

*Integrating a*

**PALLIATIVE APPROACH**

ACROSS ALL HEALTH CARE

**28TH ANNUAL PROVINCIAL PALLIATIVE CARE CONFERENCE**

The Victoria Inn Hotel & Convention Centre, 1808 Wellington Ave

SEPTEMBER 12-13, 2019

WINNIPEG, MANITOBA

**BROCHURE**

# JOIN US AT THE 28<sup>TH</sup> ANNUAL PROVINCIAL PALLIATIVE CARE CONFERENCE

Please join Palliative Manitoba at its 28th Annual Provincial Conference. The 2019 Palliative Care Conference theme is 'Integrating a Palliative Approach Across all Health Care'. A Palliative Approach is not limited for individuals at the end of life, but through every stage of an illness and incorporated by all health care professionals.

Keynote speakers include award winning actor, producer, and host of popular Canadian media **Jeremie Saunders**; Professor, Department of Medicine and Department of Oncology Director, McGill Programs in Whole Person Care **Dr. Thomas Hutchinson**; Professor, bioethicist and health outcomes researcher in the Faculty of Medicine and Dentistry, University of Alberta **Dr. Sara Davison**; and **Dr. Amy Montour**, Palliative Care Physician with the Palliative Care Shared Care Outreach Team from Six Nations of the Grand River.

**REGISTER EARLY AND SAVE \$75!**

Early registration is available through  
July 31, 2019.

## CONFERENCE OBJECTIVES

1. Advance the knowledge and skills of individuals working in the field of palliative care
2. Advance the delivery of palliative care in Manitoba by advocating for increased awareness, navigation of systems, and utilization of available services
3. Provide a networking opportunity of people interested in the field of palliative care
4. Provide an opportunity for informal caregivers to learn more about palliative care

## CONTINUING EDUCATION CREDITS

This program will be certified by the College of Family Physicians of Canada and the Manitoba office for up to 10.00 Group Learning Credits.

This program is designated an accredited learning activity by the College of Pharmacists of Manitoba for pharmacists in Manitoba for up to 10.00 CEU. Individuals can only claim credit for the actual number of hours attended.

## HOTEL ACCOMMODATIONS

For a discounted rate, please book under conference #129386 at The Victoria Inn Hotel and Convention Centre. Call 204-786-4801 to make arrangements.

## COMMITTEE MEMBERS

### MARK SHEPHERD

Conference Co-Chair  
Provincial Palliative Care Specialist, Southern Health-Santé Sud

### TARA CARPENTER- KELLETT

Conference Co-Chair  
Manager, Continuity Of Care, Community Oncology,  
CancerCare Manitoba

### SIMONE STENEKES

Program Committee Co-Chair  
Clinical Nurse Specialist, Pediatric Palliative Care Program, W  
ha Palliative Care Program

### DR. CORNELIUS J. WOELK

Program Committee Co-Chair  
Medical Director, Palliative Care, Southern Health-Santé Sud

### DR. GARNET CRAWFORD

Program Committee  
WRHA Palliative Care Physician Consultant

### SCOTT GROEN

Program Committee  
Manager/Pharmacist, Tache Pharmacy

### JAMIE PENNER

Program & Steering Committee  
Assistant Professor, College of Nursing, Rady Faculty of Health  
Sciences, University of Manitoba

