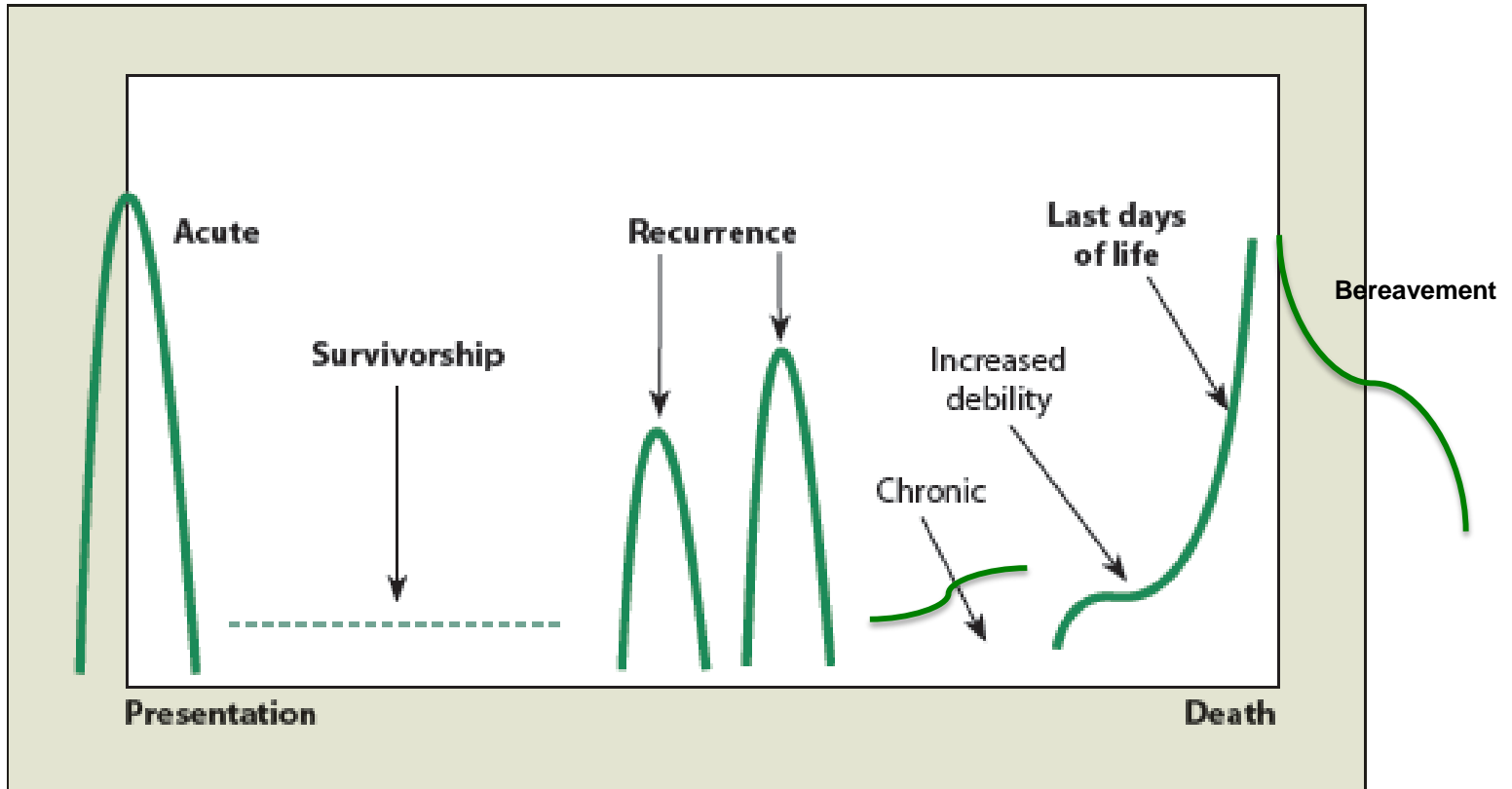


Figure 2: Symptoms across the trajectory of the cancer experience.

