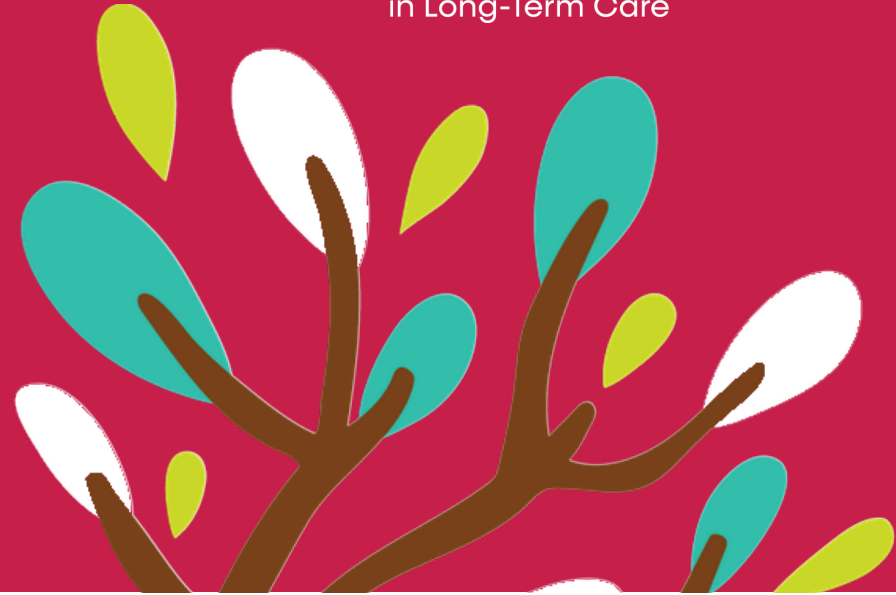


SPA-LTC

Strengthening a Palliative Approach
in Long-Term Care



Many Canadians misunderstand how the palliative approach works. These are 5 common myths about the palliative approach, debunked:

FACT: The term 'palliative approach' is often confused with 'palliative care' or 'end-of-life' care. What makes a palliative approach different is that it could begin as soon as someone is diagnosed with a life-limiting illness. The focus of this approach is to improve quality of life by using a holistic care model that includes psychological, social and spiritual care across various health care providers, including those who are not palliative specialists such as primary care providers and long term care staff.

MYTH #1

A palliative approach is the same as palliative care or end-of-life care.

SPA-LTC

Strengthening a Palliative Approach
in Long-Term Care



Q & A:

WHAT IS THE PALLIATIVE APPROACH?

A palliative approach focuses on living well and comfortably at any stage of a life-shortening illness. It is holistic care that emphasizes improving quality of life for both the person receiving care and their families.

WHY IS A PALLIATIVE APPROACH AN IMPORTANT AREA OF FOCUS RIGHT NOW?

A palliative approach, which focuses on maintaining quality of life from diagnosis to end of life, is now recognized as an important component of care to implement within healthcare systems because a palliative approach can give patients and families the opportunity to find support in a holistic environment.





WHAT CAN I DO TO LEARN MORE ABOUT THE PALLIATIVE APPROACH?

A good start would be to visit our website (<https://spaltc.ca/>), which has helpful resources and information on these topics. Opening conversations about topics like the palliative approach and long-term care with your family and friends can be a great way to both learn and share information.

1 RECEIVING A CHRONIC HEALTH CONDITION DIAGNOSIS

Examples: dementia, frailty, heart disease

2 INTEGRATING A PALLIATIVE APPROACH

At any stage of illness, in any setting, access sensitive support, treatment, and symptom relief

3 MOVING INTO LONG-TERM CARE

Access additional support from a team trained in a palliative approach

4 RECEIVING END OF LIFE CARE

With more focused attention to physical, mental, emotional, and spiritual comfort

A palliative approach is for **everyone** with chronic health conditions

FACT: Pain is not always a part of dying. Pain experienced during end-of-life can be managed in many ways, including but not limited to acetaminophen, morphine, oxycodone, and non-pharmacological approaches to pain.

MYTH #2
Pain is a part of dying.

MYTH #3
Treatment stops when a palliative approach starts.

FACT: A palliative approach can begin as early as the diagnosis of a life-limiting illness and can be done in combination with active treatment.

FACT: A palliative approach does not accelerate the dying process. It focuses on giving comfort and the best quality of life from diagnosis of an advanced illness until the end of life.

MYTH #4
A palliative approach speeds up the process of dying.

MYTH #5
Raising the topic of a palliative approach with patients takes away their hope.

FACT: A palliative approach ensures the best quality of life for those diagnosed with an advanced illness. Hope becomes less about a cure and more about living a life as full as possible; according to how each person wants to live and die.

Information has been reproduced with the permission of the **Canadian Virtual Hospice and Canadian Hospice Palliative Care Association**