

Palliative Care Newsletter

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Summer/Fall 2009

*Palliative Pain &
Symptom Management
Consultation Service*
Patti Stanton R.N., B.Sc.N
Consultant



*Serving the counties of
Peterborough,
Northumberland,
Haliburton, &
the City of Kawartha Lakes*

The Cloak of Comfort

The phrase Palliative Care is from the Latin word *palliate*, meaning “to cloak.” If you look in the Wikipedia dictionary it is defined as:

“Any form of medical care or treatment that concentrates on reducing the severity of disease symptoms, rather than striving to halt, delay, or reverse progression of the disease itself or provide a cure. The goal is to prevent and relieve suffering and to improve quality of life for people facing serious, complex illness.”

For some, the definition above is very clear – Medical intervention without a cure. With a definition like that, it is very easy for someone not to think of the “other side” to Palliative Care.

Let’s go back to the original meaning of the word for a moment, “to cloak.” This word, for most of us, makes us think of being wrapped in a huge warm blanket. The feeling of comfort, security and love comes into play.

For many though, the Palliative experience can be lonely as well as physically and emotionally draining to say the least. It is within this time of need that our Palliative Care Committee here at Hyland Crest Senior Citizens Home reaches out with great a focus to our palliative friends and their families, striving to do everything in their power to provide them with a sense of feeling “cloaked in our arms.”

Initially when one enters a palliative experience our Palliative Care members drop what they are doing and rush to the bed side. However, they are not alone. In their arms they carry a cute, soft and cuddly bear within his paws holds a heart and a tissue. Upon his face a single



“The heart I hold in my hand represents all the love that surrounds you. The tear in my eye lets you know there are others that understand your sadness. The tissue is for you...It is filled with compassion.”

Signed Palliative Care Team

The status of the Palliative individual varies so these two little expressions of love were developed so they can be held in ones arms and in their hearts. There are many other avenues we take in order to “cloak” the individuals which to some may seem so menial but in fact they are of great significance such as holding their hands, talking even though there may be no response, brushing their hair, reading, softly singing, making sure they are comfortable, being there for the family in any way needed. These are just a few; among the many ways we provide love in these situations.

This kind of care is so essential because for the most part this can be a very lonely and cold time in ones life. Therefore it is our motivation that we become that “warm blanket of comfort” for the individual and their families in their time of need.

Submitted by Janine Burke—Program Manager, Hyland Crest & Highland Wood, Minden

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Hospices in our region

PETERBOROUGH COUNTY & CITY *Hospice Peterborough*

Host agency for the four counties PPSMCS
439 Rubidge St, Peterborough K9H 4E4
(705) 742-4042 Fax (705) 742-0064
Linda Sunderland- Executive Director
Eleanor Low- Client Care Coordinator
David Kennedy—Bereavement Coordinator
Paula Greenwood- Coordinator of
Volunteers & Education
Alison Casey— Community Development
Angela O'Brien, Office Coordinator
Patti Stanton— PPSM Consultant
Elaine Jeanes— Program Assistant PPSMC

HALIBURTON COUNTY *SIRCH Community Services & Consultation-*

Box 687, Haliburton K0M 1S0
(705) 457-1742 Fax (705) 457-5352
Gena Robertson- Executive Director
Linda May-Powers- Client Care Coordinator

NORTHUMBERLAND COUNTY *Hospice Northumberland Lakeshore*

Box 32, Cobourg K9A 4K5
(Located at 259 Division St. Cobourg)
(905) 373-8875 Fax (905) 373-0086
- Executive Director (TBD)
Peter Morrocco, Ellen McFadyen & Peggy
Crowther –Program Coordinators
Jane Weeks- Office Administration

Palliative Care Campbellford

174 Oliver Road, Box 1541,
Campbellford, Ontario K0L 1L0
(705) 653-5208 Fax (705) 653-4084
Debra Nurse- Coordinator
Leone White- Administrative Assistant

CITY OF KAWARTHA LAKES *Hospice Kawartha Lakes*

112 McLaughlin Road, Lindsay K9V 6B5
(705) 324-2811 Fax (705) 328-2091
Executive Director (TBD)
Karen Hamilton- Client Care Coordinator
Sheila Scotland—Bereavement Coordinator
Mary Scott- Office Manager



The Four Counties LTC Palliative Network

... offers education and support to LTC staff, hospice staff, CCAC case managers, service agency staff, volunteers and healthcare students. This network group meets four times a year to learn about end-of-life issues and to share ideas that will enhance and improve palliative care in long term care homes .

