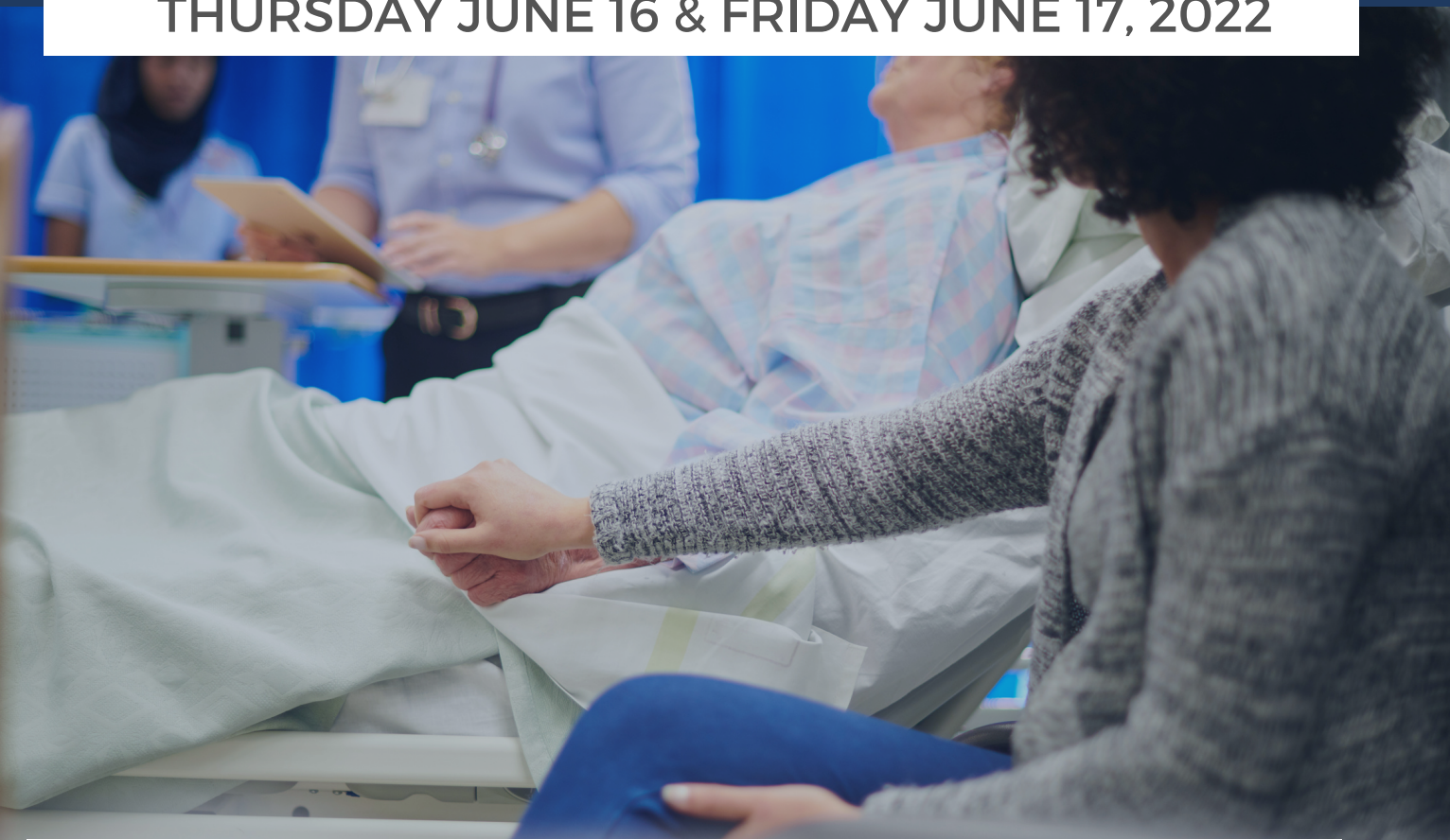


PALLIATIVE CARE IN PRACTICE



A Practical, 2-Day Continuing Professional
Development Event for NPs & their MD/PA colleagues

THURSDAY JUNE 16 & FRIDAY JUNE 17, 2022



Residence Inn by Marriot, Kingston

PROGRAM AGENDA

DAY 1

Thursday, June 16, 2022

7:30 AM - 8:00 AM

Registration and Continental Breakfast

8:00 AM - 8:30 AM

Palliative Care is Everybody's Responsibility: An Introduction to Palliative Care

Valerie Cooper and Dr. Craig Goldie

8:30 AM - 10:00 AM

Pain Management in Palliative Care

Dr. Craig Goldie

10:00 AM - 10:15 AM

Nutrition Break

10:15 AM - 11:00 AM

Cases: Pain Management

Dr. Craig Goldie

11:00 AM - 12:00 PM

End of Life Communication: Advance Care Planning & Goals of Care

Dr. Danielle Kain and Dr. Chris Frank

12:00 PM - 12:45 PM

Lunch

12:45 PM - 2:00 PM

Palliative Care for Non-Malignant Serious Illness

Dr. Danielle Kain

2:00 PM - 2:45 PM

Cases: Non-Malignant Serious Illness

Dr. Danielle Kain

2:45 PM - 3:00 PM

Nutrition Break

3:00 PM - 4:00 PM

Treating Nausea/Vomiting and Bowel Obstruction

Dr. Jean Mathews

4:00 PM - 4:45 PM

Constipation and Anorexia/Cachexia

Dr. Jean Mathews

LEARNING OBJECTIVES

The participant will:

