Happy New Year to all of our members, from the board members of Saskatchewan Hospice Palliative Care. We hope you have a year of great success as you continue to display and strive for excellence when providing palliative care services across our province.

This past year flew by quickly, and was filled with active government lobbying, the distribution of education resources, presentations to regional health boards, research involvement and least we forget, an outstanding opportunity to learn and advance our skill at the 2009 Palliative Provincial Conference in Yorkton.

The board of SHPCA continues to work toward realizing our vision for an educated, represented and well informed population. We are currently involved in strategic planning and board and association restructuring. We are looking forward to the 2010 Provincial Palliative Care Conference on May 31st and June 1st at the Regina Delta. You can find a poster and registration form on our website at www.saskpalliativecare.org. We have and wonderful line-up of speakers including: Dr. Jose’ Pereira, Dr. Larry Lebrach and Dr. Robert Buckman. These gentlemen will provide us with fascinating presentations on topics of euthanasia, communications, and current clinical practice using best practices.

I would like to conclude by acknowledging the Saskatchewan Hospice Palliative Care Association Inc.’s Board of Directors for their vision, dedication, commitment and tireless work in ensuring that Saskatchewan is the best place to receive palliative care services.

Corinne Sandstrom RN, BA hons, CHPCN (c)
President, SHPCA

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia
UPCOMING EVENTS

April 17-20, 2010: Toronto ON
Ontario Palliative Care Association/Hospice Association of Ontario Conference

April 29: Toronto ON
Terminal Illnesses and Dying in Multicultural Canada: An Interdisciplinary Approach

May 2-8: Canada
National Hospice Palliative Care Week

May 13 & 14: Lumsden
Palliative Care Coordinators Meeting

May 25 - 29: Quebec City
Canadian Association of Psychosocial Oncology (CAPO) conference, Quebec City combined with IPOS (World Congress of Psycho-Oncology) http://www.capo.ca/eng/capo_conference.asp

May 31-June 1, 2010: Regina SK
SHPCA Annual Conference & General Meeting

October 5-8: Montreal QC
18th International Congress on Palliative Care, Montreal http://www.pal2010.com

October 28-31: Ottawa ON

Did we miss your event????
If you have an event you want to tell us about, please email information to: csakundiak@hotmail.com.

Senator Sharon Carstairs has created a survey to canvas perspectives from the community, including patients, caregivers and health care providers to gather insight into the current state of palliative and end-of-life care in Canada. To participate in the survey, please go to: http://tinyurl.com/pec2009e by February 15th, 2010.

Journal Articles

Journal of Pain and Symptom Management

Prevalence, Severity, and Correlates of Sleep-Wake Disturbances in Long-Term Breast Cancer Survivors
Julie L. Otte PhD, RN, Janet S. Carpenter PhD, RN, FAAN, Kathleen M. Russell DNS, RN, Silvia Bigatti PhD and Victoria L. Champion DNS, RN, FAAN

Abstract
Context
Current evidence shows that sleep-wake disturbances are a persistent problem linked to poor quality of life in women surviving breast cancer. Information regarding correlates of sleep-wake disturbances in long-term survivors is sparse.

Objectives
The objective of this study was to refine knowledge regarding prevalence, severity, and correlates of sleep-wake disturbances in long-term breast cancer survivors (BCS) compared with age-matched women without breast cancer (WWC).

Methods
The cross-sectional convenience sample included 246 BCS and 246 WWC who completed a quality-of-life study and were matched within ±5 years of age.

Results
BCS were a mean of 5.6 years beyond completion of cancer treatment (range = 5.6–10.0 years). Based on Pittsburgh Sleep Quality Index (PSQI) scores, BCS had significantly more prevalent sleep-wake disturbances (65%) compared with WWC (55%) (P < 0.05). BCS also had significantly higher PSQI global scores indicating poorer sleep quality compared with WWC (P < 0.05). Significant correlates of prevalence of poor sleep for BCS included hot flashes, poor physical functioning, depressive symptoms, and impact of a life event.

