



# SPA-LTC

## NEWSLETTER

### Spring 2024

## SPA-LTC & CANADIAN VIRTUAL HOSPICE COLLABORATION: FREE E-LEARNING MODULES

SPA-LTC and Canadian Virtual Hospice have come together to develop two new videos in English and French to raise awareness about Canadian Virtual Hospice's free grief modules housed on [CVHLearningHub.ca](https://cvhlearninghub.ca).



### ***Long Term Care: Understanding and Responding to Grief!***

*These grief learning resources are for people working in long-term care settings. No matter your role, end-of-life, grief, and bereavement will be part of your working life. These modules will help increase your understanding about grief and confidence in supporting patients and their families. View the overview video here <https://vimeo.com/868444976>*

### ***Healthcare Provider Grief: Recognizing and Responding***

*Recognizing your grief is a necessary but often forgotten part of working in healthcare. We hope these modules will help you and your healthcare team support each other and share your own stories about grief and meaning to improve your own health, well-being, and work. View the overview video here <https://vimeo.com/868443246>*

## CHECK OUT THESE OTHER FREE COURSES ON [CVHLEARNINGHUB.CA](https://cvhlearninghub.ca) TO SUPPORT YOUR PRACTICE!



### ***Indigenous Cultural Safety Training***

*Everyone working in healthcare has a responsibility to contribute to respectful care that honours and includes cultural traditions and beliefs. In these modules, you will hear from Indigenous Peoples about their values, beliefs, and views about care, explore barriers to culturally safer care, and learn how to address these barriers.*

- *Improve capacity to respectfully engage with Indigenous Peoples*
- *Improve the quality of care for those living with advanced illness and their families*
- *Explore traditional cultures, values, wishes, and beliefs*



## **Grief Training: Building Healthcare Provider Capacity**

Regardless of your professional role, you're likely to encounter patients and families who are experiencing loss and grief. The goal of these modules is to increase your understanding about grief as you support patients and their families.

## **Methadone for Analgesia in Palliative Care**

Methadone4Pain is a series of three education modules for physicians, nurses and pharmacists seeking to improve their knowledge in prescribing and managing patients prescribed methadone for pain in palliative care. It has been certified by the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada for Continuing Professional Education Credits.

## **SPA-LTC'S PARTNERSHIP WITH SE HEALTH TO SUPPORT INDIGENOUS COMMUNITIES**



## **First Nations, Inuit & Métis Program**

In 2022, the SPA-LTC team has joined with the SE Health First Nations, Inuit and Métis (FNIM) Program to work with Indigenous communities across Canada on promoting a palliative approach. This partnership aims to enhance the standard of living and death in long-term care facilities. Mary Lou Kelley, Ph.D., M.S.W., from SE Health is a Professor of Social Work at Lakehead University and has been spearheading the project.

In addition, researchers, specialists in palliative and long-term care, educators, service providers, family caregivers, and partners with a range of backgrounds are all part of the partnership which expands upon twenty years of expertise that members have gained nationwide in

*The First Nations, Inuit and Métis Program provides remote access to on-line professional development education and support to more than 6000 health care providers in over 700 First Nations, Inuit and Métis communities and organizations across Canada at no cost.*

Health Canada awarded the Alliance a five-year project financing in 2021 with the goal of building, producing, and disseminating the best tools and resources for establishing palliative care capacity in long-term care facilities and First Nations communities across Canada.

This past February, 2024, Mary Lou (right) presented a session on the SPA-LTC program at the [Advancing Indigenous Policy & Practice](#) knowledge exchange along with Lori Monture (left),



the manager Six Nations Home & Community Care. The knowledge exchange was attended by more than 150 in-person and 200 virtual participants from across Canada including Indigenous Elders, Knowledge Keepers, providers, policy professionals, leaders, advocates and allies.



**CLOSE-UP ON BRITISH COLUMBIA**  
**BC CENTRE FOR PALLIATIVE CARE**



**BC Centre for Palliative Care**

On February 26, 2024, 14 leaders and educators from all BC health authorities and some individual LTC homes met for a Long-Term Care Provincial Roundtable in Richmond BC. The day was led by Della Roberts, Strategic Projects Manager with the BC Centre for Palliative Care (BCCPC) and co-facilitated by Clara Dyck, the SPA-LTC BC Lead, and Lorna Ross, LTC Project Consultant, BCCPC.