- Review palliative models of care
- Describe various organizational structures of palliative care teams in different locations, including BowTie and national framework standards
- Discuss pain, nociception, and basic pain ladder
- Review different opioid formulations, dosing, rotation and side effects
- Review strategies for particular types of pain
- Practice using palliative pain management strategies, including opioids, adjuvants in group case-based discussions
- Review the definitions and legal framework of advance care planning, goals of care, and consent
- Highlight the benefits of early advance care planning
- Provide resources and tools for decision-making
- Discuss the need for and role of palliative care in non-malignant conditions: cardiovascular, respiratory, renal, and neurologic
- Practice using palliative symptom management strategies for non-malignant diseases in group case-based discussions
- Review the prevalence and causes of malignant bowel obstructions
- Discuss treatment of partial and complete malignant bowel obstruction
- Practice using palliative care strategies for management of bowel obstructions in group case-based discussions
- Review the pharmacologic and non-pharmacologic approaches to nausea and vomiting
- Practice initiating and changing antiemetics in group case-based discussions
- Review the pharmacologic and non-pharmacologic approaches to constipation and diarrhea
- Discuss prevalence and management of anorexia/cachexia in palliative patients
- Practice using palliative care strategies for management of bowel concerns in group case-based discussions

PROGRAM AGENDA

DAY 2

Friday, June 17, 2022

7:30 AM - 8:00 AM

Continental Breakfast

8:00 AM - 9:00 AM

Delirium in Palliative Care
Dr. Anna Voeuk

9:00 AM - 10:00 AM

Continuous Palliative Sedation Therapy and Definition of MAiD
Dr. Anna Voeuk

10:00 AM - 10:15 AM

Nutrition Break

10:15 AM - 10:45 AM

What is Grief?
Kelly Bell

10:45 AM - 11:15 AM

Spiritual Assessment
Tim De Jonge

11:15 AM - 12:30 PM

Dying of Old Age? Caring for People with Frailty or Dementia
Dr. Chris Frank

12:30 PM - 1:15 PM

Lunch

1:15 PM - 2:00 PM

Emergencies in Palliative Care
Dr. Adrienne Selbie

2:00 PM - 2:30 PM

Common Symptoms at End of Life
Dr. Adrienne Selbie

2:30 PM - 2:45 PM

Nutrition Break

2:45 PM - 4:00 PM

Home Supports & Practical Tips
Dr. Majid Iqbal

4:00 PM - 4:30 PM

Wrap-up and Closing Remarks
Dr. Leonie Herx

LEARNING OBJECTIVES

The participant will:

- Review the diagnosis of delirium in palliative care
- Discuss the assessment and management of delirium to meet the patients' goals of care
- Discuss the terminology and definitions related to palliative sedation
- Review guidelines & recommendations for use of palliative sedation
- Contrast palliative sedation with MAiD
- Discuss the provision of bereavement and grief follow-up
- Describe the importance of spirituality in holistic care
- Review the use of standardized tools to elicit a spiritual history
- Discuss how palliative care principles can be incorporated into the care of patients with frailty or dementia
- Identify and describe emergencies in palliative care and how to manage them in various settings
- Review the trajectory of imminently dying patient and the management of symptoms during this phase
- Discuss integration of resources and supports required to support end-of-life care in the home
- Review opportunities and challenges associated with providing palliative care

SPEAKERS

Kelly Bell, RSSW, MSc in Aging & Health, Community Care & Bereavement Coordinator, Hospice Kingston

Valerie Cooper, MN, NP-Adult, CHPCN(C), Nurse Practitioner, Hospice Palliative Care Program, Home and Community Care Support Services South East

Tim De Jonge, M.Div., Spiritual Health Practitioner at Kingston General Hospital, Registered Psychotherapist, CRPO, Certified Spiritual Care Practitioner, CASC

Christopher Frank, MD, FCFP(COE, PC), Professor, Division of Geriatric Medicine, Department of Medicine, Queen's University

Craig Goldie, MD, CCFP(PC), FRCPC, Assistant Professor, Division of Palliative Medicine, Departments of Oncology, Medicine, and Family Medicine, Queen's University

Leonie Herx, MD, PhD, FCFP(PC), Associate Professor, Division Chair and Connell Chair, Division of Palliative Medicine, Department of Medicine, Queen's University

Majid Iqbal, MD, PhD, CCFP(PC), Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

Danielle Kain, MA, MD, CCFP(PC), Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

Jean Mathews, MBBS MD, Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

Adrienne Selbie, MD, CCFP(PC)

Anna Voeuk, MD, MPH, CCFP(PC), FCFP, DTM&H, Assistant Professor, Division of Palliative Medicine, Department of Medicine, Queen's University

PROGRAM PLANNING COMMITTEE

Valerie Cooper, MN, NP-Adult, CHPCN(C), Nurse Practitioner, Hospice Palliative Care Program, Home and Community Care Support Services South East

Craig Goldie, MD, CCFP(PC), FRCPC, Assistant Professor, Division of Palliative Medicine, Departments of Oncology, Medicine, and Family Medicine, Queen's University

Leonie Herx, MD, PhD, FCFP(PC), Associate Professor, Division Chair and Connell Chair, Division of Palliative Medicine, Department of Medicine, Queen's University

Jenni-Ann Logan, RN, CHPCN (C), Palliative Pain & Symptom Management Consultant, Home and Community Care Support Services South East

Shannon McKennitt, BNSc, MN, NP-PHC

Eleftherios Soleas, PhD, OCT, BScH, Bed, Director of Continuing Professional Development, Professional Development & Educational Scholarship, Faculty of Health Sciences, Queen's University

Richard van Wylick, MD, FRCPC, Associate Professor, Department of Pediatrics, Associate Dean, Continuing Professional Development, Queen's University



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