

### National Bereavement Day in Canada

On November 19, 2019, the Canadian Hospice Palliative Care Association (CHPCA) invites all Canadians to think about those who have passed away from our lives and help advocate for support at local, provincial, and national levels for grieving Canadians.

Learn more about the campaign and access resources here: [www.chpca.net/bereavementday](http://www.chpca.net/bereavementday)

Learn more about local grief and bereavement services here: [http://serpcn.ca/122/Grief\\_and\\_Bereavement/](http://serpcn.ca/122/Grief_and_Bereavement/)

#### What can you do for yourself when you are grieving?

- Make sure that you are getting adequate sleep and nutrition. If you are having difficulty in any of these areas, consider speaking with your family physician.
- Learn about the grief process. It can be very reassuring to know what is normal and what to expect.
- Make exercise part of your daily routine. Even a short walk or other brief physical activity can help to shift your mood.
- Learn one or two simple relaxation techniques. These can be very useful for times when your grief feels overwhelming.
- Spend some time with other people. Interacting with others can help you better understand your grief and rediscover meaning, purpose, and joy.



#### What you can do for someone who is grieving?

- Spend time with the bereaved person. Loneliness is a major aspect of grief for many people and asking for company can be difficult.
- Ask about the bereaved person's grief. Remember that asking about the person's grief doesn't cause it; it's there all the time.
- Listen without judgement or interference. Telling bereaved people what they should be doing or how they should be feeling isn't helpful. Just listen.
- Talk about the person who died. Bereaved people may get the feeling that you don't care or ever think about the person who died if you don't mention them.
- Be accepting. There will likely be times when the bereaved person doesn't want to spend time with you or want to, talk about his/her grief or the person who died. Let them know you're OK with that.
- Offer concrete support and suggestions. "Let me know if you need anything" is not helpful. A specific offer such as, "Can I cut your grass this week?" is.

## Inviting Passionate Leaders to Achieve Results in Palliative Care

### **We are recruiting for the role of the Regional Palliative Care Multidisciplinary Clinical Co-Lead**

*Are you a leader in hospice palliative care in the South East? Do you have an interest in working collaboratively with local and provincial partners to improve the delivery of hospice palliative care?*

In a co-leadership model, one physician and one multidisciplinary lead will provide leadership and collaborate with local partners to improve palliative care across all patient populations, illness trajectories, and health care settings in the South East LHIN. At this time, applications are being sought to fulfill the Regional Palliative Care Multidisciplinary Clinical Co-Lead role from palliative care clinicians including nurses, nurse practitioners, and other health care providers, including social workers.

Learn more about the position and apply here: <https://career5.successfactors.eu/sfcareer/jobreqcareer?jobId=19061&company=KGH&username=>

### **Kingston Palliative Care Partnership Seeking Patient and Family Experience Advisors**

*Do you have a recent experience using palliative care services or supporting a loved one who has? Do you have a story to share? We need your voice to inform our work!*

The Kingston Palliative Care Partnership is seeking Patient and Family Experience Advisors to help shape the future of palliative care services in Kingston and surrounding areas. Patient and Family Experience Advisors are persons with recent experience as a patient or as a family member of a patient (generally within the last three years) and who work with health service providers to provide direct input into policies, programs and practices which affect patient care and services. The role of advisors will be to keep the patient and family as the focal point of our healthcare system.

Learn more about the position and apply here: [Flyer and Expression of Interest](#)

## Health Quality Ontario's Palliative Care at the End of Life Report (2019 Update)

This report looks at the care and services received by Ontarians that passed away during the critical last month of their life. Throughout, stories from caregivers and health care providers of patients at the end of their life are featured, to provide intimate details of their experiences that cannot be captured by the data alone. The original report published in 2016 has been updated with refreshed data, analytics and current stories depicting the experiences of caregivers and healthcare providers in Ontario.

The report is available on Health Quality Ontario's website:

EN: <https://www.hqontario.ca/System-Performance/Specialized-Reports/Palliative-Care-Report>

FR: <https://www.hqontario.ca/Rendement-du-syst%C3%A8me/Rapports-sp%C3%A9cialis%C3%A9s/Rapport-sur-les-soins-palliatifs>

Click here for Regional Round-Up available online.

## Notice of Proposed Regulatory Changes to Enable Access to End-of-Life Care

The Ministry of Health has posted proposed changes to Ontario Regulation 386/99 under the Home Care and Community Services Act, 1994 and Ontario Regulation 201/96 under the Ontario Drug Benefit Act to Enable Access to End-of-Life Care for Out-of-Province Patients Moving to Ontario.

<https://www.ontariocanada.com/registry/view.do?postingId=30947&language=en>

- A proposed amendment to Ontario Regulation 386/99 would extend eligibility for professional services, personal support services, and homemaking services to out-of-province patients, who move to Ontario seeking end-of-life care in the community.
- A proposed amendment to Ontario Regulation 201/96 would grant these patients access to the Ontario Drug Benefit Program, if they are receiving specified professional services under the Home Care and Community Services Act.

We invite you to review the proposed changes and provide feedback to the Ministry directly (see link at bottom of posted notice). Comments on the proposed changes should be submitted by **December 20th, 2019**.

