A Legacy of Pride and Progress

25th Annual Palliative Education and Research Days

Leading practice through a history of excellence
We are thrilled to welcome you to the 25th Annual Palliative Care Conference in Edmonton, Alberta. What a testament this milestone is to the dedication and commitment of all those who work in this field – past, present and future.

It is estimated that next year, 20,000 Alberta families will share the end-of-life care journey with a loved one. With an aging population, these numbers will only increase. Though we have worked hard over the last two decades to develop comprehensive integrated palliative care specialist programs in Alberta, access to consult support and comprehensive options for location of care - particularly outside of the major urban areas – are not universal across the province. Access to primary palliative care, and for patients with non-cancer palliative conditions, can also be less than optimal. What do we need to do to improve palliative care moving into the future? How do we best develop the clinical, education and academic programs needed to support this? How do we engage the public in meaningful conversations around their concerns about dying? These are the timely questions we are grappling with today, and, as you will hear, a central theme for this year’s anniversary event.

It is our sincere hope, and the hope of all those involved in planning this year’s event, that you will come away not only better informed on progress in the palliative care field, but also hopeful that collectively we can improve our health care approaches to alleviate suffering for all patients and families dealing with palliative and end-of-life situations.

Robin Fainsinger  
Co-Chair, Conference Planning Committee

Ann Syme  
Co-Chair, Conference Planning Committee
Committee members

- **CO-CHAIR - ROBIN FAINESSINGER**
  Clinical Director, Tertiary Palliative Care Unit, Grey Nuns Community Hospital, Section Chief Edmonton Zone Palliative Care Program, Alberta Health Services, Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta

- **CO-CHAIR - ANN SYME**
  Director, Palliative Institute, Covenant Health

- **CONFERENCE MANAGER- LORETTA HARBISON**
  Program Assistant, Palliative Institute, Covenant Health

- **PAST CO-CHAIR- KELLEY FOURNIER**
  Unit Supervisor, Tertiary Palliative Care Unit, Grey Nuns Community Hospital, Covenant Health

- **PAST CO-CHAIR- MIRIAM DOBSON**
  Professional Practice Lead Policy, Professional Practice, Covenant Heath

- **DANIELLE BARON**
  Research Program Coordinator, Palliative Institute, Covenant Health

- **KATHY CLASSEN**
  Community Advocacy & Engagement, Palliative Institute, Covenant Health

- **INGRID DEKOCK**
  Palliative Care Physician Consultant, Regional Palliative Care Program, Alberta Health Services – Edmonton Zone

- **KONRAD FASSBENDER**
  Scientific Director, Palliative Institute, Covenant Health

- **DEANNE GERHARDT**
  Clinical Nurse Educator, Tertiary Palliative Care Unit, Grey Nuns Community Hospital, Covenant Health

- **MEG HAGERTY**
  Hospice Social Worker, Edmonton General Continuing Care, Covenant Health

- **CARMEL MONTGOMERY**
  Clinical Nurse Specialist, Edmonton Zone Palliative Home Care, Alberta Health Services

- **VIKI MULLER**
  Research Program Coordinator, Palliative Institute, Covenant Health

- **CHERYL NEKOLAICHUK**
  Counseling Psychologist, Tertiary Palliative Care Unit, Grey Nuns Community Hospital / Associate Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta

- **MEGAN PERRAS**
  Communications Assistant, Communications, Covenant Health

- **KATHY ROBBERTAD**
  Administrative Support, Division of Palliative Care Medicine, Department of Oncology, University of Alberta

- **BONNIE TEJADA**
  Director, Mission and Spirituality, Covenant Health

- **SHARON WATANABE**
  Director, Department of Symptom Control and Palliative Care, Cross Cancer Institute Acting Director, Division of Palliative Care Medicine, Department of Oncology, Faculty of Medicine and Dentistry, University of Alberta

- **SHARI YOUNG**
  Manager, Edmonton Zone Palliative Care Program, Alberta Health Services
VOLUNTEERS
We would like to give a special thank you to our new and longstanding volunteers for their support of the 2014 Palliative Care Conference. We would also like to thank Coronation School and its students who are part of the Own the Microphone Program, for their continued involvement in introducing our keynote session speakers at our annual conference.