Hayden Von Roenn Oncology 2011

# Where is palliative care provided?

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Home



Hospitals



Care facilities



Hospices

# In Hospitals

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## Consultation teams

- Units of focus (PLC & RVH)
- Intensive Palliative Care Unit (at FMC)
- TBCC complex cancer care clinic



# At Home

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- Family physicians
- Consultation team
- Palliative home care coordinators (RNs)

# In Long Term Care & Continuing Care Facilities

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# In Hospices

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- Agape
- Rosedale
- Sarcee
- Foothills Country
- Chinook
- Southwood
- Dulcina





# HOW DO I ACCESS PALLIATIVE CARE?

# Accessing Palliative care services

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- By referral
- And sometimes you may need to lead your doctor
- Or self refer via general homecare : 403-943-1920



# Where do I replenish myself?

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# Other Community Resources

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- Wellspring Calgary
- Sage Centre – Hospice Calgary
- Family Caregiver Centre
- Canadian Virtual Hospice



# Psychosocial Oncology

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- Support and Counseling
  - Assessment and support of financial and other basic needs
  - Education Classes and Support Groups
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- Self-referral –403 355-3207

# Spiritual Well-Being

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“An individual's sense of peace, purpose, and connection to others, and beliefs about the meaning of life”.

(National Cancer Institute)

Self-referral – 403 521-3352

# Healing Arts Program

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- Art therapy combines the artistic process and psychotherapy, facilitating creativity, self-exploration and understanding.
- Options:
  - Gratitude Journals
  - Music Workshops
  - Family workshop with Drama and Puppets
  - Drop-in Open Art Studio
  - Life stories
- Self referral 403-521-3369

# Hope — one day at a time

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- **For you**— What matters (most) at each point along the way?
- What do you need to know and have in place to support you?
- **For health care providers**— How do we best care for you?

# and in laughter?

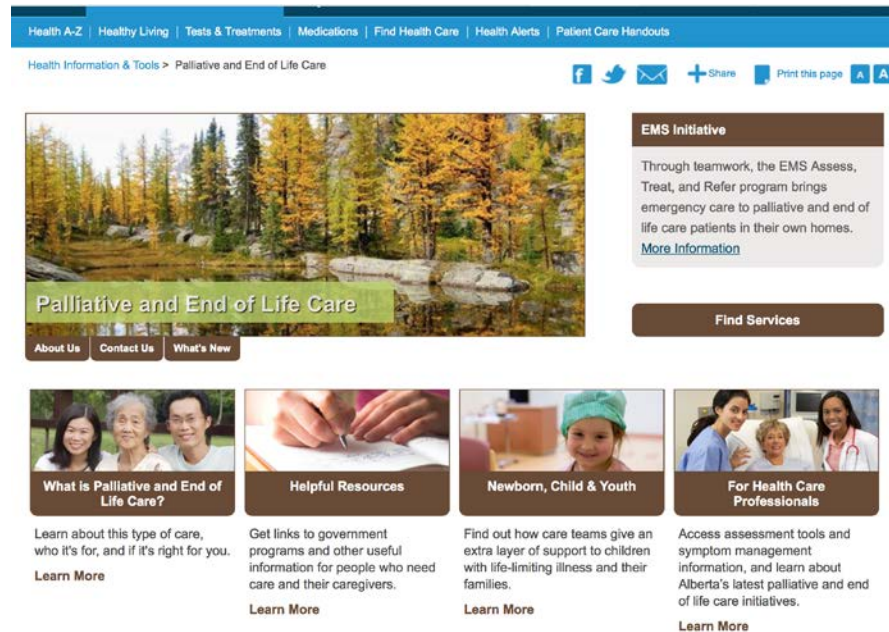
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“98 percent of us will die at some point in our lives.”

Will Ferrell, Talladega nights

# Alberta Health Services Palliative Resources

[myhealth.alberta.ca/palliative-care](http://myhealth.alberta.ca/palliative-care)



The screenshot shows the website's navigation bar with links for Health A-Z, Healthy Living, Tests & Treatments, Medications, Find Health Care, Health Alerts, and Patient Care Handouts. Below the navigation bar, there are social media icons for Facebook, Twitter, and Email, along with a 'Share' button and a 'Print this page' option. The main content area features a large image of a forest with a stream, titled 'Palliative and End of Life Care'. To the right of this image is a section titled 'EMS Initiative' with a brief description and a 'More Information' link. Below the main image are three small buttons: 'About Us', 'Contact Us', and 'What's New'. At the bottom of the page, there are four columns of content, each with a small image and a 'Learn More' link. The columns are: 'What is Palliative and End of Life Care?', 'Helpful Resources', 'Newborn, Child & Youth', and 'For Health Care Professionals'.

Thanks to Bert Enns – TBCC palliative integration project