



CHANGING THE CONVERSATION
PROVINCIAL PALLIATIVE CARE CONFERENCE
SEPTEMBER 19-20, 2024

CANAD INNS DESTINATION CENTRE POLO PARK, WINNIPEG

CONFERENCE BROCHURE

palliative
manitoba

ABOUT

Join your colleagues for the 2024 Palliative Care Conference to experience a unique blend of keynotes, educational sessions, and networking opportunities grounded in Palliative Care. Engage with colleagues from across the country as you learn about new approaches, successful models and innovations that will advance your professional skill set and help strengthen your organization.

REGISTER EARLY AND SAVE!

Early registration is available through
July 31, 2024.
See page 7.

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 **Group Learning** program has been certified by the College of Family Physicians of Canada and Manitoba Chapter for up to 10.00 Mainpro+ credits.

HOTEL ACCOMMODATIONS

For a discounted rate, please book under conference #545667 at Canad Inns Destination Centre Polo Park. Call 204-775-8791 to make arrangements.

COMMITTEE MEMBERS

DR. ROBIN MCCLURE, CONFERENCE CO-CHAIR

Physician/Consultant, WRHA Palliative Care Program

SALINA FUKUMOTO, CONFERENCE CO-CHAIR

Provincial Clinical Services Consultant, Cancer & Palliative Care Provincial Clinical Team, Shared Health

SIMONE STENEKES

Clinical Nurse Specialist, WRHA Pediatric Palliative Care Program

DR. CORNELIUS J. WOELK

Medical Director, Palliative Care, Southern Health-Santé Sud

KAYLA VANDERWEES

Clinical Resource Nurse, Riverview Health Centre

GAETANE LAFOND

Psychosocial Support Specialist, WRHA Palliative Care Program

TARA CARPENTER-KELLETT

WRHA Quality & Accreditation Consultant, Victoria Hospital

SHANNON REIMER

Palliative Care Nurse, Southern Health-Santé Sud

JENNIFER GURKE

Executive Director, Palliative Manitoba

TIANA HAY

Conference Coordinator, Palliative Manitoba

THURSDAY

SEPTEMBER 19

7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE 1
9:30 AM	BREAK
10:00 AM	CONCURRENT SESSIONS A
11:00 AM	BREAK
11:15 AM	CONCURRENT SESSIONS B
12:15 PM	LUNCH
1:15 PM	CONCURRENT SESSIONS C
2:15 PM	BREAK
2:30 PM	KEYNOTE 2
3:30 PM	CLOSING

KEYNOTE SPEAKER

8:30 – 9:30 AM

HOLLY PRINCE

Holly Prince is an Anishinaabekwe and a member of Opwaaganisiniing in Northwestern Ontario, Canada. She has a Master's Degree in Social Work and is a Ph.D. Candidate in Educational Studies at Lakehead University. Holly's research focus is on decolonial and Indigenist education and Indigenous health, and community-based research. She is the Lead for the Indigenous People's Health and Aging Division at the Centre for Education and Research on Aging and Health, Lakehead University, where she works as a Project Manager. A part of her role involves planning, implementing, and evaluating palliative care education and health equity initiatives for Indigenous peoples across Canada. She has devoted the last 20 years to advancing the right of Indigenous peoples' access to culturally appropriate and equitable palliative care and has mobilized her efforts as a national champion of human rights and dignity for people preparing to journey back to the spirit world.



JOURNEY TO THE SPIRIT WORLD:

ADDRESSING THE NEED FOR CULTURALLY SAFER CARE FOR INDIGENOUS PEOPLES

This session discusses structural vulnerability and the social determinants of health that impact health and access to quality care for Indigenous peoples. It highlights the need for equity-oriented approaches to care, which must be embedded within the healthcare system and providers' practice. Lastly, it explores reconciliation and allyship as strength-based responses to moving forward together.

CONCURRENT SESSIONS A

10:00 – 11:00 AM

A1 – Talking With – Not Past: Creating Supportive Decision-Making Environments for Families Walking with Loved Ones At End-Of-Life

The dearth of knowledge that people have about end-of-life options leads to additional frustration for patients and families. Family members and medical



as a team and win **FOUR** conference registrations!

Hike for Hospice Week: May 20-26, 2024

Create a team and challenge your friends, family or colleagues to 'step up' for a great cause.