The next education day will be in the fall of 2009

For more information or to register for the next meeting,
contact Elaine Jeanes at 705-742-4042
or email ejeanes@hospicepeterborough.org

The Palliative Pain and Symptom Management Consultation Service is preparing to offer the following courses in the fall of 2009:

- 1. The Fundamentals of Hospice Palliative Care** – an introductory, multidisciplinary eight week program based on the CHPCA's* National Principles and Norms of Practice.
- 2. Advanced Hospice Palliative Care Education (AHPCE)** – a further eight week program for PSW's, Hospice Volunteers and other non regulated healthcare professionals. The **prerequisite is completion of the Fundamentals course** (this course builds on the knowledge acquired in the Fundamentals)

These courses are open to all LTC staff, CCAC staff, volunteers, and community nursing agency staff – watch for the flyers in your local area or call Elaine at 705-742-4042 for information about the course nearest you.

UPCOMING Conferences in Palliative Care:

- **October 18-21, 2009**—CHPCA Palliative Care Conference “*Voyages in Care and Understanding*” - in Winnipeg, Manitoba— for more information go to www.conference.chpca.net
- **November 4, 2009**—7th annual Geriatric Palliative Care Conference– in New York— call 212-980-1000 for more information
- **2010—October 5-8**—18th International Congress on Palliative Care in Montreal, Quebec.

The Palliative Pain and Symptom Management Consultation Service (PPSMC)

c/o Hospice Peterborough, 439 Rubidge Street, Peterborough, ON, K9H 4E4

Phone: (705) 742-4042, Toll Free: 1-800-790-0867, Fax: (705) 742-0064 E-mail: pstanton@hospicepeterborough.org.

Hours: 9:00-5:00 p.m. Monday-Friday. Voicemail available after hours. Consultant: Patti Stanton, RN, BScN.

Conversion Cards:

laminated pocket sized cards (with the information shown below) are available from Patti Stanton by emailing your request to :
pstanton@hospicepeterborough.org

Guidelines for the Conversion of Opioids	
• Morphine oral is always used as the drug reference	
Narcotic	Approximate Morphine po equivalent
Tylenol #3 ii tabs	Morphine 5mg po
Codeine 60mg po	Morphine 5mg po
Oxycodone 5 mg po	Morphine 10mg po
Dilaudid 2mg po	Morphine 10mg po
Long Acting- Controlled Release Options	
OxyContin 10 mg po/12 hrs (CR Oxycodone)	Morphine 20mg po/12hrs (also = 2 Percocet)
HYDROMORPH Contin 3mg po /12 hrs (CR Hydromorphone) (Dilaudid)	Morphine 15mg po/12hrs
Duragesic patch 25mcg/hr	Range: 60-134 mg (morphine po/24hrs) Our Use: 60-90mg (morphine po/24hrs)

Conversion Factor – CPS
 (24 hr period) = total mg po morphine

- patch to s/c → convert to po → from po to s/c
- oral to s/c = 2:1 ratio
- s/c to po to patch
- Breakthrough: 10% of the total 24 hour narcotic administration
- Pumps (s/c) = total mg ÷ 24 hr = hrly rate (breakthrough = 1/3 of hrly rate)
- Dilaudid 5:1 to morphine

Available Dosages of CR Medications Listed

- **OxyContin** 5mg, 10mg, 20mg, 40mg, 80mg
- **HYDROMORPH Contin** 3mg, 6mg, 12mg, 18mg, 24mg, 30mg
- **Duragesic** 12µg, 25µg/hr, 50µg/hr, 75µg/hr, 100µg/hr

Local Resource

*Palliative Pain And Symptom Management Consultation
 Haliburton, Northumberland, Peterborough Counties
 and City of the Kawartha Lakes
 Patti Stanton, Consultant 705-742-4042*



Back row l-r : Gail Goldenberg, Lynn Higgs-Thompson, Kelli Walsh, Sue Swinson, Mohammad Al mudallal
 Front row l-r: Marilyn Hammond, Nicole Manary, Pat Hardy, Amanda Barry, April Anderson

Congratulations to the above for completing the 8 week **Fundamentals of Hospice Palliative Care course in Haliburton** in April. The course helps the participants look at ways to effectively communicate and facilitate positive change in Hospice Palliative Care work.