### MABEL HORTON

Program & Steering Committee  
Retired Nurse And Health Consultant

### GAETANE LAFOND

Steering Committee  
Palliative Care Social Worker, St. Boniface Hospital

### KALI LEARY

Program & Steering Committee  
Principal Consultant, Sage Solutions

### LINDSAY FELSTEAD

Steering Committee  
Fundraising Coordinator, Palliative Manitoba

### JENNIFER GURKE

Program & Steering Committee  
Executive Director, Palliative Manitoba

### TIANA PRETULA

Program & Steering Committee  
Conference Coordinator, Palliative Manitoba

# THURSDAY

## SEPTEMBER 12

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7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE: DR. AMY MONTOUR
9:30 AM	BREAK
10:00 AM	CONCURRENT SESSION A
11:00 AM	BREAK
11:15 AM	CONCURRENT SESSION B
12:15 PM	LUNCH
1:15 PM	CONCURRENT SESSION C
2:15 PM	BREAK
2:30 PM	KEYNOTE: DR. THOMAS HUTCHINSON
3:30 PM	CLOSING
5:30 PM	PALLIATIVE MANITOBA AGM

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### KEYNOTE SPEAKER

8:30 – 9:30 AM

#### DR. AMY MONTOUR

Amy Montour is an Oneida woman from the Six Nations of the Grand River Territory in Ontario. She has completed Bachelor of Science in Nursing, Master of Science in Nursing and Doctor of Medicine

degrees at McMaster University. Amy works clinically as a palliative care physician and family physician for the elderly. In addition, she currently sits as the Indigenous Health Consultant to the Department of Family Medicine, Michael G. DeGroote School of Medicine at McMaster University.



### WALKING BESIDE YOU

#### UNDERSTANDING THE CONTEXT OF PALLIATIVE CARE FOR INDIGENOUS POPULATIONS

Providing high quality palliative care for Indigenous populations requires that health care practitioners develop an understanding of the influence of the Indigenous Social Determinants of Health on the current

state of living & dying for Indigenous peoples. This presentation will provide learners with a basic understanding of palliative care shaped by an Indigenous worldview.

#### CONCURRENT SESSION A

10:00 – 11:00 AM

#### A1 - A Good Death: Exploring This Concept in Palliative Care

A “good death” is a term used to describe and appraise the quality of the dying experience. The notion of a good death often carries significant meaning to those involved in the dying process. The term will be defined for the audience and the historical progression of the concept will be explored. Also the unique perspectives of patients, families and health care providers will be presented to help gain a fuller understanding of this topic.

*Ogechi Asagwara, RN MN, CHPCN(C), Clinical Nurse Specialist, WRHA Adult Palliative Care Program*

#### A2 - Pruritus in Palliative Care

Pruritus is a symptom with many etiologies that is encountered frequently in the palliative care setting. Pruritus can be difficult to treat and have a significant effect on patient quality of life. Many medications have been suggested for the treatment of pruritus, but the evidence for their use is not always robust. In this presentation we will discuss the pathophysiology of pruritus and its different subtypes. Some of the medications that have been suggested for treatment of pruritus and the evidence for their use will be discussed as well.

*Dr. Bernard Cox, MD CCFP Family Medicine Enhanced skills year in palliative care 2018-2019*

#### A3 - Death Cafes and Small Town Ways

The presenters hosted Death Cafes in small town Manitoba in an effort to spark some interest and conversation around the topic of death and dying. The buzz about the Death Cafe made people curious and the response to attend was awesome. Providing a safe space to just talk about death over tea and cake was exactly what people loved about this experience. There is a new cafe in town and it doesn't serve burgers!

*Christine Cross, RN, BScN, Certificate in Contemplative End of Life Care*

*Cathy Coulter, BSc, Certified Life Cycle Celebrant*



## KEYNOTE SPEAKER

2:30 – 3:30 PM

### DR. THOMAS HUTCHINSON

Professor of medicine at McGill University in Montreal, previously practiced clinically as a Nephrologist and Palliative Care physician, now primarily involved in teaching whole person care as part of the core curriculum to medical students in all 4 years at McGill University. Enrolled on the Faculty Honour List for Educational Excellence in 2012, published 2 books on whole person care (2011 and 2017), chair of the International Congress on Whole Person Care, 2013, 2017, 2019.