Scan for more info or to register today!



<https://palliativemanitoba.ca/events/2024hike/>



chpca.ca/hike | #hike4hospice



practitioners can have conversations during the dying stages that alleviate anxiety and confusion. Common communication problems and mutually beneficial strategies will be illustrated by the presenters. Plain language and patient-centred care will be the focus together with communication tips and the continuum of palliative care.

Please note, this is a 120-minute workshop.

Wayne Sandler, *Community Outreach and Education Coordinator, Palliative Manitoba*

Carolyn Peters, *MSW, PhD, Retired Social Worker*

A2 – Enhancing Palliative Care Services in First Nations communities in Southern Health-Santé Sud

Dakota Ojibway Health Services (DOHS) and Southern Health Santé Sud (SHSS) are working in partnership on a model of care funded project through the Canadian Partnership Against Cancer. This presentation will describe the community engagement project which includes five Dakota Ojibway Tribal Council (DOTC) communities within southern Manitoba. We will discuss the First Nation communities' key priorities and new palliative care service delivery strategies that are being implemented.

Katie Asma, *BSW RSW, Southern Health-Santé Sud*

Michelle Cardinal, *RNBN, Dakota Ojibway Health Services*

A3 – Skin Failure at End of Life- Taking a Palliative Approach to Wound Care

Patients approaching end of life are at risk for developing skin breakdown; leading to discomfort, distress, agitation, family concerns and complex care. It is imperative for not only health care professionals, but also the patient's circle of care to understand concepts related to skin changes at life's end (SCALE). These concepts will assist individuals to provide care or advocate for the palliative care patient, while improving quality of life for those nearing end of life.

Anika Southam, *RN MN CHPCN(C) IIWCC*

CONCURRENT SESSIONS B

11:15 AM – 12:15 PM

CONTINUED: A1/B1- Talking With – Not Past: Creating Supportive Decision-Making Environments for Families Walking with Loved Ones At End-Of-Life

Please note this a 120-minute workshop and is continued from the previous session.

Wayne Sandler, *Community Outreach and Education Coordinator, Palliative Manitoba*

Carolyn Peters, *MSW, PhD, Retired Social Worker*

B2 – Early Palliative and Supportive Care Outreach for Frail Homebound Seniors Living with Progressive Non-Malignant Life-Limiting Illnesses

Providing early palliative care to homebound seniors living with serious non-malignant illnesses is challenging due to prognostic uncertainty, lack of resources and manpower, and palliative care misconceptions. This 60-minute presentation highlights the experience of a community teaching hospital launching an innovative geriatric supportive care outreach program during the height of COVID-19 pandemic by utilizing a Nurse-Practitioner led inter-professional model of care. Program successes and challenges will be shared.

Karen Lock, *RN(EC), NP-Adult, MN, CHPCN(C), North York General Hospital, Lawrence Bloomberg Faculty of Nursing, University of Toronto*

Carolyn Willson, *RN(EC), NP-PHC, MN, CHPCN(C), North York General Hospital*

B3 – The Sorcerer's Apprentice: Managing Medications in Palliative Care

Though medications have provided an immense boon to patients and providers, medications are drugs. Drugs have interactions and side-effects, as well as significant financial cost and other burdens. Using a case-based format, this talk will examine medications that have been prescribed completely appropriately, but whose continued use in patients with life-limiting illness often warrants careful examination. We will look at some arguably superfluous medications, some high-risk medications, and strategies to not prescribe and/or to de-prescribe.

Ted St. Godard, *MA, BSc(Med), MD, CCFP(PC), FCFP Physician/Consultant WRHA Palliative Care Program*

CONCURRENT SESSIONS C

1:15 – 2:15 PM

C1 – The Influence of Medical Assistance In Dying on Non-Professional Caregivers - Family, Friends, and Volunteers of Patients. A Systematic Review

This presentation will review the findings of various studies which explore non-professional caregivers – family, friends and volunteers, experiences with Medical Assistance in Dying (MAiD). This presentation will focus on Canadian literature from 2016 to 2023 and aims to summarize for participants what the existing literature tells us about caregiver’s need and experiences. The presenter will consider the implications of these findings on health policy and explore opportunities to improve the experience of MAiD for non-professional caregivers.

