



SASKATCHEWAN HOSPICE PALLIATIVE CARE ASSOCIATION INC.

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Saskatchewan Hospice Palliative Care Association is making rural outreach a priority.



On September 12, we invited the Estevan community to St Joseph Hospital for a short PowerPoint presentation. We were able to share SHPCA's vision and mission, while hearing from those who attended, on their wishes for their community. SHPCA's presentation was followed by a Death Café.

What is a Death Café?

death with a view to helping people make the most of their (finite) lives. Participants can expect a safe place to discuss death freely without any expectations; a respectful and confidential space to express their views without judgement; a place to listen and share as little or as much as they want.

We were a small group of 5, who sat around a table enjoying tea, coffee, dainties and talking about death. It is always surprising that through deep sharing, there are also giggles and laughter. When we finished our coffee and talks, the room was filled with gratitude. The participants said they were glad and relieved to be able to speak openly and uncensored.

Although some participants had never heard of a Death Café, they left with these words: “When are you going to hold another Death Café, I want to bring my friends!”

We hope to be in your community next! If you are interested in helping a Director of SHPCA host a Death Café in your area, please contact Association Manager, B. Cail Maclean at info@saskpalliativecare.org or call 306-584-2526.

Meet Rob Gentes, Vice President of SHPCA

Born and educated in Saskatchewan, Rob Gentes obtained his Degree in Health Care Administration from the University of Saskatchewan and a Masters of Business Administration from the University of Regina. Rob completed the provincial Leadership Development program in 2010 and the Catholic Healthcare Leadership program in 2016.

Rob’s experience ranges from the Director of Finance at United Way of Saskatoon and then the former Moose Mountain Health Region to facility/program manager in Redvers SK, Manager in Mental Health and Addictions and serving in the administration fellow role at St Paul’s Hospital in the Saskatoon Health Region. He is currently the Director of Practitioner Staff Affairs for the Saskatoon Health Region.



youth and adults across the province and the framework for integration of Mental Health and Addiction Services. Most recently he helped lead the development of a new provincial payment methodology for physicians. He has always been passionate about developing collaborative partnerships and creating quality programs that improve the patient experience.

LEAP Sessions Report



**Learning Essential Approaches
to Palliative & End-of-Life Care**

We scheduled 2 LEAP Mini physician only sessions in September.

Unfortunately the one in Saskatoon on September 27 had to be cancelled due to lack of registrations. The one in Regina on September 21, 2017, on the day prior to and in conjunction with the Saskatchewan College of Family Physicians Conference will be taking place. No other LEAP courses are set up as yet for this fall. Watch for updates as they are posted on www.saskpalliativecare.org

If you are interested in bringing a Learning Essential Approaches to Palliative and End of Life Care (LEAP) Education session to your health region or community, please contact:

info@saskpalliativecare.org

or call Cail Maclean at 306-584-2526.

Update on Private Member's Bill C-277 "Act Providing for the Development of a Framework on Palliative Care in Canada"

The Senate will resume its study of Private Member's Bill C-277 this month. The 3rd reading was passed in the House of Commons in early June 2017.

Following is the CHPCA/CMA/CNA/CSPCP news release that was circulated when C-277 passed in the House of Commons:

(June 6, 2017 – Ottawa, ON) The Canadian Medical Association (CMA), the Canadian Nurses Association (CNA), the Canadian Society of Palliative Care Physicians (CSPCP) and the Canadian Hospice Palliative Care Association

reading in the House of Commons last week.

“We now look to the Senate to strongly support this initiative ensuring that a sound, pan-Canadian palliative care framework can be developed and implemented. As the national voice for hospice palliative care in Canada, the CHPCA is happy to see progress being made on the hospice palliative care policy front in Canada.”

CMA, CNA, CSPCP and CHPCA would like to thank Sarnia-Lambton Member of Parliament Marilyn Gladu for her tireless work on this issue, including her commitment to transcend partisan politics in the greater interest of seeing a quality piece of legislation pass in the House of Commons. Broad support by Members of Parliament from every political party, from members of the House of Commons Standing Committee on Health (HESA) and from the Minister of Health ensured that this important legislation was not allowed to die on the order paper.

"Everyone dies, yet access to palliative care in Canada remains inconsistent – and in far too many areas of the country – even non-existent," said Dr. Granger Avery, the CMA President. "Canada's doctors have pressed for a national strategy for palliative care to meet the needs of patients, as part of a comprehensive seniors strategy for Canada and we are encouraged that Bill C-277 will bring much-needed action."

"As registered nurses and nurse practitioners play a fundamental role in the care of palliative patients, the Canadian Nurses Association was pleased to support and contribute to the Health Committee's report on Ms. Gladu's important bill", said Barb Shellian, President of the Canadian Nurses Association. "Several of our proposed amendments for the development of a national framework on palliative care in Canada were adopted. CNA will continue to work with governments and organizations in establishing high-quality palliative care, accessible to all Canadians, in settings that best suit each individual's care needs."

"Between 1995 and 2010 the Senate has produced 5 separate reports about the importance of palliative care," said Dr. David Henderson, President of the Canadian Society of Palliative Care Physicians. "Much great work has been done and yet we are still in desperate need of improved access to quality palliative care. It is time we all roll up our sleeves and make this happen. If all of

families deserve this care.”

“We are thrilled that this important bill was passed at 3rd reading,” said Sharon Baxter, Executive Director of the CHPCA. “We now look to the Senate to strongly support this initiative ensuring that a sound, pan-Canadian palliative care framework can be developed and implemented. As the national voice for hospice palliative care in Canada, the CHPCA is happy to see progress being made on the hospice palliative care policy front in Canada.”

