Newfoundland and Labrador Palliative Care Association
Annual Conference 2012

May 10-11, 2012
Hotel Gander
100 Trans Canada Highway
Gander, NL A1V 1P5
Hotel Phone: (709) 256-3931
Hotel Phone Toll Free: 1-800-563-2988
(Reference Palliative Care Conference when reserving rooms)
Thursday, May 10, 2012 – morning schedule

8:00 a.m. Registration in Hotel Gander lobby

8:30 a.m. Greetings and Welcome
          Introduction of Special Guests

9:00 a.m. ‘Critical Communication; Communicating Care’

10:15 a.m. Nutrition Break

10:45 a.m. ‘Critical Communication; Communicating Care’ continued

12:00 p.m. Lunch & AGM (included in conference fee)

Plenary Speaker:
Kathy Kortes-Miller,
MSW, Ph.D. (cand.)
Lakehead University
Ontario

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Thursday, May 10, 2012 – afternoon schedule

1:15-2:00pm  2:15-3:00pm  3:30-4:15pm
(Please check the personalized schedule you will receive at registration)
Refreshments will be served between 3:00-3:30pm at session break

Thursday, May 10, 2012 – public session schedule

7:00 p.m.   Welcome and Introductions
7:15 p.m.   Kathy Kortes-Miller Presentation
8:00 p.m.   Nutrition Break
8:30 p.m.   Final Activity/Closing Remarks

Friday, May 11, 2012 – morning schedule

8:45 a.m.   Opening Remarks
9:00 a.m.   ‘Taking Care; Caring About Those Who Care’
10:15 a.m.  Nutrition Break
10:45 a.m.  ‘Taking Care; Caring About Those Who Care’ continued
11:30 a.m.  Closing Remarks and Thanks/Evaluations
"Communication is not only the essence of being human, but also a vital property of life."
-John A. Piece

To be human is to communicate. We are all continually sending out messages to other people, whether we recognize it or not. Communication skills are of vital importance in palliative care and are at the heart of the work we do. One of the most important ways healthcare providers can demonstrate caring is through communication. Caring relies on a human relationship between the healthcare provider and the recipient of care (client, patient, resident) which is built on trust, empathy and good communication. These foundations have been recognized as predictors of improved health outcomes, patient satisfaction and compliance (Janssen and MacLeod, 2010). Communication is an integral part of the role of every palliative care team member. The presentation will focus on the importance of caring and communication in end of life care.

**Objectives:**

1. To explore the impact communication has on the well being of the person receiving care, their families and other care givers.
2. To examine the range of skills and interactions that underpins effective communication.
3. To reinforce the need for timely communication
4. To develop increased understanding how to constructively manage barriers to effective communication.

To encourage participants to reflect on their own communication skills; their strengths and needs
There is a cost to caring (Figley, 1995).

This workshop will examine the need for palliative care providers to focus on their role as caregivers and to care for themselves. Concepts of caring will be explored including empathy, compassion fatigue, secondary traumatic stress and burnout. Participants will be encouraged to reflect on strategies for self care as an integral aspect of their work in palliative care.

Kathy Kortes-Miller, HBMT, MSW has a clinical background in social work and music therapy. She is a sessional lecturer at Lakehead University instructing in the social work and gerontology programs primarily for the palliative care certificate. Presently she is a PhD student in Educational Studies. Kathy has worked as the curriculum developer for palliative care education at the Centre for Education and Research on Aging and Health (CERAH) and on the Hospice Unit at St. Joseph’s Care Group. She is a member of the board of directors of Hospice Northwest and has presented at provincial, national and international conferences. Her research interests include enhancing palliative and end-of-life care education, inter-professional education, high fidelity simulation and mentorship.
To everything, turn, turn, turn;
there is a season, turn, turn, turn;
and a time to every purpose
under heaven........ A time to be born,
a time to die: integrating
spirituality and palliative care

This workshop will endeavour to embrace the significance and importance of the integration of spirituality as an essential component of palliative care services. Health care professional practice today seems to be insisting upon the delivery of health care practice that embraces interprofessional care. This is complementary to the inclusion of spirituality as an essential domain for the provision of accredited palliative care services. Reference will be made to the roles of various professions in a case involving a young man who is dying. A model for the delivery of spirituality in palliative care service will also be presented for consideration. People interested in reading some background information prior to this workshop may reference a recent book by Dr. Christina Puchalski, MD and Dr. Betty Ferrell, RN, PhD, entitled “Making Health Care Whole: Integrating Spirituality into Patient Care,” or download an article entitled, “Improving the Quality of Spiritual Care as a Dimension of Palliative Care: The Report of the Consensus Conference,” by Christiana Puchalski, Betty Ferrell, et. al, found in JOURNAL OF PALLIATIVE MEDICINE Volume 12, Number 10, 2009.