Stepan Bilynsky, MD, MA(SDMP), MA in Bioethics & Health Policy, Grace Hospital, U of M, Max Rady College of Medicine

C2 – Walking Alongside Indigenous Peoples Who Are Seriously Ill: Education for Community Caregivers

Explore a new resource that aims to enhance access to palliative care in Indigenous communities by supporting health and social care providers to deliver community-based education. Developed at Centre for Education and Research on Aging & Health (CERAH), Lakehead University, this train-the-trainer curriculum is based on clinical best practices and is grounded in the Indigenous Wellness Framework, which incorporates community’s experiences, culture, values, and beliefs into the education. Learn how to utilize the curriculum's tools to support family and community caregivers.

Holly Prince, MSW, PhD Candidate, Indigenous Peoples’ Health and Aging Division Lead CERAH, Lakehead University

Jessica Wyatt, BEd, MA, PMP, Knowledge Broker CERAH, Lakehead University

C3 – Decision Making Capacity in Palliative Care

In palliative care, we work with seriously ill patients who are at risk for diminished decision-making capacity, and regularly ask them to make complex decisions regarding treatment and disposition planning. This session aims to define capacity, identify who is at risk for diminished capacity, and outline an approach to determining medical decision-making capacity. We will also discuss important nuances to consider when assessing capacity, including legal requirements, and how age, developmental level and mental health conditions can impact capacity.

Dr. Stephanie Butterworth, CCFP(PC)

KEYNOTE SPEAKER

2:30 – 3:30 PM

DR. NADINE PERSAUD

Dr. Nadine Persaud is currently the Executive Director of the Kensington Hospice and the Senior Director of Client Services at Kensington Health. She has been working in the hospice palliative care field for the past 16 years. She sits on the Accreditation review panel for Hospice Palliative Care Ontario and previously sat on the Board of Directors for the Hazel Burns Hospice. Dr. Persaud sits on the Operations Committee of the Global Institute of Psychosocial Palliative and End-of-Life Care and is also the Co-chair of the sociodemographic data collection learning collaborative through Hospice Palliative Care Ontario. Her research interests include the importance of making palliative care equitable and accessible to individuals who are structurally vulnerable, maximizing supports that are available to healthcare providers working in the field, and the supports that are available to adolescents and young adults living with advanced cancer at the end of life.



CHANGING THE CONVERSATION: TRANSFORMING PALLIATIVE CARE FOR THE FUTURE

Dr. Nadine Persaud will explore the imperative need for shifting the discourse surrounding palliative care. Focused on the theme "Changing the Conversation," this presentation will delve into innovative approaches, emerging trends, and transformative strategies aimed at enhancing the delivery and perception of palliative care in today's dynamic healthcare landscape. This presentation will focus on making palliative care equitable and access for everyone living with a life-limiting illness, with a spotlight on structurally vulnerable populations. Drawing from extensive practical experience and academic insights, Dr. Persaud will challenge conventional narratives and advocate for a paradigm shift towards a more equitable, holistic, person-centered model of care. By illuminating the intersectionality of systemic, social, cultural, and ethical factors, attendees will gain a deeper understanding of the diverse needs and preferences of individuals facing life-limiting illnesses and their families.

FRIDAY

SEPTEMBER 20

7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE 3
9:30 AM	BREAK
10:00 AM	CONCURRENT SESSIONS D
11:00 AM	BREAK
11:15 AM	CONCURRENT SESSIONS E
12:15 PM	LUNCH
1:15 PM	CONCURRENT SESSIONS F
2:15 PM	BREAK
2:30 PM	KEYNOTE 4
3:30 PM	CLOSING

KEYNOTE SPEAKER

8:30 – 9:30 AM

DR. JARED RUBENSTEIN

Jared Rubenstein is a pediatric palliative care doctor and medical educator. He is passionate about helping people talk about hard things. He uses animation, humor, and satire to help people lean into challenging topics. He lives in Houston, TX with his wonderful wife and 2 hilarious children.



PALLIATIVE CARE PR: EXPLORING NEW MESSAGING STRATEGIES

This talk will discuss the current state of palliative care messaging and suggest potential alternative ways to educate and message about palliative care. Using animation, humor, and satire the presenter will suggest possible alternative avenues to reframe the conversation about palliative care.