PILGRIMS HOSPICE PRESENTS THE 5TH ANNUAL PAULA BRINDLEY HEALING ROOM
The Paula Brindley Healing Room is sponsored by Pilgrims Hospice of Edmonton as part of their Complementary Services Program offered to those living with life threatening illness, their caregivers and the bereaved. Volunteer practitioners in the Healing Room will provide free 20 minute sessions in reiki, reflexology, acupressure or massage to conference registrants.

Please visit www.pilgrimshospice.com for more information about Pilgrims Hospice programs or to be in touch with staff members for program referral.

INFORMATION FAIR
Located in room 6, see all the products and services available.

BOOK SALE
Audrey's Books has provided a book sale room for your convenience; open both days of the conference. Drop in and browse the new titles.

EVALUATIONS
We rely on your evaluations to provide us with input to plan the Palliative Conference in future years. Please take a few moments to complete the electronic evaluation that will be emailed to you post-conference.

CME CREDITS
Please see the Registration Manager at the Conference Registration Desk for validation forms.
SHARON BAXTER, MSW

Sharon has held the position of Executive Director for the Canadian Hospice Palliative Care Association for 12 years. She holds a Masters of Social Work in Public Policy and Administration. Sharon sits on many other coalitions and national committees examining hospice, palliative and end-of-life care issues. She sits on the Board of Trustees of the Worldwide Palliative Care Alliance, the Board of Directors of the International Children's Palliative Care Alliance, the National Hospice and Palliative Care Organization in the USA, and the Board of the Canadian Nurses Association as their public representative.

EDUARDO BRUERA, MD

Dr. Eduardo Bruera is a medical oncologist who specializes in palliative medicine. He holds the F. T. McGraw Chair in the Treatment of Cancer and is Chair of the Department of Palliative Care and Rehabilitation Medicine at The University of Texas M. D. Anderson Cancer Center. Eduardo's main clinical interest is the care of the physical and psychosocial distress of patients with advanced cancer and the support of their families. He developed and has led the Edmonton Regional and Palliative Care program.

NEIL MACDONALD, MD

Dr. Neil MacDonald has experience in medical oncology, palliative care, nutrition and ethics. Neil has served in many influential positions throughout his career, including Executive Director of the Alberta Provincial Cancer Hospitals Board, Director of Edmonton's Cross Cancer Institute, Director of the Division of Oncology for the University of Alberta, and Director of the Cancer Ethics Program within the Centre for Bioethics, Clinical Research Institute of Montreal. In 2003, he founded the McGill Cancer Nutrition and Rehabilitation program. He is Professor Emeritus of McGill University and the University of Alberta.

CHERYL NEKOLAICHUK, PHD, RPSYCH

Dr. Cheryl Nekolaichuk is a registered psychologist with a special interest in psycho-oncology and palliative care. She is a counseling psychologist on the Tertiary Palliative Care Unit at the Grey Nuns Community Hospital and an Associate Professor in the Division of Palliative Care Medicine, Department of Oncology, at the University of Alberta. Her clinical and research interests revolve around supporting patients and families through end of life transitions, including understanding the multidimensional aspects of pain, patient-centered symptom assessment, and the experience of hope in palliative and end-of-life care.