**The objectives of the day were to:**

- Share areas of successful integration of a palliative approach into LTC processes and practices
- Build upon foundations in place in BC and nationally with SPA-LTC
- Identify and prioritize areas for potential province wide collaboration and integration

Throughout the day, everyone was in high spirits and eager to continue collaborating. A report of the roundtable is being compiled and highlights will be shared when it is complete and validated by the participants.

**Through a mix of story telling, “world café” interaction and consensus building activities, the group answered the following questions:**

- Why is a palliative approach important to you?
- How would you know a palliative approach to care is integrated?
- What are the challenges of implementing a palliative approach?
- Describe some examples of successful palliative approach integration.
- Identify opportunities for further integration of a palliative approach.
- What do you see as the priority areas for integrating a palliative approach?

In Nova Scotia, the SPA-LTC team has been developing a strong partnership with the Nova Scotia Nursing Home Association. An educational webinar on the SPA-LTC program was presented to members of the association this past summer who showed immense support for implementing the program. In a letter written to the ministry, the association underscored the impact that the SPA-LTC program would have on homes across the province.

Our team’s goal is to soon have the capacity to to implement SPA resources province-wide. We are working on a plan to build and deliver an education series based on existing



**CLOSE-UP ON NOVA SCOTIA**

SPA eLearning modules. This additional education will include a “Train-the-Trainer” series for palliative champions to enhance knowledge translation.

One home applied for a grant and were successful, allowing them to fund a dedicated project manager for six months to work with the provincial lead and champion on implementing the SPA-LTC program within their home.

**“GEM has been fortunate to partner with SPA LTC, we did the self-assessment which has increase our awareness to the Palliative care Approach. SPALTC is now embedded in our Learning Managing System to provide education to better serve our staff to provide quality palliative care to our residents.**

**CHERYL NICKERSON LPN**  
**QUALITY CONTROL COORDINATOR GEM HEALTH CARE**



*In Nova Scotia, the SPA-LTC has welcomed a new palliative champion, Lesley Hirst. With over 34 years of experience working in health care, Lesley provides an invaluable addition to the SPA program.*

*Beyond already having over 40 meetings with various levels of LTC groups and decision makers, Lesley is currently working with 17 homes to provide them with more hands-on support to implement the program. In addition, Lesley has been in discussion with one large corporation in Nova Scotia, consisting of 14 homes other homes, that are looking to also implement the program in the facilities*

*Lesley has also created a number of resources for the program. Check out the [SPA-LTC Logic Model](#) and the [Foods and Fluids family resource](#).*



**LESLEY HIRST**

## CLOSE-UP ON MANITOBA

### PARTNERSHIP WITH SHARED HEALTH



**Shared health**  
**Soins communs**  
Manitoba

Manitoba's provincial health authority, [Shared Health](#), has formalized a relationship with the SPA-LTC program this past October 2023. Shared Health, in collaboration with Genevieve Thompson, the SPA-LTC lead in Manitoba, has put together a project to work with the SPA-LTC program in long-term care homes across the province. Shared Health is committed to supporting knowledge translation efforts as they support these sites with applying the palliative approach.

In September 2023, the SPA-LTC team in Manitoba held a half-day workshop in which barriers and facilitators to implementing the program were discussed with Shared Health as well as with the Long-Term & Continuing Care Association of Manitoba and the Winnipeg, Prairie Mountain, and Northern Health authorities. This workshop sparked interest and support for the program from these health authorities.

From providing paper pamphlets and resources to homes, to preparing presentations on the program for staff teams, we are working towards building province-wide palliative capacity. The goal in Manitoba is to integrate

SPA elements into current processes used in LTC homes. On October 17th, Genevieve Thompson presented to 43 Directors of Personal Care Homes and Clinical Leads within the Winnipeg Regional Health Authority. This presentation covered aspects of the SPA-LTC toolkit and asked interested homes to contact Genevieve if interested in implementation. At the end of February 2024, the SPA-LTC team has met with 30 individuals representing care homes from across Manitoba to present and discuss initiation of the program.