CONCURRENT SESSIONS D

10:00 – 11:00 AM

D1 – Fostering Compassionate Communities through Grief Literacy Events

A national survey commissioned by the Canadian Grief Alliance indicated that the majority of Canadians don't feel well supported in their grief, within their communities. The CGA is coordinating a national grief awareness week that will engage communities across the country in hosting grief-positive events within their community. This interactive workshop will engage participants in defining innovative approaches to potential grief literacy events and empower participants to engage their communities to host a grief event and contribute to building more compassionate communities across Canada.

Please note, this is a 120-minute workshop.

Shelly Cory, MA, Executive Director, Canadian Virtual Hospice; founder, Canadian Grief Alliance

Megan Campbell, MA, Project Manager, Grief Literacy, Canadian Virtual Hospice

Maria Fiala, BA, Communications Manager, Canadian Virtual Hospice and Canadian Grief Alliance

palliative manitoba

Love Takes Flight

Butterfly Release

Presented by Homecare Solutions for Everyone

Thursday, June 27, 2024 at 11:00 am
Bruce Park – 154 Albany St

\$40



<https://palliativemanitoba.ca/events/love-takes-flight/>

D2 – You are Invited: Embrace Life’s Endless Invitations

What if we viewed all of life as an endless series of invitations? What invitations do we accept and what do we decline? What invitations enthrall us? What invitations bewilder us? I invite you to entertain the plethora of events and experiences of life, including death and illness, as invitations to a perspective that can provide us with a unique way of understanding these inevitable and challenging aspects of our experience.

David Zinger, M.Ed.

D3 – Nausea Management: the Old, the New, and the Not So Common

Nausea, if present, can have a big impact on a person’s quality of life. The underlying reasons for nausea are often multifactorial and complex and the management difficult. By understanding the underlying pathways and mechanisms of nausea and emesis, pharmacologic and non-pharmacologic approaches can be applied and combined to maximal effect. This targeted approach avoids unnecessary polypharmacy and risking side effects of medications not indicated based on the clinical scenario.

Nadin Gilroy, MD, CCFP(PC), Physician/Consultant
WRHA Palliative Care Program and Pediatric Palliative Care

CONCURRENT SESSIONS E 11:15 AM – 12:15 PM

CONTINUED: D1/E1- Fostering Compassionate Communities through Grief Literacy Events

Please note this a 120-minute workshop and is continued from the previous session.

Shelly Cory, MA, Executive Director, Canadian Virtual Hospice; founder, Canadian Grief Alliance

Megan Campbell, MA, Project Manager, Grief Literacy, Canadian Virtual Hospice

Maria Fiala, BA, Communications Manager, Canadian Virtual Hospice and Canadian Grief Alliance

E2 – Dignity Therapy in Pediatrics

This session will discuss the legacy intervention of Dignity Therapy and the experience of the presenter’s team in modifying the intervention for use in the pediatric population. The benefits and challenges of

Dignity Therapy in pediatrics will be explored through a case series of children and young adults who participated in the program.

Jared Rubenstein, MD, Department of Pediatrics, Baylor College of Medicine; Division of Pediatric Palliative Care, Texas Children’s Hospital

E3 – Getting Everyone on the Same Page: Long Term Care Nurses’ Experiences in Advance Care Planning

This presentation highlights the findings of a grounded theory study examining Long Term Care (LTC) nurses’ experiences with Advanced Care Planning (ACP). The model that emerged from the study demonstrated that nurses’ primary goal in ACP is facilitating conversations aimed at ensuring resident comfort at the end of life. This outcome required that navigate a complex web of individual, interpersonal, organizational and systematic factors. Their ability to do so was critical in ensuring feelings of efficacy as health care providers.

Dr. Preetha Krishnan, NP, PhD, WRHA, LTC

CONCURRENT SESSIONS F 1:15 – 2:15 PM

F1 – Bringing the Calm: The Death Doula Approach to Setting the Scene for Active Dying

Michelle will share from her experience about different common situations that occur all too often when a person is approaching the active dying phase, and how to help them and their loved ones approach this time differently. Many do not know what to look for when it comes to differentiating between their loved one slowly declining versus entering the active dying phase. Knowing when and how to set the scene for active dying can make a difference for the dying and for their loved ones.

Michelle Leray, Death Doula, The Spirit Guided Path

F2 – Changing the Conversation: Transforming Palliative Care for the Future

Through interactive discussions, case studies, and shared lived experience, this workshop aims to inspire attendees to become catalysts for change within their respective roles and communities, driving forward the mission of transforming palliative care for the future.