Conclusion
Knowledge of prevalence, severity, and correlates of sleep-wake disturbances provides useful information to health care providers during clinical evaluations for treatment of sleep-wake disturbances in BCS. Key Words: Sleep-wake disturbance; sleep quality; breast cancer survivor; menopause; depression; symptom management


In this article, the author speaks about the difficulty she had with trying to suppress her feelings while dealing with patients, and trying not to be “labeled as a weak physician and someone who couldn’t cope.” The author uses the story of one of her patients who was estranged from her children and “very slow to trust,” to discuss how their relationship helped her become a “whole” physician.

Innovations in End-of-Life Care
an international journal of leaders in end-of-life care

Personal Reflections: Healing the Rift Within: Confessions of a Palliative Care Physician. Janice Mulder, BSc (Pharm), MD. 2002;4(6), www.edc.org/lastacts

In this article, the author speaks about the difficulty she had with trying to suppress her feelings while dealing with patients, and trying not to be “labeled as a weak physician and someone who couldn’t cope.” The author uses the story of one of her patients who was estranged from her children and “very slow to trust,” to discuss how their relationship helped her become a “whole” physician.

(continued on page 6...)

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Interesting Websites

http://eapcrn.org/ The European Association for Palliative Care Research Network (EAPC RN) has a very interesting website which can give you information on what is happening in palliative care research in Europe. Included in this website is news, research projects, upcoming events and congresses in Europe, and reports from their forums. There are also a number of publications available in full text online from the European Association for Palliative Care. The following is a list of some of the Clinical and Research articles which are available at http://www.eapcnet.org/publications/research.html:

European Association for Palliative Care (EAPC) recommended framework for the use of sedation in palliative care

2008: Fatigue in palliative care patients – an EAPC approach

2005: Prognostic Factors in Advanced Cancer Patients: Evidence-Based Clinical Recommendations—A Study by the Steering Committee of the European Association for Palliative Care

2002: Pain Measurement Tools and Methods in Clinic Research in Palliative Care

2002: Breakthrough pain – state of the art and the need for structured research

2001: Depression in Palliative Care: A Pragmatic Report of an Expert Working Group of the European Association for Palliative Care

2001: Clinical practice recommendations for the management of bowel obstruction

in patients with end-stage cancer

2001: Strategies to manage the adverse effects of oral morphine. An evidence-based report

2001: Morphine and alternative opioids in cancer pain: the EAPC recommendations published online in 5 Languages

WHO guidelines on cancer pain management: report on international application and current appraisal

I think that you will find many of these articles interesting.

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http://blogs.stchristophers.org.uk/ St Christopher's Hospice Blog: Malcolm Payne. Malcolm Payne's blog focuses on developments in social care and social work that affect palliative and end-of-life care. It is part of the information work of St Christopher's Hospice, London. Not only does this blog give you the writers perspective of social work, health care and palliative care issues in Britain, but it also includes a number of links to articles, news reports, government publications, etc. Well worth a look.

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http://www.istituteoftraditionalmedicine.com/events.html

The Institute of Traditional Medicine in Toronto has a number of events and seminars for education and training in health and Spirituality. Traditional medicine including Oriental, Aboriginal, Tibetan, and Ayurveda are taught. The Institute has recently launched Canada's first Contemplative End-of-Life Care Training Program, under the leadership of Dr. Michele Chaban. You can find complete information on this one year professional training program on the website.

Our thanks to Wendy Duggleby

We would like to extend our best wishes to Wendy Duggleby as she begins her new role as the Research Chair in Aging and Quality of Life in the College of Nursing, at the University of Alberta. Wendy has been a valuable board member for the Saskatchewan Hospice Palliative Care Association and we are sorry that we are losing her. Many thanks to Wendy for her excellent work on behalf of palliative care in Saskatchewan.

HELP WANTED

Bereavement Care journal

Bereavement Care is an international journal for those who help bereaved people. We are in need of a new Webwatch writer.

We need a knowledgeable researcher who can research and write a 1200 word article for each of three issues per year that reviews coverage of a topic of current interest on the worldwide web.