## Ontario College of Family Physicians and Queen's Palliative and End of Life Care and Medical Assistance in Dying Webinars

**NOVEMBER 13**  
4:30 PM - 6:00 PM

**Interprofessional Collaboration in Palliative Care**

Register at:  
<https://healthsci.queensu.ca/faculty-staff/cpd/programs/peolcmaidwebinar3>

**Facilitators:**  
Ms. Lesley Hirst & Ms. Susan Blacker


By the end of the webinar, learners will be able to:

- Identify the importance of collaborative roles and responsibilities of the health professionals involved in palliative care delivery
- Optimize collaboration between interprofessional team members in palliative care

**SAVE THE DATE**


**NOV 27** Legal Aspects of MAiD

**DEC 11** Difficult conversations in PEOLC and MAiD

 **Queen's** UNIVERSITY

FACULTY OF HEALTH SCIENCES  
CONTINUING PROFESSIONAL DEVELOPMENT

**Ontario College of Family Physicians**  
*Leaders for a healthy Ontario.*



[Click here for Regional Round-Up available online.](#)

## Caregivers as Partners, Education for Health Care Providers

The Caregivers as Partners learning suite, is a series of three educational modules developed by the Change Foundation to help providers improve the caregiver experience and ultimately become partners in care. The series is applicable to anyone working in health and community care from front-line providers and ancillary staff to senior managers and leadership interested in improving the caregiver experience.

This self-learning program is accredited and applicable towards professional development. Each of the modules takes approximately 20 minutes to complete, and covers the following topics: Understanding the Role of Caregivers, Communicating with Caregivers and Empowering Caregivers.

Learn more and access modules here: <https://www.changefoundation.ca/just-released-caregivers-as-partners-education-for-health-care-providers/>



## Top 10 QI Tips to Improve Team-Based Palliative Care

**Target Audience:** individuals within an organization leading the implementation of the palliative approach to care Quality Improvement Plan (QIP) indicator.

Please Join the Palliative Care Community of Practice as we learn about Dr. Seow's top 10 tips for engaging your team and building capacity. The session will also include time for question and answer with Dr. Seow and Dr. Sauls. This webinar is presented by the Ontario Palliative Care Network, Health Quality Ontario, and Hospice Palliative Care Ontario.

**November 28, 2019** | **12:00 p.m. – 1:00 p.m. (EST)**

[REGISTER NOW](#)

### Objectives:

- Understand the QI foundational steps to improve palliative care for your patients
- Learn about tips to help you be successful in your QI initiatives

### Speakers:

- Dr. Hsien Seow, PhD, Canada Research Chair in Palliative Care, Cancer and Health Systems Innovation, McMaster University
- Dr. Bob Sauls, MD, Clinical Co-Lead, Ontario Palliative Care Network

If you missed a webinar, you can access the recordings on the [Palliative Care Approach to Care Community of Practice](#) on [Quorum](#). If you are not on Quorum, visit and join today!

[Click here for Regional Round-Up available online.](#)

## Palliative Care Education Opportunities

We have a newly updated [education calendar](#) on the South East Regional Palliative Care Network website. This calendar will be updated regularly through-out the year so you can see what courses are coming up in the region.



### FUNDAMENTALS OF HOSPICE PALLIATIVE CARE

**CORE FUNDAMENTALS** an eight-week program for those working in the health system interested in developing their capacity in hospice palliative care.

**SMITHS FALLS** — Dec. 10, Jan. 7, 21 — Registration deadline: **Nov. 26, 2019** [Program information](#) and [registration](#)  
*Enhanced Fundamentals*: February 4, 2020

**TRENTON**—Jan. 7, 21, Feb. 4 —Registration deadline: **Dec. 27, 2019** [Program information](#) and [registration](#)  
*Enhanced Fundamentals*: February 19, 2020

### LEAP (LEARNING ESSENTIAL APPROACHES TO PALLIATIVE CARE)

**LEAP** provides inter-professional learners with the essential, basic competencies of the palliative approach to care.

We plan to offer additional LEAP courses in the new year. Watch for more details coming soon on the [education calendar](#)!

### PALLIATIVE CARE EDUCATION SESSION

You are invited to attend the 6<sup>th</sup> annual Palliative Care Education Session. The speakers this year will focus on a variety of topics, some of which include spiritual care, use of cannabis in palliative care, as well as earlier identification of patients that could benefit from a palliative care approach in primary care. There will also be a caregiver who will share her experience.

**SMITHS FALLS MEMORIAL COMMUNITY CENTRE** —71 Cornelia Street, Smiths Falls, ON, K7A 1T7

**November 12, 2019**

1:00—5:00 PM

[Session agenda](#)

## In the News

[Hospice Quinte fetes dedicated volunteers](#)

Intelligencer.ca

Last year, with the help of their team of more than 125 volunteers, Hospice Quinte was able to provide hospice palliative care to 350 people and serve 590 clients through support group sessions...

[Palliative care telethon proceeds hit \\$4 million](#)

Recorder.ca

Volunteers with the 30 Hour Telethon and Brockville palliative care services were joined by Brockville General Hospital and hospital foundation officials at the BGH Garden Street site on Tuesday morning...

For more information visit:

[www.serpcn.ca](http://www.serpcn.ca)