



SASKATCHEWAN HOSPICE PALLIATIVE CARE ASSOCIATION

## President's Message – May 29, 2019

My time as President since taking over the helm in September of 2018 has been interesting and busy. With the assistance of Past-President Jean Morrison and our great group of Directors we revisited SHPCA's main objectives at a special meeting last fall. With the Pallium LEAP courses now being provided by the new Saskatchewan Health Authority, we are now focusing more on outreach to the public as well as medical professionals in rural Saskatchewan. Following is an update from SHPCA since the last AGM.

### Advocacy

The Compassionate Care Coalition of Saskatchewan (CCCS), comprised of a core group of charities in Saskatchewan, was created to engage government decision and policy makers to ensure Saskatchewan citizens have equitable access to quality Palliative Care. Meetings have been held with representatives from the Provincial Ministry of Health and with Sharon Garratt and Dr. Wahba representing the Saskatchewan Health Authority. We are currently in the process of setting up a meeting with Jeannie Munro, Executive Director of Primary Health Care with the Health Authority. Both the Ministry and the Health Authority have responded positively about building a relationship and collaborating with CCCS when Hospice Palliative Care issues and initiatives are being discussed. **As members of the Saskatchewan Hospice Palliative Care, you are an important part of this advocacy initiative.**

### Research

One of our new Directors, Dr. Kelly Penz, an Assistant Professor, College of Nursing at the University of Saskatchewan has agreed to lend her expertise to some research for SHPCA. To start with, Dr. Penz will analyze the results of the survey conducted last April with the results being circulated to all members when this work is completed.

### Education

SHPCA's main focus over recent years has been to provide the Learning Essential Approaches to Palliative Care (LEAP) courses to medical professionals in the province. We are delighted that the Saskatchewan Health Authority is now providing these courses on a continual basis throughout Saskatchewan. To assist the Health Authority during its re-organizational period, SHPCA has assisted St. Paul's Hospital in Saskatoon coordinate several LEAP Core courses early in 2018 and again in early 2019 in Saskatoon. We are in the process now of setting up several LEAP Core courses in Saskatoon during October and November so watch for further details in the SHPCA newsletter.

**NETWORKING | EDUCATION | ADVOCACY | RESEARCH**

PO Box 37053, RPO Landmark, Regina, SK S4S 7K3 [www.saskpalliativecare.ca](http://www.saskpalliativecare.ca)

## Networking/Communications

In addition to our advocacy work, we have continued with our quarterly "Seasons" newsletter as well as regularly updating the SHPCA website and continue with our very popular Facebook and Twitter presence.

SHPCA Directors facilitated two "Death Cafés in Regina, one in November 2018 and more recently in April 2019. These events continue to be well received with attendees asking for more events. The next Death Café is scheduled to be held in Weyburn on Thursday, June 13, 2019 from 6:30 to 8:30 pm at the Weyburn Public Library. SHPCA will continue to provide these events upon request from interested groups.

SHPCA was successful in receiving a microgrant from the South Saskatchewan Community Foundation (SSCF) to conduct a Vital Community Conversation. SHPCA Directors Carla Mitchell and Denise Séguin Horth hosted a "LIVE" Facebook event to collect information pertaining to SSCF and SHPCA. The program was designed to learn more about what matters in communities and how SSCF and others can help to make a difference. This program offered SHPCA the opportunity to request input around end of life care needs in rural areas of the province.

Our Provincial Conference is tentatively planned again for 2020! Watch for details.

## Membership

Membership dues are most often included in LEAP fees and Conference fees. Those attending the LEAP courses in Saskatoon and Humboldt earlier this year will have received membership in SHPCA and CHPCA for the current year. Please remember to renew your membership. The membership form is available on our website at [www.saskpalliativecare.org](http://www.saskpalliativecare.org).

## Looking Ahead

Yet another Director, Dr. Mahmood Beheshti has created a "**Standardization of Palliative Care Provided at Home Abstract**". The purpose of this project is to set standards for home based palliative care in order to provide quality care and reduce the costs of hospitalization through reduced admission rates. The standardization is achieved by using evidence-based checklists and diagnostic/management tools, both for professional care providers and patient families. The SHPCA Board is researching ways to assist Dr. Beheshti circulate this information. Watch for further details.

The Alberta Hospice Palliative Care Association has been very successful providing **Roadshows** as a way to support rural communities in Alberta who don't have the same access to palliative care and end-of-life education. Over the years Roadshow topics have been: "This Thing Called Grief: All Ages, All Cultures"; "We're All in this Together"; "Talking About the Touch Stuff"; The Final Journey: Becoming a Compassionate Companion".

## **Looking Ahead (Continued)**

Several of your SHPCA Directors have formed a Roadshow Committee to work out the details to provide a Roadshow in Saskatchewan. It is anticipated that the first Roadshow will be held in Shaunavon in October. Watch for further details.

I'd like to extend a very sincere thank you to all the Directors who provided input and support during the year. Your commitment, dedication and passion for hospice palliative care is apparent in everything that you do.