



# Medicine for Your Mind, Body & Soul

Conference 2022 Report



SASKATCHEWAN  
HOSPICE PALLIATIVE  
CARE ASSOCIATION INC.



# Conference Highlights

A generous \$10 000 sponsorship grant was received from the St. Paul's Hospital Foundation towards the planning and offering of a Hospice and Palliative care focused learning opportunity for Saskatchewan healthcare practitioners and members of the community.

The Conference ran from noon on July 9th until 3:30 on July 10th, 2022.

14 topics were explored by 15 speakers over the full day and a half of the conference. Topics ranged from aspirational to practical and covered dignity, lived experience, an overview of the palliative care situation in the province, pharmaceutical considerations in palliative care, a discussion around challenging cases, hospice care provision and best practices, psilocybin use, funeral trends, the end of life doula approach and the holistic nature of end of life care provision.

240 practitioners and members of the public attended the conference along with over 15 volunteers

**"Dr Chochinov's Dignity Therapy - This is so special and should be implemented everywhere, in LTC, acute care, etc., when it comes to providing palliative care and end of life care. [...]wanted this to be longer--actual training would have been lovely as this is hard to get to. "**

**"I am hoping to incorporate this [dignity therapy] into our acute care and long term residents care one day [and the] importance of legacy work and adapting that to the needs of each individual."**

**It's important to "Work with a mutual respect for others, and as a team with every single person that comes in contact with the patient."**





## Speaker/Topic summary

- Dr. Harvey Chochinov - Keynote - described the shift in thinking necessary to preserving the dignity of an individual with the end of life context by focusing on the broad scope of a person's life rather than the disease management at hand.
- Dennis Flaherty - Lived experience - described three instances in which he was involved in palliative care provision as a caregiver - these insights were designed to shed light on the challenges and rewards of care provision and how we can improve this for loved ones.
- Dr. Srin Chary - Francis Chary honoured his father by describing his pioneering career which allowed attendees to appreciate the historical path of palliative care in Saskatchewan.
- Dr. Vivian Walker - Keynote - provided an in-depth summary of how hospice and palliative care is accessed throughout Saskatchewan, The summary showcased the structural and philosophical complexities of palliative care provision and how this has changed over time. Her second talk focused on challenging cases, which demonstrated how palliative care should be flexible and personal.
- Jahnaya Mann & Erin Cochin - Rubicon Pharmacy - using a storytelling approach, presented a palliative pharmaceutical intervention. This permitted a glimpse into how pharmacists' knowledge is a vital part of care provision.

"The simplest thing of asking the client/patient 'tell me something about you that would help me/the team in providing you with the best care possible' really stood out for me. Keep the client/patient at the forefront at all times".



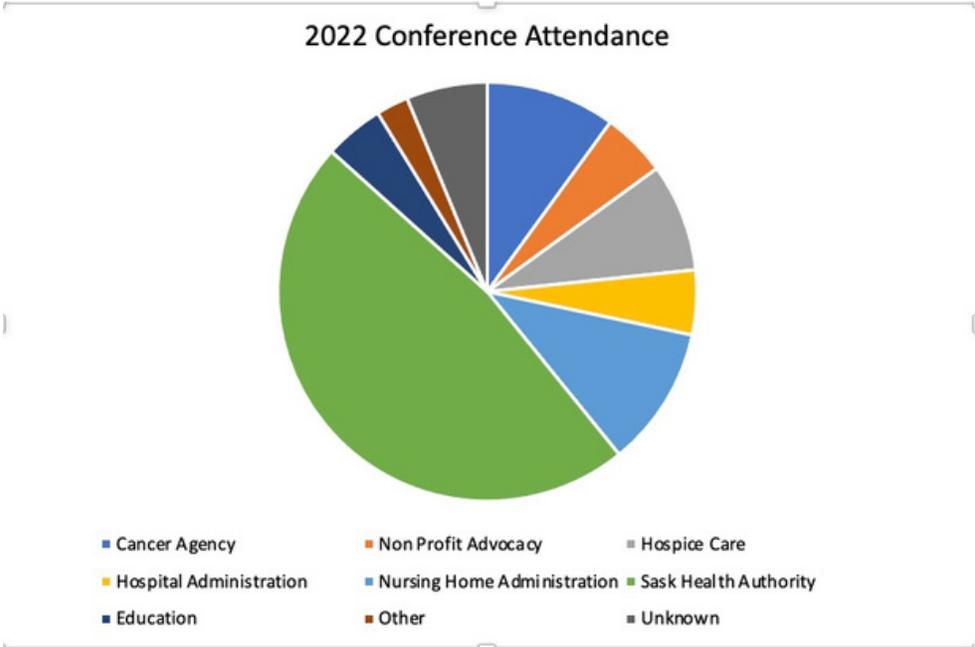
## Speaker/Topic summary cont.