Hospice Peterborough – 20 Years of Caring

More than 20 years ago a group of inspired Peterborough citizens realized our community needed improved hospice care. These people came from all walks of life: physicians, nurses, clergy, social workers and people whose lives had been touched by life threatening illness and grief. They worked with our broad community to make sure they would develop the right organization. Hospice Peterborough's first priorities were: initiation of client service, development of volunteer resources, consolidation of Hospice's role in the network of community support, provision of palliative education for healthcare professionals and the community and expansion of resources to meet community needs. It is amazing that after 20 years of care our priorities remain well aligned with those first identified.

Hospice Peterborough is planning a number of events to celebrate our 20 years of caring. We started the year with a successful **Hike for Hospice** raising more than \$40,000. We will have a Volunteer Recognition Dessert Buffet and winter gala. On **November 6th Alan Wolfelt**, from the Centre for Loss and Life Transition in Colorado, will headline an **education day**. Watch for more information on this event.

In our first year we supported 35 families. This past year more than 250 ill clients and 470 bereaved adults received support. Our programming has been expanded but our vision remains true, to provide the very best care to families in Peterborough city and County.

*Submitted by Linda Sunderland
 Executive Director of Hospice Peterborough*



Minden Volunteer Palliative Care Team

Our Palliative Care Committee started around 1993 with a group of very committed and resident focused volunteers. Corinne Arsenault has been Hyland Crest's Palliative Care Coordinator/Chair since the Committee began. She is an absolutely wonderful lady who is dedicated to our residents especially in their time of need and is a true testament to the words "giving back".

Our volunteers are the ones who share their love and passion with the residents and their families and once a resident has become palliative, they are the ones who hold our residents' hands, read to them, talk to them, show them that they are not alone but most importantly love them.

Anyone interested in joining our volunteers should contact Janine Burke at Hyland Crest in Minden 705-286-2140

LUNCH AND LEARN

Ross Memorial Hospital
Continuing Care Program/Palliative Care
Team

A Palliative Approach:
the when, why, who, what and where

On: Wednesday June 17, 2009
At: Oliver's Nest Golf Club (7 mi west of
Lindsay on Hwy 7)
Time: 12:30 – 4:30 pm
Cost: \$10 per person
guest facilitators

Dr Alan Kaplan and Dr John Beamish

RSVP to Tamra Fierheller at tfierheller@rmh.



Submitted by:
David Kennedy-Bereavement Coordinator
at Hospice Peterborough

I get lots of differing reactions from people when in answer to their question of where I work, I respond – Hospice Peterborough. I suppose it is that way for many occupations, but especially true for those committed to working with people who are terminally ill and those in grief. It is one of the areas to avoid in our culture.

I have been working with grief and bereavement in various ways for many years now, and my journey into the world of Hospice has been delightful. I joined Hospice in November of 2008, coming out of a private practice in grief counseling. The staff and volunteers here have been absolutely fantastic and Hospice is an amazing place filled with compassion and support.

Death is certainly a subject that doesn't find a welcoming embrace at social gatherings. In fact people either quickly try to change the subject or move away.

News from Hospice Northumberland Lakeshore

On Saturday March 28th in Cobourg, Hospice Northumberland Lakeshore, with funding from the Palliative Pain and Symptom Management Services in Peterborough, held a caregiver education and support event attended by over 80 people. A good cross-section of 28 caregiver support agencies provided tables and staff for an information expo. These included support agencies such as Red Cross, VON and St. Elizabeth Health Care, disease specific organizations such as the Canadian Cancer Society, the Alzheimer Society's First Link program, and Four Counties Brain Injury Association, several counselling services and a funeral home, two equipment suppliers, complementary therapy providers, a financial planner, infoNorthumberland, and hospital and health centre representatives.

In addition to the Expo, Dr. David Moorsom, a local palliative care physician and internist, spoke of his experiences in the field of palliative care, with an emphasis on keeping people at home and providing support for caregivers. Also Janet Irvine gave an inspirational talk highlighting her experiences and insights as a caregiver, stressing the importance of communication and self-support in the midst of unwanted change. Finally, Natisha Debutte, spearheading the new caregiver support initiative for Northumberland County, spoke briefly of her organization's goal of bringing together a variety of local community resources for caregivers.

Participants and vendors alike responded favourably to the event, and it is hoped that we will be able to repeat this expo process again next year. The need for education and awareness raising as well as linking caregivers with community support agencies is only going to deepen over the coming months and years.