NIGEL SYKES, MD

Dr. Nigel Sykes studied medicine at Oxford and is currently the Medical Director and Consultant in Palliative Medicine at St. Christopher's Hospice, London. His principal clinical interests relate to gastrointestinal and end of life symptom management in palliative care. He teaches widely both in the UK and abroad. Nigel set up the first clinical ethics committee to be located in a hospice, has spoken on television and radio, and has made presentations to British parliamentary committee on ethical issues relating to palliative care.
### Monday, October 27, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Streams</th>
<th>Presenter/Topic</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730</td>
<td><strong>REGISTRATION</strong></td>
<td></td>
<td>Foyer</td>
</tr>
<tr>
<td>0830</td>
<td>Welcome</td>
<td>LINDA REVELL – Vice President, Operations and Chief Operating Officer. Covenant Health</td>
<td>Ballroom</td>
</tr>
<tr>
<td></td>
<td>Prayer</td>
<td>SISTER JEANNINE COULOMBE – Grey Nuns of Montreal</td>
<td></td>
</tr>
<tr>
<td>0900-1000</td>
<td>Plenary Address</td>
<td>DR. EDUARDO BRUERA – Palliative care in Edmonton: 25 years leading the world and more to come</td>
<td>Ballroom</td>
</tr>
<tr>
<td>1000-1030</td>
<td><strong>COFFEE/POSTERS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1030-1130</td>
<td>Concurrent Session Block A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A1</td>
<td>Symptom Management</td>
<td>LYLE GALLOWAY – Retrospective study of neuraxial analgesia on an intensive palliative care unit 2008-2010 (30 mins)</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ANNA SANTOS SALAS – Non-pharmacological cancer pain relief interventions in populations affected by income, gender and ethnic disparities: A systematic review and meta-analysis (30 mins)</td>
<td></td>
</tr>
<tr>
<td>A2</td>
<td>Psychosocial/Spiritual</td>
<td>CAROL KODISH-BUTT – Leaving a piece of yourself: Writing an ethical will (60 mins)</td>
<td>15</td>
</tr>
<tr>
<td>A3</td>
<td>Leadership, Program Development, and Interdisciplinary Teamwork</td>
<td>VINCENT THAI – Geriatric palliative care (30 mins)</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>JANIS MIYASAKI – Place of death for Parkinson’s disease patients in an ambulatory palliative care program (30 mins)</td>
<td></td>
</tr>
<tr>
<td>A4</td>
<td>Families and Caregivers</td>
<td>LINDA READ PAUL – Storytelling as a legitimate practice improvement strategy: The experience of the Calgary Zone Rural Palliative Care Resource Team (30 mins)</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>JASNEET PARMAR – Supporting family caregivers of seniors: improving care and caregiver outcomes in end-of-life care (30 mins)</td>
<td></td>
</tr>
<tr>
<td>A5</td>
<td>Emerging Trends</td>
<td>JULIA ARSENAULT – Geographic Complex Assessment and Treatment Service (GCATS): A comprehensive approach to palliative and end-of-life care in supportive living (30 mins)</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ANN SYME – Covenant Health’s Palliative Institute: our promise and our responsibility (30 mins)</td>
<td></td>
</tr>
<tr>
<td>1130-1300</td>
<td><strong>LUNCH AND LAUNCH: TWO WORLDS AND COVENVANT HEALTH</strong></td>
<td></td>
<td>Ballroom</td>
</tr>
<tr>
<td>1300-1400</td>
<td>Plenary Address</td>
<td>SHARON BAXTER (SANDY MCKINNON LECTURE) – Our history to our future: The field of hospice palliative care</td>
<td>Ballroom</td>
</tr>
<tr>
<td>1400-1415</td>
<td><strong>COFFEE/POSTER VIEWING</strong></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>1414-1515</td>
<td>Concurrent Session Block B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1</td>
<td>Symptom Management</td>
<td>JANICE RICHMAN-EISENSTAT – Deconstructing dyspnea (60 mins)</td>
<td>9</td>
</tr>
<tr>
<td>B2</td>
<td>Psychosocial/Spiritual</td>
<td>CHERYL NEKOLAICHUK – Psychosocial distress and suffering: Hanging on... Letting go (60 mins)</td>
<td>10</td>
</tr>
<tr>
<td>B3</td>
<td>Leadership, Program Development, and Interdisciplinary Teamwork</td>
<td>EDUARDO BRUERA – Frequent Clinical Problems in the Delivery of Palliative Care (60 mins)</td>
<td>7</td>
</tr>
<tr>
<td>B4</td>
<td>Families and Caregivers</td>
<td>SARAH BURTON MACLEOD, KIM CROWE – The family as the unit of care: Challenges and rewards (60 mins)</td>
<td>14</td>
</tr>
<tr>
<td>B5</td>
<td>Emerging Trends</td>
<td>GILLIAN FYLES – Two Worlds: a problem shared is a problem halved (30 mins)</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CHARLOTTE POOLER – EMS/Palliative Care and Treat in Place initiative: Collaboration among continuing care, emergency medical services, and family physicians in the community (30 mins)</td>
<td></td>
</tr>
<tr>
<td>1530-1700</td>
<td><strong>POSTER SESSION/SOCIAL EVENT</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Presentations

