



National Initiative for the Care of the Elderly

End-of-Life Care Issues Theme Team

Number 6 – September 2010

Co-Chairs' Corner

We are very pleased to provide you with the sixth edition of our NICE End-of-Life Issues Theme Team Newsletter. We hope this quarterly publication for Theme Team members will help us all to keep in touch and to inform each other about recent Theme Team activities and achievements. The Newsletter is open to all members of the Theme Team who wish to contribute and/or announce an event of common interest – please do drop us a line.

Re-Design

Our very popular end-of-life issues caregiver brochure has been re-designed for the 2010 NICE Knowledge Exchange:

What To Expect When Someone Close To You Is Dying



(http://www.nicenet.ca/files/EOL_pdf.pdf)

It is now also available in Cantonese, French and Spanish. The caregiver tool is distributed via the Victorian Order of Nurses (VON), our partner, all across Canada.

The capacity and consent tool with regard to advance directives for the Province of Ontario is also available via NICE's website (http://www.nicenet.ca/files/NICE_Capacity_and_Consent_tool.pdf) and work on validation for many provinces and territories across Canada continues under the stewardship of Judith Wahl of the Advocacy Centre for the Elderly (ACE).

Welcome

The NICE End-of-Life Issues Theme Team would like to welcome Ms. Laura Booi (University of British Columbia, 1st from left) and Ms. Stacey Karp (Queens University, 1st

from right) as NICE Student Mentorship Program awardees for 2010/2011:



The photo also shows Maryse Savoie (2nd from left), Christopher Klinger and NICE's Scientific Director, Dr. Lynn McDonald (2nd from right).

NICE Knowledge Exchange 2010

The 2010 NICE Knowledge Exchange took place on June 28 and 29 at the University of Toronto. Drs. Lucia Gagliese of the University Health Network (UHN) and Denise Marshall of McMaster University were the Theme Team keynote speakers (for details please see following page). Knowledge translation to the long-term care sector and end-of-life issues in dementia care will be foci of the Theme Team for the coming years alongside the continuing work on pain assessment/management.

World Hospice Palliative Care Day Special Lecture – in collaboration with NICE

The Institute for Life Course and Aging at the University of Toronto will again be hosting a World Hospice and Palliative Care Day Special Lecture on September 30, 2010. For further information and webcast details please visit: <http://www.aging.utoronto.ca>.

CHPCA Conference - Save the Date

The Canadian Hospice Palliative Care Association Conference will take place October 27 to 30, 2010 in Ottawa, ON. Please register early and plan to stop by at the NICE booth! Link: <http://conference.chpca.net/>.

We are looking forward to seeing you all in Ottawa in October,

Chris and Maryse

Theme Team Keynote Presentations (2010 NICE Knowledge Exchange, Toronto, ON)

By Stacey Karp, NICE Student Program Mentee

The second day of the Knowledge Exchange had arrived and I eagerly took my seat during the EOLITT session. I was so very inspired by the calibre of speakers over the previous day and a half. I trusted that this session would be no exception and indeed it met my expectations (and then some).

The two speakers Drs. Denise Marshall and Lucia Gagliese shared their passion for end-of-life palliative care through presenting on innovations to delivering care and assessment of pain in older persons, respectively.

Dr. Denise Marshall's presentation "Enhancing primary care capacity to deliver quality, population based Palliative Care: The Niagara West Shared Care Model" provided us with a clear example of an interprofessional team working together to provide integrated and seamless shared care.

Dr. Marshall set the stage by providing an overview of the "needs" related to rural palliative care services and the need to enhance palliative care education of primary care providers. She then introduced us to a project funded by the Primary Health Care Transition Fund: "The overall goal of the program was to enhance family physician capacity to deliver palliative home care through collaboration with interprofessional palliative care specialists in a shared-care model. Specifically, this goal entailed improving access to palliative care through the use of screening criteria and case finding in family practice offices; improving primary care physicians' knowledge, skills, and confidence in providing palliative care through practice-based education and shared clinical care with palliative care experts; and improving the quality of palliative home care through specialist team enhancements... The palliative care team included a full-time palliative care advanced practice nurse (APN), a part-time palliative medicine physician (PMP), a psychosocial-spiritual advisor, a bereavement counsellor, and a full-time Community Care Access Centre (CCAC) case manager. Self-selected "Physician Practice Leaders" from each of the 3 family practice groups involved in the project were mentored by the Enhanced Palliative Care Team in palliative care knowledge and skills and given

support to attend training courses" (Marshall, D., et al., 2008).

