

Saskatchewan Hospice Palliative Care Association Inc 2018
Winter E-Newsletter

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2 New Directors!

Donna Ziegler, MAPC ICC, ACC

Donna is the Executive Director of the South Saskatchewan Community Foundation. Previously at the Canadian Cancer Society for 11 years as the Executive Director, Cancer Control. She is an End of Life Doula with her Certificate from Douglas College. Donna has been an elected board member for Regina Catholic Schools for the past 18 years and sat on the Circle of Voices Committee, Finance/Audit Committee, Faith Committee, City Liaison Committee. She has a Master's in communication with a special designation, International and Intercultural Communication from Royal Roads University. Donna is an Associate Certified Coach and facilitator with Destination Leadership. She has taught as a sessional Lecturer with the University of Regina Extension program and volunteered for the Canadian Cancer Society and continues to volunteer with Grace Hospice



Professor in the College of Nursing, University of Saskatchewan. Using both qualitative and quantitative methods, her Professional Quality of Life program of research explores the psychosocial wellbeing of nurses who provide palliative and end of life care and nurses in rural and remote area practice. She focuses on various occupational outcomes among health care professionals (e.g., work engagement, burnout, compassion fatigue) and potential factors influencing these outcomes, such as practice resources and demands, moral distress, and occupational stress. She is also involved in the development and psychometric evaluation of new scales measuring the demands and resources inherent in various areas of nursing practice. Dr. Penz has received funding as a Principal Investigator on a Saskatchewan Health Research Foundation (SHRF) Establishment Grant focused on Healthy Health Care Workforces in Palliative and End of Life care, and is currently a Co-Investigator on a CIHR funded study, Nursing Practice in Rural and Remote Canada II, a nation-wide work-life survey of over 3,800 rural and remote registered nurses (RNs), nurse practitioners (NPs), licensed practical nurses (LPNs), and registered psychiatric nurses (RPNs). Dr. Penz also supervises graduate students at both the Masters and doctoral level. Dr. Penz is a lover of all things nature and spends her “free” time kayaking in the summer and Nordic skiing in the winter.



Request for Documented Palliative Care Experiences

The purpose of the Compassionate Care Coalition is to engage government decision and policy makers to ensure Saskatchewan citizens have equitable access to quality Palliative Care.

As we move forward in discussions with the Saskatchewan Ministry of Health and the Saskatchewan Health Authority, we are accumulating personal accounts/stories of hospice palliative care whether good or bad to help raise awareness about these issues. By providing actual incidences, we will work toward equal and improved Hospice and Palliative Care for all Saskatchewan citizens.

If you or someone you know has a “story” or an experience they would like to share with us, please have them email compassionatecaresk@gmail.com.



LEAP Update

Several LEAP Core courses are being held in Saskatoon in January. Palliative Care Services at St. Paul's Hospital is hosting these sessions. Application for reimbursed of course fees will be accepted after completion of the course.

January 11/12, 2019 – Physician Only LEAP Core: If you are a physician and interested in attending this specialized course, contact [Meredith Wild](#) or [Sherry Kleiter](#) (St. Paul's Hospital) or [Cail Maclean](#)

January 18/19, 2019 – LEAP Core Saskatoon: Open to all health care workers in the Saskatoon area.

January 29/30, 2019 – LEAP Core Saskatoon: Open to all health care workers in the Saskatoon area.

February 7/8, 2019 – LEAP Core Humboldt: Open to all health care workers in the Humboldt area. Need to request a KEY to access the course. Contact [Meredith Wild](#) or [Sherry Kleiter](#) (St. Paul's Hospital) or [Cail Maclean](#)

Death Cafe

The Saskatchewan Hospice Palliative Care Association (SHPCA) hosted a Death Café on Saturday, November 10, 2018 from 1 - 3 pm at Sunrise Library at the Sandra Schmirler Leisure Centre in Regina with over 35 in attendance

At a Death Café, people come together in a relaxed and safe setting to discuss death, drink tea and eat delicious treats. The objective is "To increase awareness of 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 they want. There is no guest speaker and it is not a bereavement or grief support setting.

Saturday, April 27, 2019. Mark your calendars and join us for coffee/tea and goodies and very interesting conversations. We're hoping to host one in the south of the province and maybe in the Saskatoon area as well. Watch the Spring Newsletter for updates.



Directors Carla Mitchell, Denise Séguin Horth, Donna Ziegler and Association Manager Cail Maclean were in attendance and facilitated/coordinated the event.



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

Independent Expert Panel on Medical Assistance in Dying Releases Three Reports

The Council of Canadian Academies (CCA) has released three reports on requests for medical assistance in dying (MAID), the result of an independent Expert Panel review conducted at the request of the federal government. The reports were released following their tabling in Parliament today.

The CCA was asked to examine three particularly complex types of requests for MAID that were identified for further review and study in the legislation passed by Parliament in 2016: requests by mature minors, advance requests, and requests where a mental disorder is the sole underlying medical condition.

