



Covenant
Health

*Compassionate care led
by Catholic values*

22nd Annual
Palliative Care Conference
Education and Research Days
24th & 25th October 2011



Objectives For This Conference Are To:

- Heighten awareness of palliative care needs in our community.
- Increase knowledge of the mechanisms of physical, emotional, spiritual & social distress in those living with a life-limiting illness
- Provide better understanding of all methods of controlling symptoms of life-limiting disease.
- Improve the understanding of family centered care.
- Improve understanding and support for the interdisciplinary approach.
- Heighten awareness of compassionate values and moral decision-making in Palliative Care.
- Create a supportive environment to enhance staff wellness.
- Provide opportunity for interaction between colleagues in Palliative Care.
- Provide a forum for new research both in progress and completed.

Conference Feature Events

The Paula Brindley Healing Room is generously sponsored by Pilgrims Hospice to experience Reiki, Reflexology, Acupressure, or Massage.

An Invitation to paint with artist Monk

We would like to thank our participating sponsors

Caritas Hospitals Foundation
McEwan Community College
Market Drugs Medical
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Purdue Pharma
Valeant Canada
Nestle Canada

Paladin Labs
Pfizer
Sanofi-Aventis
Medical Mart
R&D Healthcare Products and
Blue Leaf Healthcare
Canadian Virtual Hospice

Speakers

Berg, Bev, MSW, RSW, Coordinator – Advanced Care Planning Team, AHS – Calgary Zone, Calgary

Brajtman, Susan, RN, PhD, Associate Professor, University of Ottawa School of Nursing, Research Scientist, Ottawa

Burton MacLeod, Sarah, MD, Assistant Clinical Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton

Cory, Shelly, MA, Executive Director, Canadian Virtual Hospice, Winnipeg

De Kock, Ingrid, MD, Associate Clinical Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton

Dobson, Miriam, RN, BScN, Clinical Nurse Educator, Palliative End of Life Care, Covenant Health, Edmonton

Elliott, Debbie, RN, BScN, MEd, CMSN (C) Director-Surgical Services, Misericordia Community Hospital, Covenant Health, Edmonton

Fothergill-Bourbonnais, Frances, RN, PhD, Professor University of Ottawa School of Nursing, Ottawa Hospital, Palliative Care Institute, Ottawa

Hearson, Brenda, RN, MN, CHPCN(C) Clinical Nurse Specialist, Canadian Virtual Hospice, Winnipeg

Janzen, Catherine, RN, MN, Clinical Nurse Specialist, Palliative Consult Team, AHS-Calgary Zone, Calgary

Joy, Anil, MD, Associate Professor, Faculty of Medicine & Dentistry, Department of Medical Oncology, University of Alberta, Edmonton

Kennedy, Bruce, BSc (Pharm) - Palliative Care, Fraser Health Authority, Surrey Memorial Hospital, Surrey

Kulas, Gail, RN, MN, CHCPN (c), CON (c) Nurse Practitioner, Medicine Program, Covenant Health – Grey Nuns Hospital, Edmonton

Longfield, Katrina, RN, MAEd (Cand) Palliative Care, Princess Margaret Hospital, Toronto

McDonald, Arlene, RN, Nurse Consultant, AHS – Edmonton Zone – Palliative Care Program, Edmonton

McPherson, Christine, RN, PhD, Assistant Professor University of Ottawa School of Nursing, Ottawa Hospital, Palliative Care Institute, Ottawa

Mirhosseini, Noush, MD, Assistant Clinical Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton

Paches, Debra, RN, BScN, GNC(c), Glenrose Rehabilitation Hospital, AHS, Edmonton

Pritchard, Zinia, BA, MA, DMin(Cand), Chaplain, Covenant Health, Tertiary Palliative Care Unit, Grey Nuns Community Hospital, Edmonton

Puchalski, Christina, MD., MS, Executive Director of the George Washington Institute for Spirituality and Health, Washington, DC.