- Hospice Care - Jennifer Dunne - Hospice at Glengarda & Jenna Wiesner - William Booth Hospice described the unique aspects and holistic nature of hospice care within the end of life care spectrum. They both shared key learnings and ongoing goals foundational to this approach.
- Thomas Hartle - Psilocybins - Thomas' subject challenged us to think beyond the current tools for end of life health care provision and asked that we advocate for research and permissions for complementary psychosocial approaches to health care that are currently almost impossible to access.
- Mary-Anne Parker - End of Life Doula approach - Mary-Anne explored this emerging role and gave insight into how it can complement end-of-life care.
- Bill Edwards - Funeral frontiers - An informative look into the trends of modern day funerals, the personal nature of post mortem care, and how funeral directors and end of life care practitioners can work together to create a seamless experience for all involved.
- Lecina Hicke & Monique Blom - Glengarda Hospice - Holistic Care - Lecina's inspiring story of how the Hospice at Glengarda came to be, combined with Monique's applied recreational activity allowed for participants to more deeply appreciate the necessity and effectiveness of hospice care.

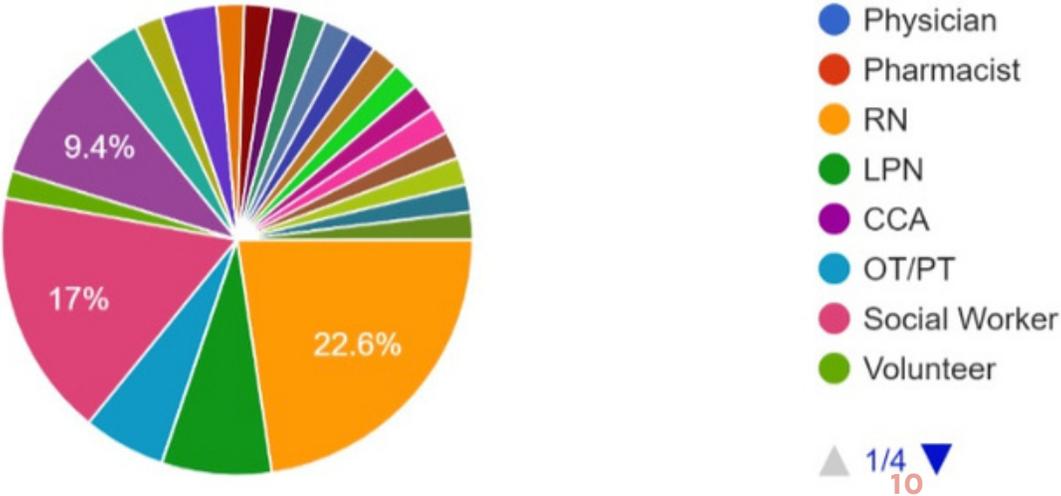
"Wonderful, inspiring, conference. I was amazed with all of the speakers. I was especially touched by the speak on the Hospice at Glengarda in Saskatoon and want to be able to eventually open a rural hospice facility. Thank you for inspiring me and affirming my newer passion for palliative care."

# Key attendance statistics

- Attendance by Facility



- Attendance by Profession



# Future Opportunities for Collaboration

Whenever dedicated end of life care focussed professionals meet to discuss the importance of equitable and timely care, the opportunities for further education and best practices are many. The SHPCA continues to be interested in exploring partnerships with other community organizations.

COMMUNITIES  
OF PRACTICE

The SHPCA's May/June 2023 Road Show will be stopping in up to 10 rural locations to expand our understanding of rural end of life care and to network/advocate with other end of life care professionals.

The SHPCA continues to support learning as part of the SHPCA's 4 organizational pillars:

1. Networking
2. Education
3. Advocacy
4. Research

and is looking for ways to collaborate with partners who are doing the same.





# Future Topics for Collaboration

The following topics were identified in our post-conference survey. We see these as other areas for networking, education, advocacy and research and are open to partnering with you.

- Cultural bias in palliative care and have speakers of different cultures sharing traditions/spirituality - what's important to them and how we can support/be respectful of their practices.
- What has been, is, and should be the relationship among palliative providers and MAiD providers in Saskatchewan? Are they cooperating optimally? What are the barriers?
- Explore the holistic side of palliative care- death doulas, spiritual care, music therapy work etc.
- Supporting all types of care givers - doulas, nursing, holistic care providers, cultural care, spiritual care
- Examining complementary therapeutic modalities, EMDR, psilocybins, hypnotherapy
- More work on advance care planning, legacy planning, and other services not offered in Saskatchewan
- The challenges and solutions for palliative care in rural and remote areas
- Dying at home - the rewards and challenges
- Creative approaches to dying spaces
- Palliative Care best practices and medications
- Palliative care concerns for children and youth





# Acknowledgements

We would like to extend our deepest thanks, on behalf of the SHPCA and conference attendees to the St. Paul's Hospital Foundation for their generous grant that made this year's conference possible.

We also give heartfelt thanks to all of our sponsors listed below. With your help we brought people together from all over Saskatchewan

Additionally, we would like to acknowledge our speakers and their willingness to share the stories and experience from which we will all learn and carry into our own end of life care practice throughout the province of Saskatchewan.

Finally, thanks go to the conference organizing team, our Prairie Hospice Society volunteers and all those who gave their professional time to attend the conference.

Thank you for all that you continue to do in our communities.



*Dependable. Committed. Compassionate.*



*Home is where your health is.*