**Tuesday, October 28, 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Streams</th>
<th>Presenter/Topic</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730</td>
<td><strong>REGISTRATION</strong></td>
<td></td>
<td>Foyer</td>
</tr>
<tr>
<td>0830</td>
<td>Welcome and Reflection</td>
<td><strong>KAREN MACMILLAN</strong> – Senior Operations Officer, Acute Services, Grey Nuns Community Hospital, Covenant Health</td>
<td>Ballroom</td>
</tr>
<tr>
<td>0845-0945</td>
<td>Plenary Address</td>
<td><strong>DR. NIGEL SYKES</strong> – Palliative care: Past, present and future</td>
<td>Ballroom</td>
</tr>
<tr>
<td>0945-1015</td>
<td><strong>COFFEE/POSTER VIEWING</strong></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>1015-1115</td>
<td>Concurrent Session Block C</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>C1</td>
<td>Symptom Management</td>
<td><strong>ANA MARIA HERMOSA</strong> – European Palliative Care Symptom Study: Symptom trajectory in advanced non-small cell lung cancer patients (30 mins)</td>
<td>5</td>
</tr>
<tr>
<td>C2</td>
<td>Psychosocial/Spiritual</td>
<td><strong>DEBBIE PACHES</strong> – Caring for the caregiver (60 mins)</td>
<td>9</td>
</tr>
<tr>
<td>C3</td>
<td>Leadership, Program Development, and Interdisciplinary Teamwork</td>
<td><strong>ANNA SANTOS SALAS</strong> – Understanding social determinants of health and symptom burden in palliative care populations (30 mins)</td>
<td>7</td>
</tr>
<tr>
<td>C4</td>
<td>Families and Caregivers</td>
<td><strong>KONRAD FASSBENDER</strong> – ACP CRO: Advance Care Planning and Goals of Care Alberta: A population-based knowledge translation intervention study (60 mins)</td>
<td>15</td>
</tr>
<tr>
<td>C5</td>
<td>Emerging Trends</td>
<td><strong>JANIS MIYASAKI, WENDY JOHNSTON</strong> – Neurologic disease burden (30 mins)</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>SHERRI KASHUBA</strong> – Human Organ and Tissue Donation Act - Implementation and opportunities for integration with Advance Care Planning (30 mins)</td>
<td></td>
</tr>
<tr>
<td>1115-1230</td>
<td>LUNCH AND LAUNCH: JOANNA BRIGGS INSTITUTE AND COVENANT HEALTH</td>
<td></td>
<td>Ballroom</td>
</tr>
<tr>
<td>1230-1330</td>
<td>Concurrent Session Block D</td>
<td></td>
<td></td>
</tr>
<tr>
<td>D1</td>
<td>Symptom Management</td>
<td><strong>ROBIN FAININGER, CHERYL NEKOLAICHUK</strong> – Moving on – useful clinical lessons learned in developing an International Classification System for Cancer Pain (60 mins)</td>
<td>10</td>
</tr>
<tr>
<td>D2</td>
<td>Psychosocial/ Spiritual</td>
<td><strong>SANDY AYRE, SHEILA KILLORAN</strong> – Caring for yourself with music and movement (60 mins)</td>
<td>15</td>
</tr>
<tr>
<td>D3</td>
<td>Leadership, Program Development and Interdisciplinary Teamwork</td>
<td><strong>NIGEL SYKES</strong> – Education in Palliative Care – St. Christopher’s approach (60 mins)</td>
<td>7</td>
</tr>
<tr>
<td>D4</td>
<td>Families and Caregivers</td>
<td><strong>LINDA READ PAUL</strong> – Compassion fatigue: Recognizing and reducing the cost of caring (60 mins)</td>
<td>5</td>
</tr>
<tr>
<td>D5</td>
<td>Emerging Trends</td>
<td><strong>ANN SYME, DANIELLE BARON, MELISSA JOHNSON, SHARNA POLARD</strong> – Joanna Briggs Institute Comprehensive Systematic Review training: Lessons learned (30 mins)</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>AMANDA BRISEBOIS</strong> – Road Blocks in non-cancer palliative care: Obstacles observed from outpatient palliative non-cancer practice (30 mins)</td>
<td></td>
</tr>
<tr>
<td>1340-1440</td>
<td>Plenary Address</td>
<td><strong>CHERYL NEKOLAICHUK (NEIL MACDONALD LECTURE)</strong> – Blending perspectives and bridging differences: Weaving clinical research into whole person care</td>
<td>Ballroom</td>
</tr>
<tr>
<td>1445-1530</td>
<td>Closing: Dr. Neil Macdonald</td>
<td>What about tomorrow? Considerations for advancing palliative care</td>
<td>Ballroom</td>
</tr>
</tbody>
</table>
The posters will remain up throughout the conference. Authors will be present at their posters during the Social Event on Monday, October 27th from 1530 - 1700 hours to discuss their work.