The Expert Panel's final reports reflect a broad range of knowledge, experience, and perspective from healthcare professions, diverse academic disciplines, advocacy groups, and jurisdictions where MAID is permitted. They gathered and interpreted, with the sensitivity required of the subject, the available evidence, and explored the societal, clinical, legal, and practical implications and issues associated with both permitting and prohibiting MAID in the three topic areas.

multidisciplinary expert panel of 43 individuals with expertise, knowledge and leadership in a range of disciplines including law, medicine, nursing, bioethics, social sciences, and health sciences, among others.

The CCA is a not-for-profit, independent, and non-partisan organization. The reports provide evidence to inform dialogue and decision-making and do not make recommendations about specific laws, practices, or cases.

Visit www.scienceadvice.ca to download the reports.

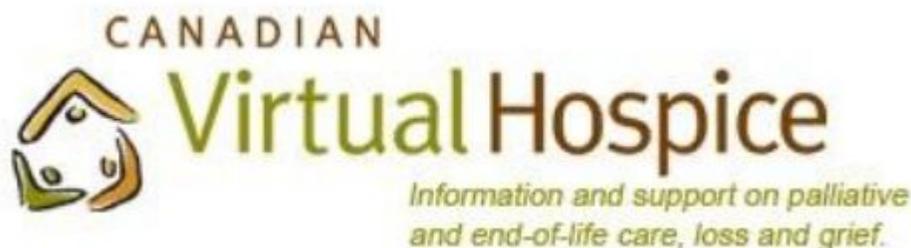
Stumbling toward Death

The University of Toronto's Faculty of Medicine magazine, UofTMed, recently published a series of features on death and dying in Canada. The features speak to the need to normalize end of life conversations and improve people's experiences of dying. Click [HERE](#) to read more.

National Framework on Palliative Care in Canada

On Tuesday, the Honourable Ginette Petitpas Taylor, Minister of Health, tabled in Parliament a national Framework on Palliative Care in Canada. The framework covers definitions, guiding principles, goals and priorities, best practices, and a proposed Office of Palliative Care to coordinate implementation of the framework.

Advance care planning is interwoven throughout the framework as an integral practice toward improving palliative care policies and programs. The next step is for Health Canada to develop an implementation plan for the framework, to be completed around summer 2019. Click [HERE](#) to read more.



by creating a webspace of their own. Their stories are unscripted, unfiltered and unforgettable, offering help when it is needed most.

On December 6, 2018 the Canadian Virtual Hospice launched Livingoutloud.life at the 3rd Global Adolescent and Young Adult Cancer Congress in Australia.

Livingoutloud.life is the world's first online platform dedicated to raising awareness of young adults with advanced illnesses while normalizing their experiences as they live their lives to the fullest while preparing for death. Families, friends and health care providers will also gain a better understanding by viewing the stories.

'Living Out Loud' is a partnership between the Canadian Virtual Hospice, young adults with advanced illness, Young Adult Cancer Canada and Team Shan. Funding was provided by the Canadian Partnership Against Cancer and the Thomas Sill Foundation.

Watch for resources (toolkit) that will be shared in the new year. The toolkit will include articles to include in newsletters, magazines and other publications; a postcard and draft social media posts.

Events and Other Information



Children Experience Grief Too: Supporting Children Through the Dying and Death of a Family Member

January 23, 2019

1:30 p.m. to 3:00 p.m. ET

Accessed online via phone and web

Learning Objectives:

1. Discuss key factors to consider when talking with and supporting a child/teen to prepare for the death of a close family member.
2. Identify considerations and activity ideas for use with children or teens to assist in saying goodbye to their special person and to encourage continuing bonds.
3. Explore considerations for assisting the surviving parent/caregiver in supporting their child/teen.

Candace is the Director of Services and Operations at the Lighthouse for Grieving Children in Oakville, Ontario where she oversees the provision of bereavement support services for over 350 participants annually and coordinates community education and training initiatives. With over 30 years in social work and public education, Candace has supported children and their families facing a range of life challenges in both community and educational settings. Candace serves on the development team of Canadian Virtual Hospice's Kids Grief and is a founding partner of the Child and Youth Grief Network. She holds a master's degree and Certificate of Advanced Graduate Study in Education from the University of Vermont.

Price: \$20

[Register](#)



Membership May 1, 2018 to April 30, 2019

Keep in touch with your association and be a part of the advocacy of our newly formed coalition. Help build the Saskatchewan Hospice Palliative Care Association by bring in new members.

If you know of any colleague who would like to join SHPCA, you can direct them to the SHPCA website to download the membership form on our website and mail it with a cheque to the SHPCA office or by emailing the form with credit card information to info@saskpalliativecare.org . The form is available [HERE](#). Membership fees are \$55 annually.

- Being a part of the new Compassionate Care Coalition of Saskatchewan
- 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 Thomas Award



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