With C-277 moving to the upper chamber for consideration and review, all four organizations call on the Government continue to show support for this important legislation and to commit to a fully-funded plan, recognizing the value of a palliative care framework for Canada.

For a list of Senators' contact information to advocate for passage of the bill, go to www.sencanada.ca/en/contact/information/



Virtual Hospice materials like bookmarks, postcards, tissues, etc. are available to all professionals and the process of ordering **free** handouts for patients, families and colleagues has been made easier! Click on the link below and complete the automatic online order form. It's that simple!

<http://tinyurl.com/cvhorderform>

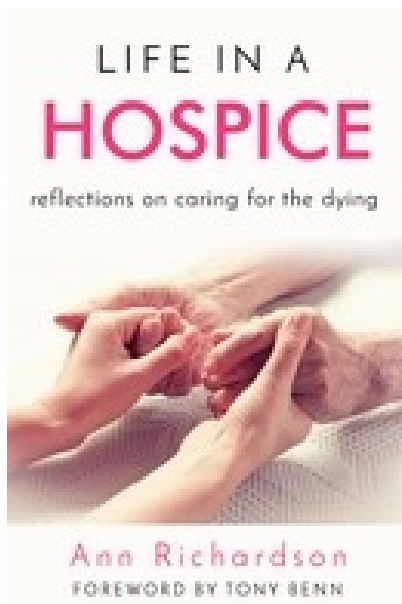
Last year Canadian Virtual Hospice launched four *free* online tools to support patients, their families and the health care providers who care for them:

MyGrief.ca – Helps people understand and work through their loss from the comfort of their home, at their own pace

LivingMyCulture.ca – Watch videos of people from 11 cultures sharing perspectives on living with advanced illness and grief (available in 11 different languages)

Methadone4Pain.ca – A free, accredited course on methadone for pain in palliative care for physicians, nurses and pharmacists (**UPDATE:** now mandatory in the province of British Columbia for obtaining a methadone exemption for use in palliative care, we are hoping other provinces and territories will follow suit)

Just a reminder about this excellent website that not only supports health professionals but provides Topics and Support for the public. Check it out [here](#).



Life in a Hospice; reflections on caring for the dying was written 10 years ago. The book has just been relaunched. It is based on very honest interviews with a variety of hospice staff, talking anonymously about the joys and challenges of their work and its impact on their lives.

Life in a Hospice was a considerable professional success. It had a Foreword by the late Tony Benn, MP, a lot of excellent reviews and was Highly Commended by the British Medical Association. But it was much too expensive. Expressly in order to make it more accessible, Ann Richardson has taken the rights back and republished it as an e-book for just under Can \$5.

See <http://amzn.to/2uLBBTk>. It can be read free of charge on Kindle Unlimited for those subscribed to that service. It is also a paperback, but for some reason it is not showing on Canadian Amazon. (see in US <http://amzn.to/2udLyll>)

This book is aimed at people who work in hospices (or who are thinking of

Although based on people providing end-of-life care in England, it could be argued that their experience would be little different from that of their counterparts elsewhere in the world.

Here is a link to the website www.lifeinahospice.com, where you can read a lot of reviews, but to make it easy, here are a couple that are pleasing:

"The simple reflections on complex areas of care resonate long after you have finished reading the book.", **Cancer Nursing Forum Newsletter, Royal College of Nursing**

"An easy-to-read book, which will surprise many readers with its lightness of touch, humanity and refreshing tone. I would recommend it to anyone who has worries about their own or a relative's care at the end of life.", **Dr Nansi-Wynne Evans, GP, for the BMA Medical Book Competition**

Send us your Hospice and Palliative Care related article submissions or events to go in the newsletter by clicking [HERE](#).

Events and Other Information

World Hospice and Palliative Care Day – October 14, 2017

Bereavement Day – November 21, 2017

Please join SHPCA in raising awareness about Hospice Palliative Care and Bereavement this fall. SHPCA will be sending notices to the press. CHPCA has a tool kit on their website with all the information you need to make these two days special in your area.

Death Café – Sunday, October 22, 2017

1:00 – 3:00 pm

Regent Place Library, 331 Albert St., Regina



Membership Renewal

Membership is included in LEAP registrations and can also be purchased separately via the website. Yearly membership is from May 1 to April 30 each year.

You are receiving this newsletter because you are currently a member. **We encourage you to promote membership in SHPCA to your colleagues so we can build a larger lobbying group. We are partnering with the Canadian Cancer Society to advocate for more and better palliative care initiatives and funding throughout Saskatchewan. Be part of the solution and help us build membership.**

You can quickly renew on-line by [clicking HERE](#).

Membership fees are \$55 annually with the option to pay by cheque or credit card so don't delay.

By renewing membership with the association, your benefits are:

- Quarterly E-Newsletter from SHPCA & CHPCA
- Access to the Canadian Hospice Palliative Care Association and its Education Network
- Reduced rates to the National Conferences and Education Seminars
- Reduced rates to Provincial Education Seminars and Events
- Access to high quality educational events and resources
- Information on national and provincial hospice and palliative care initiatives
- Access to latest hospice palliative care research
- Access to the CHPCA Nurses Group (extra \$20)
- Eligibility to apply for the Dr. Zach Tomas Award (deadline April 30, 2017)

Don't lose touch with your association, renew today.

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