Read more at our website at URL: http://www.hospicecare.com/news/09/12/announcements.html
Start making your plans now to attend the SHPCA 2010 Provincial Conference in Regina

Venue & Accommodations:
Delta Hotel Regina (306) 525 5255
1919 Saskatchewan Drive, Regina, SK S4P 4H2

Please use one form per person registering
Name ____________________________ Profession ____________________________
Address ____________________________
City ____________________________ Prov. __________________ Postal Code ______________
Email Address ____________________________

Registration Fees: (all meals included)
- SHPCA Palliative Care Assoc. Member: $210
- Registered Palliative Care Volunteers: $130
- Non-members - Professional: $260
- Non-member - Regular: $250

Please make cheque payable to:
Sun Country Health Region
Sask. Hospice Palliative Conference “Reflections” Home Care Dept.
Box 2003
Weyburn, SK S4H 2Z9

Registration due prior to May 8, 2010
- Full payment must accompany your registration.
- Receipts will be included in your registration package.
- No refunds after May 15, 2010.
- Brochure and registration form available at: www.suncountry.sk.ca & www.saskpalliativecare.org

For further information contact:
Corinne Sandstrom (306) 637 3636, csandstrom@schr.sk.ca
Stella Swertz (306) 842 8400, sswertz@schr.sk.ca
2010 Conference

Guest Speakers

José Luis Pereira
MBChB, DA, CCFP, MSc (Med)

Dr. José Pereira is the Head and Full Professor of the Division of Palliative Care at the University of Ottawa and Medical Chief of the Palliative Care programs at Bruyère Continuing Care and The Ottawa Hospital in Ottawa, Canada.

Dr. Pereira has published widely in international peer reviewed journals and text books. His research has focused recently on education, particularly the use of simulated patients, evaluation and instructional technologies, and more recently on the diffusion of innovation.

Dr. Pereira has received several awards and recognitions over the years for his contributions to project development and teaching and research in palliative care, most notably the Canadian Hospice and Palliative Care Association’s Award of Excellence and the Queen’s Golden Jubilee Medal, awarded by the Governor General of Canada in 2002.

S. Lawrence Librach
MD, CCFP, FCFP

Dr. Librach’s involvement in Palliative Care began in 1978. Dr. Librach now serves as the Director of The Temmy Latner Centre for Palliative Care at Mount Sinai Hospital.

Dr Librach is the W. Gifford-Jones Professor in Pain Control and Palliative Care as well a full professor in the Department of Family and Community Medicine, the Head of the Division of Palliative Care in the Department of Family and Community, an academic educator with the Centre for Professional Development at the Faculty of Medicine, an associate in the Joint Centre for Bioethics and the Centre for Studies in Pain – all at the University of Toronto.

Dr. Librach is an academic educator at the Buehler Centre for Aging at Northwestern University in Chicago. He was the physician leader of the national Educating Future Physicians for Palliative and End of Life Care Project (EFPPEC) which introduced curriculum in palliative and end of life care to Canada’s 17 medical schools. He is an education consultant to the Education in Palliative & End of Life Care (EPEC) project in the USA. He is a member of the Board and Past President of the Canadian Hospice Palliative Care Association.

Dr. Librach is the recipient of a number of awards from a number of organizations including the Canadian Hospice Palliative Care Association, the Ontario Palliative Care Association, the Ontario Medical Association, the College of Physicians and Surgeons of Ontario, and the University of Toronto.

Dr. Librach has published extensively and is the author of the Pain Manual (over 150,000 copies distributed) and co-edited a textbook, Palliative Care: Core Skills and Clinical Competencies which is into its second edition.

Dr. Robert Buckman

Dr. Robert Buckman lives in Toronto, Canada, where he is a medical oncologist at the Princess Margaret Hospital, a full Professor in the Department of Medicine at the University of Toronto, and an Adjunct Professor at the M.D. Anderson Cancer Center, University of Texas.

He qualified as a physician from Cambridge University in 1972, and completed his training in medical oncology at the Royal Marsden Hospital in London including laboratory research leading to a Ph.D. He emigrated to Toronto in 1985 where he later designed and taught an undergraduate course in breaking bad news for which he won the University of Toronto Teaching Award in 1989.

