What we all need to know about Palliative Care

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palliative care
Goals for this evening:

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

“…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?

**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:

• 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?

- Hospitals
- Care facilities
- Hospices
- Home
In Hospitals

Consultation teams

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

- Family physicians
- Consultation team
- Palliative home care coordinators (RNs)
In Long Term Care & Continuing Care Facilities
In Hospices

– Agape
– Rosedale
– Sarcee
– Foothills Country
– Chinook
– Southwood
– Dulcina
HOW DO I ACCESS PALLIATIVE CARE?
Accessing Palliative care services

• 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?
Other Community Resources

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

- Support and Counseling
- Assessment and support of financial and other basic needs
- Education Classes and Support Groups

• Self-referral – 403 355-3207
Spiritual Well-Being

“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

• 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

- **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?

“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

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