THE COVENANT HEALTH PALLIATIVE INSTITUTE: LEADING PRACTICE THROUGH RESEARCH EXCELLENCE
Danielle Baron, Ann Syme, & Konrad Fassbender

SUPPORTING FAMILY CAREGIVERS OF SENIORS: IMPROVING CARE AND CAREGIVER OUTCOMES IN END-OF-LIFE CARE
Suzette Bremault-Phillips, Jasneet Parmar, & Melissa Johnson

PHYSICIAN AND PATIENT SATISFACTION WITH A COMMUNITY-BASED PALLIATIVE CARE CONSULT SERVICE
Daniela Buttenschoen

THE ROLE OF OCCUPATIONAL THERAPY IN CLIENT-CENTERED GOAL PLANNING IN PALLIATIVE CARE
Naomi Dolgoy

RETROSPECTIVE STUDY OF NEURAXIAL ANALGESIA ON AN INTENSIVE PALLIATIVE CARE UNIT 2008-2010
Lyle Galloway

MOVING ON: USEFUL CLINICAL LESSONS LEARNED FROM DEVELOPING AN INTERNATIONAL CLASSIFICATION SYSTEM FOR CANCER PAIN
Robin Fainsinger, Cheryl Nekolaichuk

UPDATED ALGESIC EQUIALGESIC CHART
Ron Marcinkoski

DRUGS USED IN PALLIATIVE CARE: SYRINGE STABILITY AND COMBINATION COMPATIBILITY CHART
Ron Marcinkoski

PALLIATIVE SEDATION IN EDMONTON: A COVENANT HEALTH PERSPECTIVE
Lora Maygard

EUROPEAN PALLIATIVE CARE CANCER SYMPTOM STUDY: SYMPTOM TRAJECTORY IN ADVANCED NON-SMALL CELL LUNG CANCER PATIENTS
Ana Maria Hermosa

SYMPTOM TRAJECTORY OF NON-SMALL CELL LUNG CANCER PATIENTS REFERRED AND NOT REFERRED TO PALLIATIVE CARE
Ana Maria Hermosa

FAMILY SATISFACTION WITH ST. MICHAEL'S PALLIATIVE CARE UNIT, LETHBRIDGE - WHAT CAN WE LEARN FROM IMPLEMENTING FAMCARE & FAMCARE-2?
Jenna Horwitz, Cheryl Nekolaichuk