Submitted by Peter Marrocco, Program Coordinator, HNL

Online Resources

Although the Palliative Pain and Symptom Management Consultation Service neither endorses nor rejects the following links, we have found that there is some very good information on the following webpages....

Hospice Information sites:

www.virtualhospice.ca
www.hospicenet.org/index.html
www.hospicecare.com
www.hospicelifeline.com
www.palliative.info— some very good information here

General : www.centraleastlhlin.on.ca—
for information about and from Central East LHIN

For Professional resources

www.eperc.mcw.edu check out their 'Fast Facts' link
www.advancingin.com
www.palliativedrugs.com
www.paincare.ca
www.drug-interactions.com
www.msk.cc— resources from a cancer center
www.pogo.ca—for paediatric oncology information
www.stoppain.org/palliative_care/ethics.html



End-of-Life resources

www.palliative.org—clinical info tab for palliative care tips
www.chcr.brown.edu— good Gerontology resources
www.cme.utoronto.ca/end_of_life
www.caringtotheend.ca
www.careofdying.org
www.room217.ca—music for palliative situations

The Palliative Pain & Symptom Management Core Teams

Each of the four counties has a “core team” or a group of committed palliative care multidisciplinary service providers whose role is to provide a “local” focus for palliative care services and to be a resource for the PPSMC service. The goals of these teams in general are:

- To act as an interdisciplinary resource for consultation on pain and symptom management.
- To work towards strengthening local expertise.
- To promote a holistic approach to the provision of palliative care service in the region.

PETERBOROUGH COUNTY:

Palliative Care Physicians:

Dr. John Beamish, Dr. Stephan Ragaz,
Dr. Jennifer Gillis-Doyle

Nurses:

Theresa Morris, PC Nurse Consultant / Manager
Evelyn Sutton (Charge Nurse, Palliative Unit)
Sherry Quibell (Charge Nurse, Palliative Unit)

Palliative Pain & Symptom Management Consultation:

Patti Stanton, Consultant

Pharmacists:

Lynn Spencer, Carolee Awde-Sadler—PRHC

Social Work:

Judy Boutette, PRHC

Pastoral Care:

Rev. Lyle Horn, Hospice Peterborough

Cancer Symptom Management Clinic—RSS— PRHC

Dr Ragaz, Theresa Morris, Eleanor Low

Hospice Peterborough

Eleanor Low, Client Care Coordinator

David Kennedy, Bereavement Coordinator

NORTHUMBERLAND COUNTY:

Physicians:

Dr. Richard Wiginton (Brighton),
Dr. Mark Azzopardi (NHH, Consulting Physician)

Nurse:

Debbie Taylor, Team Leader, NHH Palliative Unit

Pharmacists:

Pam Garratt and Laurie Vandewater, NHH

Pastoral Care:

Rev. John Saynor, *Genesis Bereavement Program, Warkworth*

Hospice Northumberland Lakeshore

Peter Morroco, Client Care Coordinator

Palliative Care Campbellford

Deb Nurse

HALIBURTON COUNTY:

Physician:

Dr. Karl Hartwick, Dr K Gammon

Pharmacists:

Amin Shivji, Nada Hunt, Village Court Pharmacy, Haliburton

SIRCH - Community Services and Consulting

Linda May Powers, Client Care Coordinator

Social Work

Bev Hunter

CITY OF KAWARTHA LAKES :

Physicians:

Dr. Peter Anderson,
Dr. Naomi Ecob,
Dr. Peter Petrosioniak,
Dr. Sheila-Mae Young
Dr. Eric Ready,
Dr. Maria Cescon,

Nurse:

Jodi Dunn, RMH

Palliative Pain and Symptom Management Clinic—

Jodi Dunn , RMH

Hospice Kawartha Lakes:

Karen Hamilton, Client Care Coordinator
Sheila Scotland, Bereavement Coordinator

CENTRAL EAST Community Care Access Centre

Whitby Branch—209 Dundas St East, 5th Floor

Whitby, ON, L1N 7H8

Regional Manager Palliative Care —

Tamra Laughlin

905-430-3308 x 5409

Email: tamra.laughlin@ce.ccac-ont.ca

*For clinical questions regarding palliative care, after hours or on weekends ,
call the Palliative Care Unit at the Peterborough Regional Health Centre*

Phone: (705) 740-8050 (direct line to unit)

(705) 743-2121 ext 2287 (hospital switchboard) Fax: (705) 740-8051