

Palliative Care Nursing Interest Group Newsletter

Spring
2021
Issue # 2

HAPPY HOSPICE PALLIATIVE CARE WEEK May 3-7
#TheLightofmylife
HAPPY NURSING WEEK May 10-14, 2021
#WeAnswerTheCall #IKnowANurse #NationalNursingWeek

Message from PCNIG Chair

Maria Rugg, MN, RN, CHPCN(c), CHE Candidate

Dear Members, **Happy National Palliative Care Week and Nursing Week 2021!** We are so very honoured to be bringing you this newsletter during this most momentous time of year.

We are here to celebrate all of our hospice palliative care nurses doing the work of HPC nurses yesterday, today and tomorrow. This spring of 2021 brings us to an ongoing third wave, continuing grief hope for the future and ongoing compassion for each other.

Please take some time to see what's happening throughout our HPC community, hear the voices of our members and share in the numerous events celebrating and giving thanks to all of you for your ongoing compassion and work for the Ontario communities.

Finally, if you have a moment please join us on May 11 at 7 pm , have a coffee/tea/treat on us and join us for a chat and community reflecting and giving thanks for and to each other #TheLightofMyLife

Take good care,

Maria



What's in this Newsletter?

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Upcoming:

Hospice palliative care week 2021

→ <https://www.chpca.ca/campaigns/national-hospice-palliative-care-week/>.

Nursing week 2021

→ <https://www.cna-aiic.ca/en/news-room202021/events/national-nursing-week#:~:text=May%2010%2D16%2C%%3A,a%20patient's%20health%2Dcare%20journey>

Come and join your fellow PCNIG members for a coffee (on us!) and chat on **May 11, 2021 at 1900h.**

Send an email to rnao.pcnig@gmail.com expressing your interest and we will send you a gift card to enjoy a warm or cold drink during the movie!

Link: Join Zoom Meeting

<https://us02web.zoom.us/j/83044721691?pwd=VXBxVU1hUXY3T2FOY0htYXFpQXk4dz09>

Meeting

ID:83044721691

Passcode: 754743

Topics include:

- What's new in Palliative Care?
- Networking
- Gift card for a coffee on us
- Free screening of Greif Walker

This documentary introduces us to Stephen Jenkinson, once the leader of a palliative care counselling team at Toronto's Mount Sinai Hospital. Through his daytime job, he has been at the deathbed of well over 1,000 people. What he sees over and over, he says, is "a wretched anxiety and an existential terror" even when there is no pain.

Indicting the practice of palliative care itself, he has made it his life's mission to change the way we die - to turn the act of dying from denial and resistance into an essential part of life.



New hospice in Durham region: Oak Ridge's Hospice



Our organization was founded for the purpose of establishing a hospice care centre in Durham Region to provide palliative patients with an urgently needed alternative to institutional care facilities and home care as they approach the end of their life's journey.

Our hospice facility is located in Port Perry, Ontario and is the first facility of its kind in Durham Region. Construction began in December 2019 and our doors are open for Spring 2021 to a warm and welcoming environment where palliative individuals can live their last days to the fullest, surrounded by family, friends and compassionate caregivers.

Upcoming Events:

- *Canadian Hospice and Palliative Care Conference
October 21-October 22, 2021 *Accepting abstracts*
- *Look for Hike for Hospices around you!*
- *Hospice Palliative Care week May 3-9, 2021*
- *Nursing Week May 10-16, 2021*

PCNIG Resolutions:

There have been 2 resolutions brought forward from the PCNIG to RNAO. Please visit the PCNIG RNAO website to find out more!

- Stay tuned for the date and time to meet with our Policy and Political Action Executive Member Mahoganie Hines who will meet with our membership to review these and more before the RNAO's AGM.

<https://chapters-igs.rnao.ca/node/1796>

Updates on MAiD and Bill C-7

As reported by Dying with Dignity Canada(DWDC)

(https://www.dyingwithdignity.ca/bill_c7_resources)

As of March 17, 2021, when Bill C-7 received Royal Assent, the law no longer requires a person's natural death to be reasonably foreseeable to access medical assistance in dying (MAID). Get the Facts about Canada's new medical assistance in dying law

<https://www.parl.ca/DocumentViewer/en/43-2/bill/C-7/royal-assent>

On February 24, 2020, the federal government tabled Bill C-7, in response to a landmark court ruling in Quebec. This legislation, which DWDC is largely supportive of, proposes broadening the 2016 law on medical assistance in dying to include those whose death is not "reasonably foreseeable," and allowing for waiver of final consent, among other changes.