PALLIATIVE CARE PATIENTS' PERSPECTIVE OF A FRENCH TRANSLATION OF THE EDMONTON SYMPTOM ASSESSMENT SYSTEM REVISED (ESAS-R)
Ann Huot

PROVINCIAL PALLIATIVE AND END-OF-LIFE CARE COMMUNITY: SENIORS, ADDICTIONS & MENTAL HEALTH
Max Jajszczok

HUMAN ORGAN AND TISSUE DONATION ACT - IMPLEMENTATION AND OPPORTUNITIES FOR INTEGRATION WITH ADVANCE CARE PLANNING
Sherri Kashuba, Jamie Tycholiz

LIKES, SHARES AND TWEETS: SOCIAL MEDIA AND PALLIATIVE CARE - THE EDMONTON EXPERIENCE
Lawrence Lee

PALLIATIVE CARE IN THE COMMUNITY SETTING: CANCER VS NON-CANCER PATIENTS
Mehrnoush Mirhosseini, Ingrid de Kock

EDMONTON ZONE PALLIATIVE CARE RESOURCES IN THE COMMUNITY
Carmel Montgomery

WHAT IS THE MOST APPROPRIATE TIME FRAME FOR ASSESSING SYMPTOMS? A VALIDATION STUDY OF THE EDMONTON SYMPTOM ASSESSMENT SYSTEM-REVISED (ESAS-R) IN ADVANCED CANCER PATIENTS
Cheryl Nekolaichuk, Sharon Watanabe, Asifa Mawani

EDMONTON ZONE PALLIATIVE HOME CARE: SUPPORTING END-STAGE LUNG DISEASE
Sue Reap, Carmel Montgomery, Janice Richman-Eisenstat

END-OF-LIFE CARE EDUCATION: EDUCATION FOR NURSES, PATIENTS, AND FAMILIES
Pat Selms, Lisa Weisgerber, Ann Syme

SHOULD WE USE PALLIATIVE SEDATION FOR EXISTENTIAL DISTRESS? A CONTROVERSIAL TOPIC WE CANNOT IGNORE
Anna Voeuk

MANAGING END OF LIFE SYMPTOM CRISIS IN THE HOME: AN INNOVATIVE PARTNERSHIP BETWEEN PALLIATIVE HOME CARE AND THE EMERGENCY MEDICAL SERVICES IN THE CALGARY ZONE OF ALBERTA HEALTH SERVICES
Barbara Wheler
Thank you to our sponsors!

TEVA CANADA INNOVATION

Excellence and leadership through integrity, respect and collaboration

△ Teva Canada Innovation is part of Teva Pharmaceutical Industries Ltd., a family of companies with a global footprint, and over 100 years of history. We continually strive to innovate and excel and do everything with the patient in mind.

△ Our objective and shared obligation is to improve the health of Canadians.

△ Teva Canada Innovation is dedicated to developing novel drug therapies that answer unmet needs, by leveraging our large-scale operations, scientific resources and global leadership.

△ Our vision is to be the most indispensable medicines company in the world.

For more information on our products and our company, please visit the Teva Canada Innovation website at tevacanadainnovation.ca

TEVA and the design version thereof are registered trademarks of Teva Pharmaceutical Industries Ltd. and are used under license.© 2014 Teva Canada Innovation S.P.C. — S.E.N.C. Montreal, Quebec H2Z 1S8
Thank you to our sponsors!

Grey Nuns of Montreal

Park Memorial
Funeral Home, Crematorium and Reception Centre

Pharmacare
Specialty Pharmacy

Fentora
(fentanyl buccal tablet)

MacEwan UNIVERSITY
FACULTY OF HEALTH AND COMMUNITY STUDIES

EVENT technology solutions
25th Annual Palliative Education and Research Days

Leading practice through a history of excellence

Thank you for attending!