



## PALLIATIVE CARE PROGRAM COMMITTEE SPRING 2016

### CME/CPD OPPORTUNITIES

- **September 19-23, 2016**  
*Psychosocial Care of the Dying and Bereaved*  
Victoria, BC
- **November 21-25, 2016**  
*Medical Intensive Course*  
Victoria, BC

### UPCOMING CONFERENCES/MEETINGS

- **May 12-14<sup>th</sup>, 2016**  
*Advanced Learning in Palliative Medicine*  
Ottawa, Ontario
- **Oct 18-21, 2016**  
*21st International Congress in Palliative Care*  
Montreal, Quebec

### TOOLS FOR PRACTICE

- **Methadone online course**  
[www.methadone4pain.ca/](http://www.methadone4pain.ca/)  
Provides evidenced-based education for any physician wanting to use methadone in a palliative care context
- **New version of the Pallium Palliative Pocketbook**  
<http://pallium.ca/product/pallium-palliative-pocketbook-version-2/>  
Provides peer-reviewed guidance to the practice of palliative care
- **Speak Up website and interactive workbook**  
[www.myspeakupplan.ca/](http://www.myspeakupplan.ca/)

### UPDATE FROM THE CHAIR

It is with great enthusiasm that I write this newsletter, aimed at providing you with an update on the work of the Palliative Care Program Committee.

Quality palliative and end-of life care is a hot topic nationally, and efforts are under way to ensure access to high quality palliative care for all Canadians. To achieve this, health systems must integrate the palliative approach to care into all sectors. Family physicians, with their mandate to provide continuing comprehensive care, are instrumental in ensuring that patients receive this type of care integrated within their regular health care.

With this in mind, our committee is requesting guidance from you and is asking some general questions:

- What would help you in everyday practise that you would like our committee to facilitate or work on?
- What changes can we make to our committee's website to help you navigate it?
- Are there any specific topics you would like our committee to look at, either to develop tools, or present at FMF and/or Chapter ASAs?

You will see that the resource list on our website, [www.cfpc.ca/PalliatCareComm/](http://www.cfpc.ca/PalliatCareComm/), is constantly being updated and new available resources added. We believe it is important to have a site you can refer to and get what you need, saving you time, energy, and frustration!

More than 20 of you responded to our invitation to be part of a resource/advisory group. We have not forgotten about you and appreciate your interest. The advisory group is an extension of this committee and will give you an opportunity to be involved in the work the CFPC is doing to further the knowledge base for palliative care.

The CFPC has a new Programs and Practice Support Department, which will work with our committee to develop practice support tools for physicians. We have some fantastic ideas and are now looking at the feasibility of putting these together to create an impact nationally and provide better access to palliative care for patients regardless of illness or location.



Provides great printable and web-based solutions to ACP and GOC discussions.

- **Living my culture**  
<http://livingmyculture.ca/culture/>  
Learning about different cultures in relation to end of life care.

### COMMITTEE MEMBERS

Dr Mireille Lecours, Chair,  
Atlantic Canada  
Dr Grace Ma, QC  
Dr Stephen Singh, ON  
Dr Fiona Crow, SK/MB  
Dr Mehrnoush Mirhosseini, BC/AB  
Dr. Gabrielle Lambert, Resident Rep  
Dr Stephanie Connidis,  
Canadian Society of Palliative Care  
Physicians

#### Staff

Ms Lily Oeur, Manager, Practice Support  
Programs  
Ms Maureen Desmarais, CPFM  
Coordinator

It was a pleasure to attend FMF 2015 and connect with many of you. We are presently working on FMF 2016, which will be on the beautiful Vancouver waterfront this year! It is a wonderful place to bring your family—there are lots of local attractions, and it is easy to navigate. This committee has already been slotted for 3-hour sessions and workshops on opioid titration, palliative dyspnea, and Approach to Physician-Hastened Death. The general stream also has workshops and sessions on advance care planning. This year, committee members, as well as some presenters, will be attending our networking breakfast. We would love to meet all of you, so please come in, chat, and eat!

April 16<sup>th</sup> was National Advance Care Planning Day! Advance care planning (ACP) and serious illness conversations are critical to delivering patient- and family-centred care. I encourage you to visit the redesigned Speak Up website, [www.myspeakupplan.ca/](http://www.myspeakupplan.ca/), which has many new resources for advance care planning and goals of care (GOC), as well as a web-based interactive resource for you and your patients to start the process.

The Supreme Court of Canada's decision in February 2015 to decriminalize physician-assisted dying and the year-long consultation period it granted the federal government (plus an extension to June 6th) make 2016 an important year for us. The ability of family physicians to provide quality palliative care is critical to ensure that every Canadian has access to the palliative approach to care regardless of their end of life choices.

We look forward to hearing from you in Vancouver (or at any other time), and continue to work to increase knowledge and awareness around issues pertaining to palliative care for Family physicians.

Sincerely,

Dr Mireille Lecours, Chair, Palliative Care Program Committee