Dr. Nadine Persaud, PhD, MSW, BSW, RSW

**F3 – Vicarious Trauma within Palliative care medicine:
Its ok, not to be ok**

This presentation will address identifying vicarious trauma effects in the setting of palliative care. We will look at the challenges faced and the implications these experiences carry in affecting caregiver’s quality of life. Focus will be on raising awareness in identifying signs and symptoms of vicarious trauma within oneself and others. Through reviewing various modalities of treatment, we will identify ways to prevent and work with vicarious trauma.

Dr. Tharaga Kugathanan, CCFP(CP)

**KEYNOTE SPEAKER
2:30 – 3:30 PM**

DAVID ZINGER

David Zinger taught counselling and educational psychology at the University of Manitoba. His Master’s

Thesis was on humour in counselling. He wrote 4 books and countless blog posts and articles. David is the father of 3 adult children and he often looks after Benji, his daughter's small dog, while Benji actually believes he is looking after David.



**YOU MUST BE JOKING. HUMOUR
AND PLAY IN AGEING, ILLNESS, DEATH, AND GRIEF**

This keynote will remind, invite, and encourage you to see the potential and practices of humour and playfulness in ageing, illness, death, and grief both as someone experiencing these phenomena or someone offering help. David will use stories and examples to invite you to broaden and engage in playfulness. Charlie Chaplin once stated, “life is a tragedy in close up and a comedy in long shot.” How long does it take you to get a long shot?



REGISTRATION SAVINGS!

	1 DAY	2 DAY
REGULAR	\$250	\$470
PALLIATIVE MANITOBA MEMBER ¹	\$230	\$425
STUDENT ² /VOLUNTEER ³	\$180	\$335

¹Maximum 2 delegates per Palliative Manitoba Association (group) membership, as authorized by member contact.

²Proof of full-time student status required with registration.

³Letter from Volunteer Coordinator verifying 24 hours of volunteer service in palliative care in last 12 months required with registration.

REGISTER EARLY & SAVE AN ADDITIONAL 15%!

EARLY BIRD
(Until July 31st)

REGULAR	\$395
MEMBER	\$360
STUDENT/VOLUNTEER	\$285

REGISTER ONLINE AT WWW.PALLIATIVEMANITOBA.CA

CONFERENCE DELEGATE REGISTRATION FORM

Deadline: September 12, 2024



CONTACT INFORMATION

Name: _____ Pronouns: _____
Organization: _____ Title: _____
Mailing Address: _____
City: _____ Province: _____ Postal Code: _____
Phone: _____ Email: _____

DIETARY REQUIREMENTS

Gluten-Free Vegetarian Allergies? Please specify: _____

DEMOGRAPHIC INFORMATION (Optional)

By completing the section below, you help make sure our programs reach the entire community and report accurate numbers back to our funding partners, ensuring continued annual support. All information is kept confidential and is anonymously combined prior to reporting to other organizations.

Self Declaration: Indigenous Immigrant/Refugee Disability Single Parent Family
Age: 7-17 18-21 22-29 30-54 55-64 65+

REGISTRATION

CONCURRENT SESSION CHOICES

	REGULAR	MEMBER	STUDENT/ VOLUNTEER	THUR., SEPT. 19	FRI., SEPT. 20
1 DAY	<input type="checkbox"/> \$250	<input type="checkbox"/> \$230	<input type="checkbox"/> \$180	Block A: _____	Block D: _____
2 DAY	<input type="checkbox"/> \$470	<input type="checkbox"/> \$425	<input type="checkbox"/> \$335	Block B: _____	Block E: _____
EARLY BIRD 2 DAY (Until July 31)	<input type="checkbox"/> \$395	<input type="checkbox"/> \$360	<input type="checkbox"/> \$285	Block C: _____	Block F: _____

PAYMENT INFORMATION

Cheque (payable to Palliative Manitoba indicating attendee's name.) Please invoice me
 Visa MasterCard Card Number: _____ Exp.: _____
Cardholder's Name: _____ Signature: _____

- Full payment must accompany registration form. Registrations will not be processed until payment is received.
- Receipts will be mailed out prior to Conference.
- Refunds are subject to a \$40.00 processing fee. No refunds after September 12, 2024.
- \$10 fee for registrations received after September 12, 2024.