For the last twenty years he has also had a second career in communication and broadcasting, presenting television science-and-medicine programmes in Britain and then Canada, including Don’t Ask Me and Where There’s Life (both top ten TV programmes in Britain) for eight years. His series Magic or Medicine? won him a Gemini award (the Canadian TV Industry equivalent of an Emmy). Together with Monty Python’s John Cleese he produces a series of fifty videos providing the basic facts on a variety of common medical conditions.

He has written fourteen books including How To Break Bad News (a textbook for physicians), and What You Really Need To Know About Cancer (a comprehensive guide for patients and their families). His book Can We Be Good Without God? was a national best-seller in Canada. His latest book is Cancer is a Word. Not a Sentence. (a plain-language guide to cancer treatment and other major issues for newly diagnosed patients).

Joy Mendel
Bioethicist

Joy Mendel is Ethicist for St. Paul’s Hospital, Saskatoon and the Catholic Health Association of Saskatchewan. Joy has served as a member of research and clinical ethics committees including the Mater Human Research Ethics Committee, The North Coast Area Health Service (New South Wales) Clinical Trials Human Research Ethics Committee, and the Clinical Ethics Committee of Mater Health Services, Brisbane. She is currently a member of the St. Paul’s Hospital Ethics Committee and the Saskatoon Health Region Ethics committee.

Joy has worked closely with staff in the areas of adult, paediatric and neonatal intensive care. She has engaged in consultations with staff, patients and families, conducted post-case debrief and education for clinical and allied health care staff working in critical care.

As an educator and consultant, Joy works closely with clinical and allied health staff in acute and long-term care settings.

In addition, Joy has published on refugee health care, models for ethics decision making, the ethics of complementary medicine practice, and evidence-based medicine and complementary medicine. The Alzheimer’s Association of Australia, invited Joy to sit as an ethicist/steering committee member on the ‘Dementia Symbol Project’, a research study funded by the Australian Government Department of Health and Aging during 2007-2008.
Journal Articles continued

Personal Reflections: Healing the Rift Within...continued from page 2

Dr. Mulder writes: One day as I sat listening to her, I wondered what it was that she was supposed to teach me. I know that paths cross for reasons and I have started to pay more attention to reciprocity. The relationship becomes mutual when patients realize that they have something to offer the physician as a fellow human being, and when physicians allow themselves to learn from patients. Over the next number of weeks, we shared stories and slowly, she seemed to heal some of her inner wounds. When I asked her what had helped to make the difference she informed me that she, too, loved helping people. I was stunned by her reply as I realized that it was my vulnerability, honesty, and willingness to be real with her that had been so helpful to her during her hospital stay, more so perhaps than the painkillers and the more traditional medical responses to suffering. We were both helping each other.

Dr. Mulder further writes: I am currently expanding my own definition of what it means to be a responsive physician. Pain and suffering are often exacerbated by psycho-spiritual distress. There are times when my patients turn to me as their physician for help in this area, so I realize it was my vulnerability, honesty, and willingness to be real with her that had been so helpful to her during her hospital stay, more so perhaps than the painkillers and the more traditional medical responses to suffering. We were both helping each other.

She concludes with: Over the years, I have come to appreciate how important it is that I take time to reflect on my work, debrief when necessary, and take time to look after myself. Time for exercise, relaxation, and fun are all necessary to counterbalance the pain and suffering that I encounter on a daily basis. Inasmuch as it takes time and emotional energy to connect with people, it is also the most rewarding part of my work. These close encounters do not occur all the time, in fact, they are rare, but when the opportunity arises I realize it is important that I try to meet my patients and their families at the level of our common humanity. The genuine caring and love that they feel does make a difference, all the difference in the world.