Sample, Eve, BSc (Pharm) - Palliative Care, Fraser Health Authority, Hospice Palliative Care, Surrey Memorial Hospital, Surrey

Sondermann, Margot, BScPT, Med. Clinical Specialist End of life care for COPD Population-Palliative Consult Team, AHS-Calgary Zone, Calgary

Thai, Vincent, MD, Associate Clinical Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton

Tycholiz, Jamie, RN, Nurse Consultant, AHS – Edmonton Zone – Palliative Care Program, Edmonton

Vig, Chandra, RN, BN, Education Consultant – Advanced Care Planning Team, AHS – Calgary Zone, Calgary

Watanabe, Sharon, MD, Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton

Wityk Martin, Tracy Lynn, MSc, Quality Improvement Specialist – Advanced Care Planning Team, AHS – Calgary Zone, Calgary

Yerex, Tricia, B Comm (Hons), Manager, Marketing & Stakeholder Relations

Christina Puchalski



Dr. Puchalski is a Professor of Medicine and Health Sciences at The George Washington University School of Medicine. She is an active board-certified clinician in Internal Medicine and Palliative Care. The cornerstone of her practice in internal medicine and geriatrics is integrating patients' spiritual beliefs into their care, and addressing sensitive medical issues facing seriously ill patients. Dr. Puchalski's work in the field of spirituality and medicine encompasses the clinical, the academic, and the pastoral application of her research and insights. Dr. Christina Puchalski is a pioneer and leader in the movement to integrate spirituality into healthcare in both the clinical setting and in medical education. She has received numerous awards and is widely published. In May 2011 she received the Outstanding Colleague Award from the National Association of Catholic Chaplains for her support of the profession of chaplaincy and her advocacy for the expertise of the board certified chaplain on the multidisciplinary care team. She is a Fellow of the American College of Physicians and a member of Alpha Omega Alpha (ΑΩΑ) medical honor society. She also is a member of a contemplative lay order, The Secular Discalced Carmelites.

Christine McPherson, Susan Brajtman and Frances Fothergill-Bourbonnais



Dr. McPherson is a health psychologist and registered nurse who acquired her Ph.D. from the Institute of Palliative Care and Policy at King's College, London (UK). She is an associate professor in the School of Nursing at the University of Ottawa. Her main areas of research are family caregiving, symptom management and psychosocial issues in the context of advanced disease. Her research has included systematic reviews in communication, provision of palliative care and psychosocial interventions for people with cancer for the NHS Centre for Reviews and Dissemination (UK). She is currently the development lead on the Registered Nurses of Ontario Association Best Practice Guidelines for end-of-life care. She is also a founding member of the Nursing Palliative Care Research and Education Unit, University of Ottawa.



Dr. Susan Brajtman is an Associate Professor in the School of Nursing in the University of Ottawa and an Associate Research Scientist at the Élisabeth Bruyère Research Institute. She is a graduate of the Royal Victoria Hospital School of Nursing, McGill University, and De Montfort University in England. From 1984 till 2002 she lived in Israel, where her clinical experience involved community health nursing on a kibbutz, and clinical and administrative experience in palliative care as the Head Nurse of the Palliative Care Unit of Hadassah University Hospital in Jerusalem. Her research interests include end-of-life delirium, enhancing education in end-of-life care, and interprofessional education and practice. She is Co-Director of the Nursing Palliative Care Research and Education Unit, University of Ottawa.



Dr. Frances Fothergill-Bourbonnais is a full professor in the School of Nursing, Faculty of Health Sciences, University of Ottawa. She joined the University in 1976 and teaches at both the undergraduate and graduate level. Her teaching has been in the area of life threatening and complex health problems such as trauma, as well as a focus on palliative care. Her research has centered on pain and symptom assessment of patients as well as various aspects of intensive care nursing. Frances has also explored the learning needs of nursing students and educators related to palliative care. She is the co-director of the Nursing Palliative Care Research and Education Unit, University of Ottawa.

Katrina Longfield



Katrina is a Registered Nurse who obtained her diploma of nursing in New Zealand; she went on to obtain her BScN at York University in Toronto. She is currently enrolled in the Master of Arts in Education degree program at Central Michigan University. Katrina spent 12 years working as a staff nurse in various downtown Toronto emergency departments. After caring for a family member who was living with a terminal illness, Katrina developed an interest in palliative care and for the past 7 years, has worked as a staff nurse at the Princess Margaret Hospital (PMH). Her interest in providing exceptional palliative care for patients and their families and transferring knowledge and skill to colleagues, has led Katrina to become involved in the many activities that enhance palliative care at PMH. Katrina teaches a 'Living with Dying' course at George Brown College and co-facilitates palliative education days at PMH. She is the 2010 recipient of the PMH Professional Development Award and in 2009 received the Frank Gerstein Charitable Foundation Advanced Education Award for Palliative Care Nursing at Princess Margaret Hospital.

