

Palliative and End-of-life Care

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**You matter because
you are you, and you
matter to the end of
your life. We will do
all we can not only to
help you die
peacefully, but also
to live until you die.**

Dame Cicely Saunders



Palliative Care

“Improve the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.”

World Health Organization (WHO)

Palliative Care aims

Relieve
suffering

Address
holistic
issues

Support self-
determined
life closure

Help cope
with loss and
grief

Treat all
active issues
& promote
meaningful
experiences



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Palliative Care in Long-Term Care

What are the differences between:

Acute care

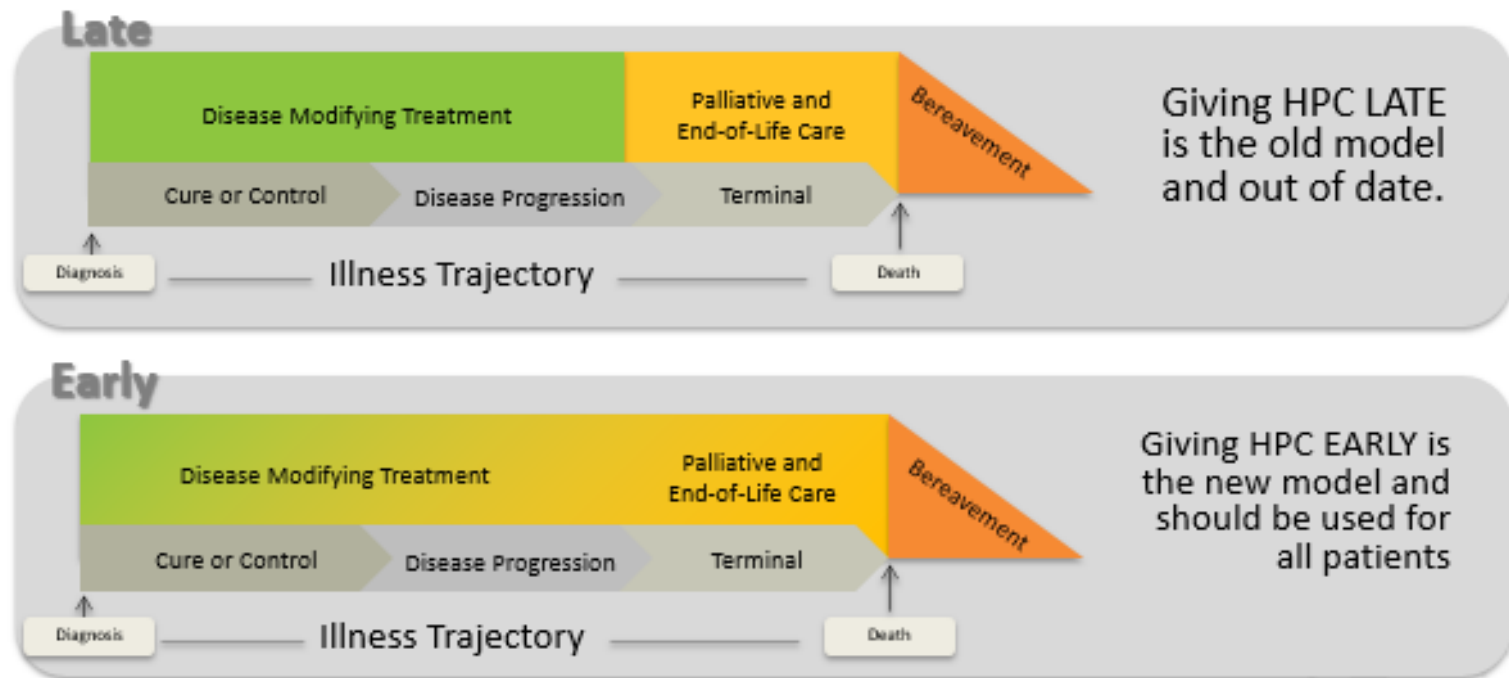
Hospice care

Long-term care

Seniors living



Early Palliative Care



Naming Our Values

Our ultimate goal, after all, is not [only] a good death but a good life to the very end.

Atul Gawande (*Being Mortal*)



**What do I need to know
about you as a person to
give you the best care
possible?**

Harvey Max Chochinov
(Dignity Therapy)

*How do we
create a
meaningful visit?*



End-of-Life (EOL)

The final phase of life when the resident has weeks, days or hours to live

Momentum of change

- *How much time is left?*
- *When will they die?*



How do I know they are dying?



- Energy loss and drowsiness
- Decreased/minimal intake of food/fluids
- Breathing changes and terminal secretions
- Changes in responses

Care of Others, Care of Self



Perley Health Resources

- SeeME™
- Goals of Care and Future Health and Personal Care Preferences
- Psychogeriatric and Palliative Care Team
- Spiritual Health
- Music Therapist
- Palliative care volunteers
- EOL order set
- Acute Health Event Management
- Palliative Care Quality Improvement Team
- Comfort care cart
- Comfort care chair
- Wreath
- Comfort care suite O2E
- Trained interprofessional team
- SIM training
- Palliative Care Education for all staff at orientation
- Medical Assistance in Dying (MAiD) support guide

Reflection

- What is energizing you?
- What is challenging you?