### WHOLE PERSON CARE: WHAT IS IT

This presentation will outline the structure of whole person care using clinical examples to clarify the distinctions made. It will explain the inherently paradoxical nature of whole person care and the challenge and advantages of encompassing this paradox in the care that we give in all aspects of clinical medicine and nursing.

CONCLUDES THURSDAY

# FRIDAY SEPTEMBER 13

7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE: DR. SARA DAVISON
9:30 AM	BREAK
10:00 AM	CONCURRENT SESSION D
11:00 AM	BREAK
11:15 AM	CONCURRENT SESSION E
12:15 PM	LUNCH
12:45 PM	SHARON CARSTAIRS AWARD
1:15 PM	CONCURRENT SESSION F
2:15 PM	BREAK
2:30 PM	KEYNOTE: JEREMIE SAUNDERS
3:30 PM	CLOSING

## KEYNOTE SPEAKER

8:30–9:30AM

### DR. SARA DAVISON

Sara Davison is a Professor, bioethicist and health outcomes researcher in the Faculty of Medicine and Dentistry, University of Alberta. She is a nephrologist with the Northern Alberta Renal Program and heads the Kidney Supportive /Palliative Care Initiatives. Her passion and vision for reducing the suffering of patients living with advanced chronic kidney disease is the foundation for the Kidney Supportive Care Research Group. Her research and clinical innovation is at the forefront of kidney supportive care internationally and she is recognized as a world leader in the area. She acts as a consultant for establishing kidney supportive /palliative care programs and co-Chairs the Kidney Disease: Improving Global Outcomes (KDIGO) Supportive Care Group with the aim of developing international guidelines for kidney supportive care.



### INTEGRATING KIDNEY PALLIATIVE CARE FOR PATIENTS WITH ADVANCED CHRONIC KIDNEY DISEASE

Over the last several decades, despite advances in pre-dialysis care and dialysis technology, people with advanced Chronic Kidney Disease (CKD) continue to have a high symptom burden, shortened life expectancy, and substantial physical, emotional, and spiritual suffering. This session will provide a framework to help clinicians integrate palliative/supportive care, including symptom assessment and other measures such as QOL and frailty scores into a clinical approach to the contemporary supportive care of patients with advanced CKD.

## CONCURRENT SESSION D

10:00 – 11:00 AM

### D1 - Whole Person Care: How to do it

In this interactive workshop we will examine the clinical context, clarify the process of whole person care in that context, and outline the components of clinical congruence. This will be followed by a description and sculpting of the communication stances followed by a role play of a real clinical interaction provided by participants. We will conclude with the role of mindfulness in whole person care and participants' reflections on the implications for what they have learned for their clinical work.

*This workshop is continued into E1.*

**Dr. Thomas Hutchinson**, *Department of Medicine, McGill University*

### D2 - Caring for Those with Advanced Pancreatic Cancer: Advances and challenges in the outpatient setting

In this presentation, attendees will learn about the clinical presentation and management of advanced pancreatic cancer including recent advances in chemotherapy. The concept of early integration of a palliative care approach will be discussed, including the practicalities of implementation in the outpatient setting. Models of care, challenges encountered, and the role of the clinical nurse specialist will also be discussed. Preliminary study findings will be presented.

**Dr. Christina Kim**, *MD FRCPC, Assistant Professor, CancerCare Manitoba, Max Rady College of Medicine, U of M*

**Dr. Paul Daeninck**, *MD MSc. FRCPC, Assistant Professor, CancerCare Manitoba, Max Rady College of Medicine, U of M*

**Stephanie Lelond**, *RN BN CNS, CancerCare Manitoba*

### D3 - Palliative care for neonates: Retrospective mixed methods review of infant death in the Neonatal Intensive Care Unit

This presentation highlights the results of a research project evaluating infant deaths in the Neonatal Intensive Care Unit. It will share the circumstances of the infant deaths, the care documented at the time death, and whether there was specialist palliative care involvement. It will also highlight the qualitative themes revealed within the chart notes relating to prognosis, advanced care planning, and palliative interventions.