Debbie Elliott



Debbie has been a Registered Nurse since the days of glass thermometers and has worked in health care for 36 years. She has a baccalaureate degree in nursing and a master's degree in education. She currently works at the Misericordia Community Hospital in Edmonton where she is the Director of Surgical Services. She believes in and practices balance in her life and having fun in all that she does. For fun Debbie likes to spend some time each year under a palm tree, spend time with family and friends and experience something new. She has a husband of 25 years, a 20 year old son and a Miniature Schnauzer named Beau.

MONDAY, OCTOBER 24th 2011

0745-0815 Registration

0815	Welcome	Patrick Dumelie, President, Covenant Health
0845-0945	Plenary Address	Spirituality in Palliative Care – Abstract Science or Health Art? Christina Puchalski

0945-1015 COFFEE/ POSTERS

1015-1115

A1	Practical Issues in Palliative Care	Advance Care Planning and Goals of Care in the Calgary Zone: Looking Back & Moving Forward Bev Berg / Chandra Vig / Tracy Lynn Wityk Martin
A2	Trends & Issues in Palliative Care	Pain 101 Vincent Thai / Sharon Watanabe
A3	Psychosocial/ Spiritual	Caring for the Palliative Care Provider Christina Puchalski
A4	Collaboration in Care	Seniors Delirium Protocol Debra Paches

1120-1220

B1	Collaboration in Care	Breast Cancer Anil Joy
B2	Trends & Issues in Palliative Care	Palliative Pharmacotherapy Tip Tripping Bruce Kennedy / Eve Sample
B3	Psychosocial/ Spiritual	Spiritual Phenomenon at the End-of-Life – Real or Imagined? Catherine Janzen / Margot Sondermann
B4	Advancements in Palliative Care	Canadian Virtual Hospice: Supporting Day-to-Day Clinical Excellence Brenda Hearson / Shelly Cory / Tricia Yerex

1230-1325 LUNCH – Ballroom

1330-1430	Plenary Address	Harnessing the Winds of Change: Bringing Nursing Knowledge Forth to Advance Research, Education and Practice in Palliative/End-of-Life Care Christine McPherson / Susan Brajtman / Frances Fothergill-Bourbonnais
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1430-1445 COFFEE/POSTERS

1445-1615

C1	Practical Issues in Palliative Care	Managing Nausea Gail Kulas
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C2	Collaboration in Care	Rural Palliative Care Jamie Tycholiz / Arlene McDonald
C3	Psychosocial/ Spiritual	The Presence of Compassion Fatigue in Palliative Care Katrina Longfield
C4	Advancements in Palliative Care	Creating Opportunities for Nursing Research and Education in Palliative/End-of-Life Care Christine McPherson / Susan Brajtman / Frances Fothergill-Bourbonnais

1615-1730 POSTER SESSION / WINE AND CHEESE

TUESDAY, OCTOBER 25th 2011

0800-0830 Registration

0830	Welcome	Karen Macmillan, Senior Operating Officer, Grey Nuns Community Hospital, Covenant Health
0900-1000	Plenary Address	Speaking to the Children of Dying Patients Katrina Longfield

1000-1025 COFFEE/POSTERS

1030-1200

A1	Practical Issues in Palliative Care	Difficult Cases in Palliative Care Ingrid De Kock / Noush Mirhosseini
A2	Trends & Issues in Palliative Care	What, When and How to Taper Off Medications at End of Life Eve Sample / Bruce Kennedy
A3	Psychosocial/ Spiritual	The DN-SAT: A Dark Night Model for Spiritual Assessment in Palliative Care Zinia Pritchard
A4	Advancements in Palliative Care	a) Symptom Management for End Stage ALS Patients Sarah Burton MacLeod b) End of Life Pathway, Enhancing Care within Covenant Health Miriam Dobson

1200-1255 LUNCH – Ballroom

1300-1400	Plenary Address	TBA
1405-1500	Closing	Humor: The Power of Fun Debbie Elliott