100% of family physicians in the region were successfully recruited to the project and the final results "demonstrated that a home-based, shared-care model can accommodate patients' preferences for place of death more often than more traditional models" (ibid).

The second speaker, **Dr. Lucia Gagliese** provided us with an informative overview of **pain assessment in older persons.**

Dr. Gagliese presented evidence "for several unique characteristics of geriatric pain: difficulty using Visual Analog Scales, increased vulnerability to neuropathic pain, decreased vulnerability to acute pain related to visceral pathology, prolonged recovery from tissue and nerve injury, including prolonged hyperalgesia, and differences in the relationships among psychosocial factors important in adjustment to chronic pain" (Gagliese, L., 2009).

Dr. Gagliese went on to highlight the need for a standardized pain assessment tool that includes the following components of pain assessment: severity, quality, location, duration, pattern, history, disease characteristics, physical examination, and exacerbation triggers. At this time the most widely recommended pain intensity scale is the Numeric Rating Scale 0-10 (NRS). The NRS is the easiest to administer and the most accurate. The least useful assessment tool is the Visual Analog Scale. She also shared with us that observational methods of pain assessment should be used in older adults with cognitive impairment (Ex. Pain Assessment Checklist for Seniors with Limited Ability to Communicate (PACSLAC)).

Overall, these two speakers were highly informative and I feel inspired and grateful to be entering into the NICE 2010-2011 Student Mentorship Program with the End-of-Life Issues Theme Team (EOLITT).

References:

Gagliese, L. (2009). Pain and aging: The emergence of a new subfield of pain research (critical review). *The Journal of Pain*, 10(4), pp. 343-353.

Marshall, D., et al. (2008). Enhancing family physician capacity to deliver quality palliative home care. *Canadian Family Physician*, 54(12), pp. 1703-1703.e7.



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Équipe-thème - Soins en fin de vie

Numéro 6 – Septembre 2010

Mots des co-présidents

Nous sommes heureux de vous présenter la seizième édition de notre bulletin destiné aux membres de l'Équipe thème - Soins en fin de vie. Nous souhaitons que ce bulletin, publié quatre fois l'an, soit un moyen de maintenir les liens entre nous et de nous tenir informer sur les nouveautés et les développements en cours. Ce bulletin est ouvert à tous, n'hésitez pas à partager vos réalisations, idées ou commentaires.

Nouveau Look

Notre très populaire brochure a changé de look à l'occasion de la rencontre annuelle 2010 de NICE:

Pour aider un proche en fin de vie



(http://www.nicenet.ca/files/EOL_pdf.pdf)

La brochure est aussi disponible en version cantonaise, anglaise et espagnole. L'Ordre des infirmières de Victoria (VON) est notre principale partenaire de distribution à travers le Canada.

Association canadienne des soins palliatifs

L'Association canadienne des soins palliatifs tiendra son congrès annuel du 27 au 30 octobre 2010 à Ottawa. Inscrivez-vous et passez nous visiter au kiosque NICE, nous serons sur place: <http://conference.chpca.net/>.

Conférence pour la Journée mondiale des soins palliatifs – en collaboration avec NICE

L'Institut for Life Course and Aging de l'Université de Toronto organise, encore une fois cette année, une conférence dans le cadre de la Journée mondiale des soins palliatifs qui aura lieu le 30 septembre, 2010. Pour info : <http://www.aging.utoronto.ca>.

Bienvenue

Notre équipe est heureuse d'accueillir les lauréates de l'édition 2010-2011 du programme de mentorat NICE pour étudiants, Madame Laura Booi, (Université de la Colombie-Britannique, 1ère à gauche) et Madame Stacey Karp (Université Queens, 5^{ème} à droite)



Aussi sur la photo, Maryse Savoie (2^{ème} à gauche), Christopher Klinger et Lynn McDonald, 4^{ème} à droite).

Rencontre annuelle NICE 2010

La rencontre annuelle NICE, portant sur l'échange des connaissances, a eu lieu les 28 et 29 juin dernier à l'Université de Toronto. Lucie Gagliese, PhD de l'University Health Network (UHN) et le Dr Denise Marshall de l'Université McMaster étaient les conférencières invitées pour notre équipe. Lors de notre assemblée annuelle, il a été décidé que le transfert de connaissance en soins de longue durée et les soins en fin de vie auprès de la clientèle souffrant de démence seraient les principaux enjeux au cœur de nos travaux pour les prochaines années. Bien sûr, nous poursuivons nos initiatives dans le domaine de l'évaluation et de la gestion de la douleur.

Nous vous donnons rendez-vous à Ottawa en octobre,

Maryse et Chris