**Simone Stenekes**, *RN, MN, CHPCN(C), Pediatric Palliative Care Team - WRHA Palliative Care Program*

**Dr. Robin McClure**, *Pediatric Palliative Care Team - WRHA*

*Palliative Care Program*

**Dr. Chelsea Ruth**, *MD, MSc, FRCPC, Assistant Professor, Section of Neonatology, Department of Paediatrics and Child Health*

## CONCURRENT SESSION E

11:15 AM – 12:15 PM

### E1 - Whole Person Care: How to do it

This workshop is continued from D1.

You must be registered for both D1 and E1.

**Dr. Thomas Hutchinson**, *Department of Medicine, McGill University*

### E2 - Honoring Patient Choice: Conservative Kidney Management for Patients Unlikely to Benefit from Dialysis

Conservative Kidney Management (CKM) is a treatment option for patients with end stage kidney disease that, through shared decision-making emphasizes symptom management and advance care planning. It can include interventions to delay the progression and manage the complications of kidney disease, but it does not include dialysis. Under direction of Dr. Sara Davison, and the Kidney Supportive Care Research Group they successfully developed and launched a provincial CKM Pathway to provide sustainable, high-quality, evidence-based care for patients unlikely to benefit from dialysis in a coordinated, standardized and equitable manner across Alberta. This session aims to generate awareness around these recent developments, best practices, and resources for CKM.

**Dr. Sara N. Davison**, *Professor of Medicine, Director Kidney Supportive Care Research Group, Department of Medicine, University of Alberta, Edmonton, Alberta*

### E3 - All under one roof – Developing the Manitoba online central hub of grief support information

Navigating the Manitoba grief support service landscape after a significant loss occurs can be challenging for not only community members but also health professionals. The Manitoba Grief Interagency Network proposed an initiative to develop on 'online central hub' of local grief support information to simplify the investigation process. In this session you will learn about the new online central hub of grief support information for Manitobans and discover how you advocate for bereavement support and education in your region.

**Mike Goldberg**, *Community Outreach & Education Coordinator, Palliative Manitoba*



## CONCURRENT SESSION F

1:15 – 2:15 PM

### F1 - Draw Near: Optimal Intimacy in Palliative Care

People at the end of life typically long for meaningful human connection, and this can come from caregivers as well as from family and friends. How can we companion such people most effectively? Can we offer deep empathy without either intruding or losing ourselves in another's sorrow? How close is just right, and what kind of distance do we need to preserve? This workshop explores the promise of finding the sweet-spot in patient/caregiver relationships.

**Doug Koop**, *Spiritual Health Practitioner, Health Science Centre Winnipeg*

### F2 - The Future of Palliative Care: Learning from a Chronic Disease Model

Although the majority of patients receiving palliative care have malignant diseases, the WHO definition involves the care of all patients with life threatening illnesses regardless of etiology. In most westernized societies, cardiovascular disease remains the leading cause of mortality, and yet the provision of palliative care in this population remains quite small. The changing demography and rise of chronic illness in the Western world requires us to revisit the role of palliative care.

**Dr. James Tam**, *Professor of Medicine and former Chief of Cardiology, University of Manitoba*

### F3 - 'Til death do we part': The Acceptance of Death as Part of Life in a Long Term Care Facility

This presentation will review the development of an innovative and multi-faceted approach to addressing the needs of families, staff and clients at end of life in Deer lodge Centre, a long term care facility. We will explore the reconciliation of two key ideas: making lives better while preparing for the reality of death. A novel 'Model of Caring' will be described, which incorporates concepts of potential, possibility and compassion.