Current Status

On Wednesday March 17, 2021, the Senate of Canada accepted the government's response to its amendments and approved Bill C-7. After the late evening Senate passage of the bill, the acting Governor General and Chief Justice of the Supreme Court signed Bill C-7 into law.

What do these changes mean?

- Canadians no longer must have a reasonably foreseeable death in order to be eligible for medical assistance in dying;
- There are now two sets of safeguards in place: One for those whose death is reasonably foreseeable, and one for those whose death is not reasonably foreseeable;
- Canadians who have been assessed and approved for medical assistance in dying, but risk losing capacity to consent prior to the MAID procedure, will be able to sign a waiver of final consent;
- During the two-year mental illness exclusion, the Government of Canada will hear from experts and develop safeguards and protocols for people who seek access to MAID, but whose sole underlying medical condition is a mental illness.

Issues such as eligibility of mature minors, advance requests, mental illness, palliative care and the protection of Canadians living with disabilities will be considered during a Parliamentary review of the MAID legislation that will commence now that Bill C-7 has received Royal Assent (April 16, 2021).

The committee responsible for the parliamentary review process will be required to submit its report to Parliament no later than one year after the start of the review.

Student nurse reflections: HPCO 2021 Virtual conference

Tanya Smith, Nursing Student, PCNIG Student Executive Network Officer



I feel very fortunate to have had the opportunity to attend the HCPO 2021 virtual conference April 18-20. Even in the virtual format the conference managed to be impressive! The calibre of speakers was excellent, and the conference was engaging and very well organized.

As a student, the HPCO conference gave me an opportunity to see how palliative care is currently situated in the medical system in Ontario and helped me to understand some of the challenges moving forward. My "outsider" perspective allows me to approach the palliative care field with fresh eyes, so what follows is my critique of what I thought was missing from the conference. It does not in any way detract from the high quality and good work of the people that did present. The words of the closing keynote speaker Dr. Kwadwo Kyeremanteng still ring in my ears "We can do better".

-The conference was, appropriately, mainly centered around palliative care during COVID. COVID and the limitations for family visitation were a major reason that my mom chose to care for my dad at home during his dying time last May. So, I expected to hear talk of how palliative care has played a role facilitating people dying at home during COVID, but sadly did not. It made me curious about how palliative care takes up the role of providing care in the community.

-I appreciated the opportunity to hear of people's projects and important work being done at the community level. The energy for facilitating the development of compassionate communities is exciting and I think changing the cultural mind about everyone's role in death and dying will be transformational.

-I did notice a lack of ethnic diversity in the speakers, and it made me wonder how we can do better at encouraging ethnic and cultural diversity in palliative care providers to help facilitate culturally safe care. Dying is such an intensely emotional time in people's lives and a time where cultural touchstones may be some comfort to them. Perhaps compassionate communities will play an important role in informing how we improve on providing culturally safe care.

-While the importance of the nursing role in palliative care was often referred to, there was a lack of nursing voices in the presenters. I would have loved to hear more from nurses and wonder if this is a role that the PCNIG could play, to support our membership in presenting at future HPCO conferences.

I was shocked to hear that unpaid caregivers are delivering 75% of the care for palliative patients in Ontario and yet there was no representation from them in the presentations. Finding ways to educate, support and sustain unpaid caregivers makes both fiscal sense and would perhaps encourage more people to take on a caregiving role for their loved one. They are an integral part of the care team and their voices need to be heard.

This conference was a reality check for me about what working in palliative care might be like. It also reinforced how important this work is and I was inspired to hear how it makes a tangible difference at a critical time in people's lives. Improvements centered around how we can better serve our patients and our community will promote more "living until dying" for everyone.

Check out:

- **NEW! Canadian Palliative Care Nursing Association ([link](#))**
- [2020 Palliative Care Best Practice Guideline](#)
Watch for an upcoming BPG workshop from your PCNIG!
- Check out and subscribe to the [PCNIG YouTube channel](#)

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