“In those intimate moments where we meet soul to soul where we are fully present in the silence the place of Spirit where love flows from one to the other and back again, we too can be healed by the power of love, if we are open”

Full text of this article can be found at: http://www2.edc.org/lastacts/archives/archivesNov02/reflections.asp

News from the Regions

Regina Palliative Care Inc.
Greystone Bereavement Centre

The Bereavement Centre has a number of grief support group programs available, including a group for teens affected by a life-threatening illness, groups for adults, young adults, and older adults, a new homicide survivors support group, a group for families grieving perinatal loss, and a group for those who have lost someone to suicide, among others. The Caring Hearts Camp will be held May 14-16th, 2010. This is a weekend camp for children and teens who have recently experienced a loss due to death of a family member. It is open to ages 5-18. Pre-registration by May 1st is required. Please call 766-6947 for a registration package if you know of someone who could benefit from this camp.

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Athabasca Health Authority

The Athabasca Health Authority has established a Palliative Care Committee, which includes Chris Arcand Community Homecare Manager, Sandy Bradford-Macalanda, Arlene Eckert, Manager of Facility Services, and their physicians and nurses. Their first meeting is set for Feb. 16th. The Committee plans to review Community Palliative care needs and services as well as designating one of the rooms in their Facility for Palliative Care.

SHPHA wishes this new committee all the best in their endeavors.

HAVE YOU READ ANY GOOD BOOKS LATELY?
Why don’t you drop us a note so we can tell others about it?
csakundiak@hotmail.com

Why not let us know what’s happening in your region?
Mail information or upcoming events to csakundiak@hotmail.com

SEASONS Winter 2010
PC-FACS Journal Article

Our thanks to Dr. Ken Stakiw for forwarding Fast Facts to us. PC-FACS (Fast Article Critical Summaries for Clinicians in Palliative Care) provides palliative care clinicians with concise summaries of the most important findings from more than 30 medical and scientific journals. If you have colleagues who would benefit from receiving PC-FACS and earning CME credit, please encourage them to join AAHPM at www.aaahpm.org. Comments from readers are welcomed at resources@aaahpm.org. From the Dec. 30, 2009 issue:

Opioid-Related Deaths

Long-Acting Opioids and Mortality

Background: Did opioid-related mortality increase with introduction of long-acting oxycodone?

Design and Participants: This Canadian retrospective population-based study linked aggregated prescribing data from IMS Health Canada with death records from the Office of the Chief Coroner of Ontario and healthcare services administrative data from the Institute for Clinical Evaluative Sciences. All opioid-related deaths between 1991 and 2004 were reviewed; 3,271 of these deaths were linked to administrative data to identify deaths related to opioid use. Time-series analysis was used to determine whether the addition of long-acting oxycodone to the provincial drug formulary in 2000 was associated with an increase in opioid-related mortality. Participants (N = 3,406) were median age 40 (IQR, 34-48); 67% male; 54% unintentional death, 24% suicide, and 22% undetermined.

Results: From 1991 through 2007 annual prescriptions for opioids increased by 29% and for oxycodone specifically, by 850%. Opioid-related deaths doubled from 1991 to 2004. The addition of long-acting oxycodone to the formulary was associated with a five-fold increase in oxycodone-related mortality (P = .02). Most patients had used healthcare services in the month before death. Of 3,066 patients for whom data on physician visits were available, 66% had visited a physician in the month before death; of 1,095 patients for whom individual-level prescribing data were available, 56% had filled an opioid prescription in the month before death.

Commentary: I have always suspected that there is a “blind-spot” for most physicians when prescribing oxycodone. Few outside palliative and pain experts are aware of its relative potency. Many seem to regard it as a non-opioid, prescribing oxycodone combinations for migraine but reeling in horror at the thought of morphine for the same condition. This paper exposes my worst fears. Clearly physicians are susceptible to deceptive advertising as much as the general population. The combination of an opioid plus a benzodiazepine should raise a “red flag” (59.5%) that the patient is at risk, as should a combination of Axis 1 and 2 diagnoses.

The palliative community cannot rest on their laurels as we treat the same population with and without drug abuse issues. Neither long acting nor transdermal preparations protect the former from their proclivities. Drug abusing patients deserve good pain management that fits their individual circumstances.

Bottom Line: Opioid-related deaths are increasing in Canada, temporally associated with the introduction of long-acting oxycodone.