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Rev. Dr. Peter Barnes is Coordinator of Bereavement Services, Palliative Care Leadership Team, Eastern Health, St. John’s, NL. He provides bereavement counseling, organization of bereavement services, and supervises in Clinical Pastoral Education, a bereavement-focused program. Previously he was a professor at St. Paul University, Ottawa, in the Spiritual Care Program, Faculty of Human Sciences. He is certified as a specialist in spiritual care, counseling, and as a teaching supervisor. He is a clergy and spiritual director with an interest in mental health, palliative care, interprofessional education and care and group work.
Nancy Wright

Are there skin changes at the end of life? Are these skin changes pressure ulcers?

People near the end of life may experience a phenomenon known as the Kennedy Terminal Ulcer (KTU). What are they? Is there prevention? Can KTU help guide patient care?

Since completing her nursing studies at the S.A. Grace General Hospital in St. John’s, NL, Nancy has spent time as a Staff Nurse in both acute and long term care, and has spent the last twenty two years working in Community Care. Her current position is that of Wound Care Consultant with the Central Regional Integrated Health Authority, Community Services Division, a position she has held since 1999. This position allows Nancy the multi role of Consultant, Educator and hands on care, which she thoroughly enjoys.

Nancy explains that “Care of clients with wounds is a challenging, constantly changing, and a rewarding experience. Being able to impact client’s lives by preventing wounds is even more satisfying. Nancy says the more she learns the more she needs to learn and the more help she feels is needed in skin and wound related illness, like lymphedema, compression, and diabetic neuropathy.

Nancy is an independent parent of three daughters, Nikki, Nadine, and Erin; and the proud grandmother of her two grandsons Mason, and Chase and a granddaughter Isabella. She enjoys spending her “not work time” being a Nanny, reading, volunteering and just plain relaxing!
Some people think play is the opposite of work. You are either playing or working. Playing at work is usually done on the sly; it’s considered unproductive, unhelpful and inappropriate. Make “play” work for you. After all, if the caregivers are looking after the sick, who is looking after the caregivers? In this session, Sandra and Anne will get you to explore the attitude you bring to work, how you communicate with your team and how you react to change and stress. They will also challenge you to think about how you can use play to your advantage even in the most stressful times.

Sandra Evans is the Regional Director of Professional Development with Central Health. She has been in the work force for over 30 years and has worked in many capacities. She has worked as a front line Registered Nurse in ICU ER and community. She has taught at the College of the North Atlantic and worked as a Consultant with the Department of Education. In the last few years she has worked in management in health care. She is married and has two girls. In her spare time she likes to volunteer and have the occasional game of golf.

Anne Rowsell is the Regional Nurse Manager for Renal Services at Central Health. She has worked for Central Health all of her nursing career starting in her home town of Buchans. From there she worked in Dialysis for 5 years and then 5 years as an Education Consultant with Professional Development (where Sandra was her boss!). She is in her current manager role for 3 years. She is married with 2 sons and the proud grandmother of 3.
Grief counseling and puppets: 
Creating dialogue with children

A puppetry enhanced story format is a creative means of illustrating and addressing children's concerns when doing grief counseling with this population. Puppet theatre functions as a means of helping children communicate their distress and encourage dialogue on difficult topics. Through the presentation of realistic scenarios, children are encouraged to enter into the world of the puppet characters, identify with their experiences, and offer suggestions as to how the puppet characters may deal with bereavement situations as they arise.

Jacintha Penney, (BA MTS (Hon) MHS (Bioethics) is currently the Manager of Pastoral Care and Ethics at the Health Sciences Centre in St. John’s. Prior to coming to work for Eastern Health in 2006, Jacintha functioned as a University Chaplain, Armed Forces Chaplain, and community clergy.
Please check what conference fees apply:

☐ $130 Conference & Annual Membership combined
   *(please also complete NLPCA membership form & attach)*

☐ $60 Conference fee only for students/volunteers

Make your cheque payable to & direct it to:
Newfoundland & Labrador Palliative Care Association
PO Box 39023, 390 Topsail Road  St. John’s, NL

**Please check (√) 3 of the 4 afternoon concurrent sessions you would like to attend**

PERSONALIZED SCHEDULE WILL BE DISTRIBUTED AT REGISTRATION *

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<th>Integrating Spirituality</th>
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Deadline for registration
is Friday, April 13, 2012
No refunds after May 1, 2012
Credit cards not accepted

Jeans Day
Thursday, May 10th
is Jeans Day!

Our conference committee will be supporting the Central Northeast Health Foundation as they fundraise for Palliative Care Services throughout the north east region.
Donate $2 or more and wear your jeans on May 10th.
Proceeds will be presented during the Hospital Radiothon for Palliative Care Services on...

Thursday, May 10th 9am -1pm
on 650 VOCM
www.cnehf.nl.ca
If you have any questions or concerns, please contact:

Linda Abbott, President
Newfoundland & Labrador Palliative Care Association
PO Box 39023, 390 Topsail Road
St. John’s, NL A1E 4N0
abbottlind@gmail.com or 682-7194

Corinne Shea, Regional Manager
Palliative Care & End-of-Life Care, Central Health
c/o Notre Dame Bay Memorial Health Centre
Twillingate, NL A0G 4M0
corinne.shea@centralhealth.nl.ca or 884-4289