**Daryl Dyck**, *RN, MN, IIWC, Clinical Resource Nurse End of life Care*

**Alexandra Beel**, *RN, MN, WMGT@ CHPCN@, Clinical Nurse Specialist*

## KEYNOTE SPEAKER

2:30 – 3:30 PM

### JEREMIE SAUNDERS

Jeremie is an award-winning actor, producer, and host of popular Canadian media, including film, television, and podcasts. Living with a genetic disease called Cystic Fibrosis, Jeremie is passionate about shifting the perspective and stigma around chronic illness and death. Using humour and frank, unfiltered discussions Jeremie speaks to living critically and passionately and making the most of the time we have left.



### LIVING WITH A FATAL ILLNESS: IT'S FUNNIER THAN YOU THINK

Jeremie candidly and openly shares his story about growing up with Cystic Fibrosis. A life-shortening illness that revolves around countless daily therapies to ensure his ability to continue to breathe. He also reveals his most primary (and unlikely) form of therapy, Laughter. Inspired by his childhood heroes - George Carlin, Jim Carrey, and Adam Sandler - Jeremie was able to view how the hardships in his life were also peppered with moments of levity and humour. A lesson that has propelled his career as a producer and host of entertaining Canadian content, in particular, the world of podcasting. Join Jeremie as he recounts some of the funnier moments of facing his own mortality, and the lessons learned in mining for humour within the life experience of hundreds of others sicko's through his work with Sickboy Podcast. Sometimes the best way to deal with illness, disease and life is simply to laugh.

CONCLUDES FRIDAY

# REGISTRATION FORM

Registration Deadline: September 3, 2019



## CONTACT INFORMATION

Name: \_\_\_\_\_ Job Title: \_\_\_\_\_

Organization or Facility: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## DIETARY REQUIREMENTS

Gluten-Free       Vegetarian       Allergy, Please Specify: \_\_\_\_\_

## CONCURRENT SESSION CHOICES

### THURSDAY, SEPTEMBER 12

Concurrent Session Block A: \_\_\_\_\_

Concurrent Session Block B: \_\_\_\_\_

Concurrent Session Block C: \_\_\_\_\_

### FRIDAY, SEPTEMBER 13

Concurrent Session Block D: \_\_\_\_\_

Concurrent Session Block E: \_\_\_\_\_

Concurrent Session Block F: \_\_\_\_\_

## PAYMENT OPTIONS

Total Amount: \_\_\_\_\_

VISA/ MasterCard: \_\_\_\_\_ Expires: \_\_\_\_ / \_\_\_\_ Cardholder's Name: \_\_\_\_\_

*When paying by cheque, make cheque payable to "Palliative Manitoba" and indicate name of attendee.*

## CONFERENCE FEES

	REGULAR	PALLIATIVE MANITOBA MEMBER*	STUDENT**/ VOLUNTEER***
1 DAY REGISTRAION	\$230.00	\$210.00	\$160.00
2 DAY REGISTRAION	\$450.00	\$405.00	\$315.00
EARLY 2 DAY REGISTRAION (UNTIL JULY 31 <sup>ST</sup> )	\$375.00	\$340.00	\$ 265.00

- \*Maximum 2 delegates per Palliative Manitoba Association member, as authorized by member contact.
- \*\* Proof of full-time student status is required with registration form.
- \*\*\*Letter from a Volunteer Coordinator verifying 24 hours of volunteer service in palliative care over the last 12 months is required with registration form.
- Full payment must accompany your registration form. Registrations will not be processed until payment is received.
- Your receipt will be available for pick-up at the Conference at the Registration Desk.
- Requests for refunds, subject to a \$40.00 processing fee. No refunds after September 3, 2019.
- There is a \$10 fee for late registrations, after September 3, 2019.

Register online at [www.palliativemanitoba.ca](http://www.palliativemanitoba.ca), or complete this form and email ([tpretula@palliativemanitoba.ca](mailto:tpretula@palliativemanitoba.ca)), fax (204-888-8874) or, mail to Palliative Manitoba, 2109 Portage Avenue, Winnipeg, MB, R3J 0L3