Reviewer: Alan Nixon, MB BCh BAO FAHHP, Richmond Hospital, Richmond, British Columbia, Canada

Source: Dhalla IA, Mamdani MM, Sivilotti ML, Kopp A, Qureshi O, Juurlink DN. Prescribing of opioid analgesics and related mortality before and after the introduction of long-acting oxycodone. CMAJ. 2009;181(12):891-896. To access the abstract of this article, link to NLM-PubMed here.

Report on the Annual Provincial Palliative Coordinators’ Meeting

The annual meeting was held in Lumsden, September 24 & 25, 2009 with a great turnout and 10 health regions or health authorities participating. As well as open discussions about current events, and a review of the highly successful Yorkton conference, there were several excellent guest speakers covering a variety of topics.

Thomas Hadjistavropoulos, Ph.D., R.D., Psych., ABPP explained the PACSLAC (Pain Assessment Checklist for Seniors with Limited Ability to Communicate) to group and discussed how it could be used to rate pain for those that are unable to communicate.

Eunice Patterson of Saskatchewan Health spoke about current issues in the province related to Palliative Care.

Colleen Ferguson-Smith, B.N., R.N., Nursing Manager, Surgery 5000, Royal University Hospital discussed the use of Medicinal Honey which has been shown to increase the rate at which wounds heal and to provide an aseptic environment. Colleen described the product, and how it is used, as well as providing evidence of its effectiveness.

Dr. Earle DeCoteau, M.D, FRCP(C), Professor Emeritus; Past Medical Director, Geriatric Services, Saskatoon Health Region; Medical Director, Providence Place, Moose Jaw spoke about the differences between dementia and delirium. Dr. DeCoteau also explained how the presence of dementia can cause an individual to be more susceptible to delirium.

This year the committee will meet in the spring and fall, May 13 & 14, and Sept. 23 & 24 of this year. If your region did not send a palliative coordinator, or other representative, please contact Shelley Jolly, shelley.jolly@saskatoonhealthregion.ca 655-8786.
Hospice Foundation of America
17th Annual National
Living With Grief® Teleconference

CANCER AND END-OF-LIFE CARE

Wednesday, March 24, 2010
11:30 a.m. - 2:00 p.m.
Palliative Care Services, Saskatoon Health Region
St. Paul’s Hospital Auditorium
Level 0

IN COOPERATION WITH
Adventist Communications Network
Association for Death Education and Counseling
National Association of Social Workers
Dignity Memorial Funeral Providers
George Washington University Programs in Grief, Loss and Life Transition

Featured Panel
Yvette Colón, PhD, MSW
Malene Smith Davis, MBA, MSN, RN, CHPN
Kenneth J. Doka, PhD, MDiv
Richard Payne, MD
Sherry R. Schachter PhD, FT
Brad Stuart, MD

Review Committee
David Gentner, MPA
Ruth Kershner, EdD, RN, CHES
Pam Kushner, MA, MD, FAAFP

Moderated by Frank Sesno
Director of the School of Media and Public Affairs at The George Washington University

RSVP Attendance by March 15, 2010
Beth Eiswerth, Palliative Care Admin @ 655-4454
or
beth.eiswerth@saskatoonhealthregion.ca

Coffee and light lunch to be provided
Your Membership is Important

Membership in the Sask. Hospice Palliative Care Association not only shows your commitment to the concept of palliative care in our province, but it gives you membership in the Canadian Hospice Palliative Care Association and gives you voting privileges at the Annual General Meeting. Your membership also gives you a reduced rate for provincial and national conferences, educational and networking opportunities and a subscription to both Seasons and CHPCA quarterly newsletters.

Nurses who are interested may also register for the CHPCA Nurses Group which was established as a formal network to identify, address and advocate for recognition of hospice palliative care nursing and which includes the CHPCA web forum (List-serv) to address needs or issues for nurses working in palliative care.

New Membership Rates

As of April 30, 2010, the annual membership fees are:

- Professional: $ 50.00
- Member at large: $ 40.00
- Volunteer/student: $ 30.00

Please make cheque payable to:
Saskatchewan Hospice Palliative Care Association
Box 37053, Regina, SK S4S 7K3