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NOTE: THIS MEETING IS BEING RECORDED*

RNAO Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers autorisés de l'Ontario

the VOICE for registered nurses, nurse practitioners and nursing students in Ontario

What's New in Best Practices?

A Palliative Approach to Care in the Last 12 Months of Life Best Practice Guideline

March 24, 2021
1 – 2 pm (EST)

RNAO.CA

Today's presenters

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Objectives

- To **describe** the purpose and scope of the guideline
- To **describe** the guideline development process
- To **highlight** guideline recommendations and how to interpret the discussion of evidence
- To **provide** an overview of resources to support with guideline implementation

Who is RNAO?

Professional association of Registered Nurses, Nurse Practitioners and nursing students in Ontario, Canada

The strong, credible voice leading the nursing profession to influence and promote healthy public policy, and clinical excellence

The Best Practice Guidelines Program is the signature program of RNAO

The Health Policy Program is a core program of RNAO

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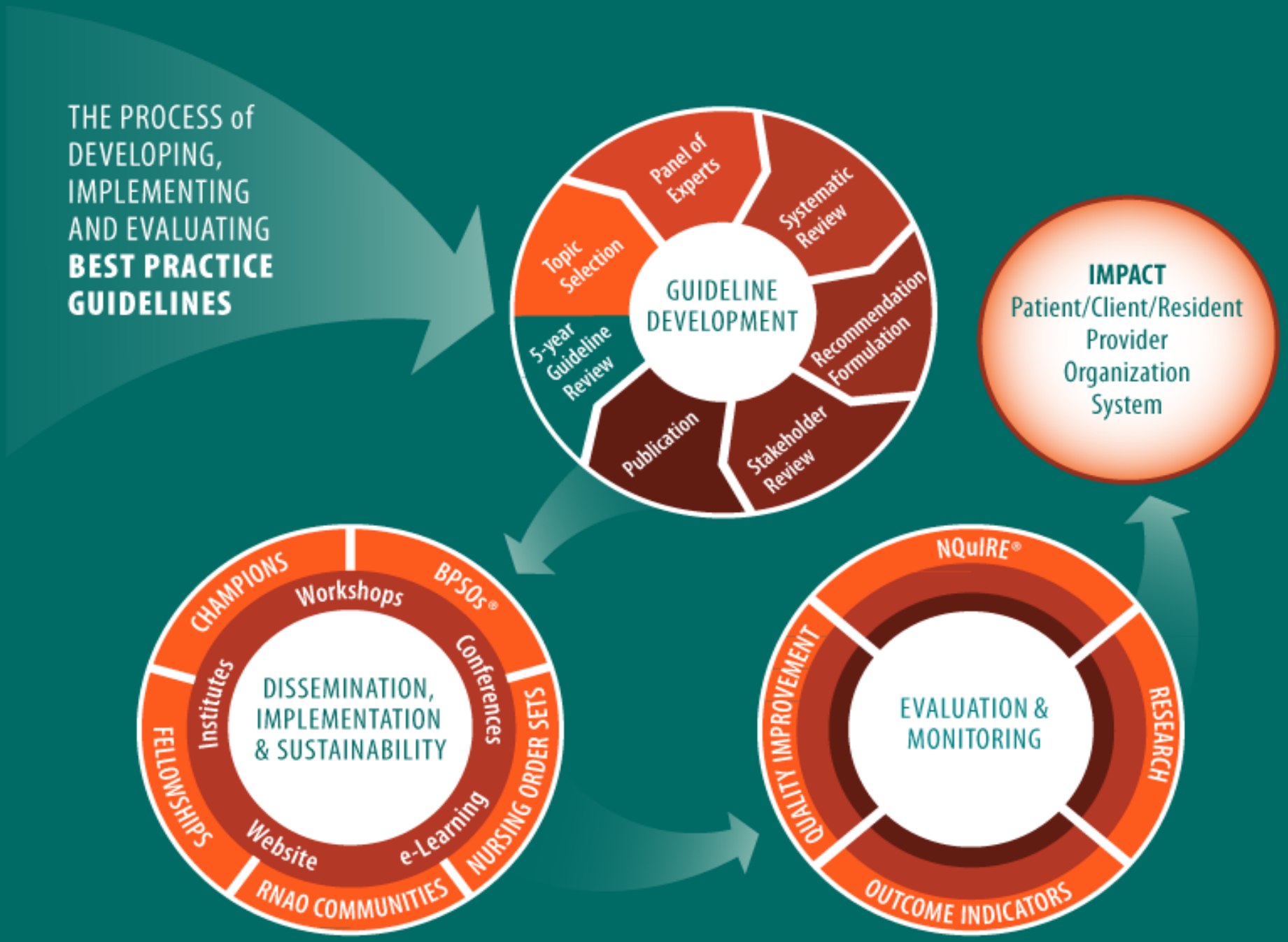
Speaking out for nursing. Speaking out for health.


THE PROCESS of DEVELOPING, IMPLEMENTING AND EVALUATING BEST PRACTICE GUIDELINES
GUIDELINE DEVELOPMENT
Topic Selection
Panel of Experts
Systematic Review
Recommendation Formulation
Stakeholder Review
Publication
5-year Guideline Review
IMPACT
Patient/Client/Resident
Provider
Organization
System
DISSEMINATION, IMPLEMENTATION & SUSTAINABILITY
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Home » Best Practice Guidelines » Guidelines

A Palliative Approach to Care in the Last 12 Months of Life

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Publication date: 2020
Status: Published

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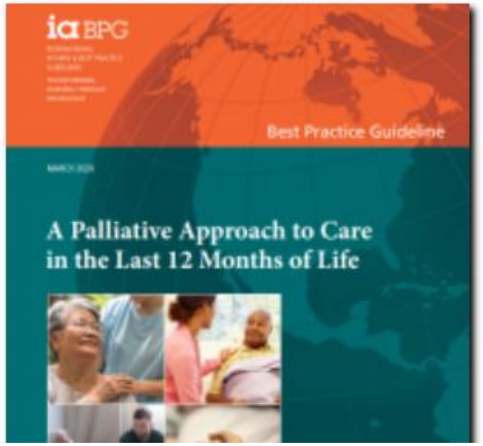

About this Guideline:

A Palliative Approach to Care in the Last 12 Months of Life is a best practice guideline (BPG) which provides evidence-based recommendations to nurses and the interprofessional health team who support adults (18 years and older) experiencing the

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- Isaac Van Geest, RN

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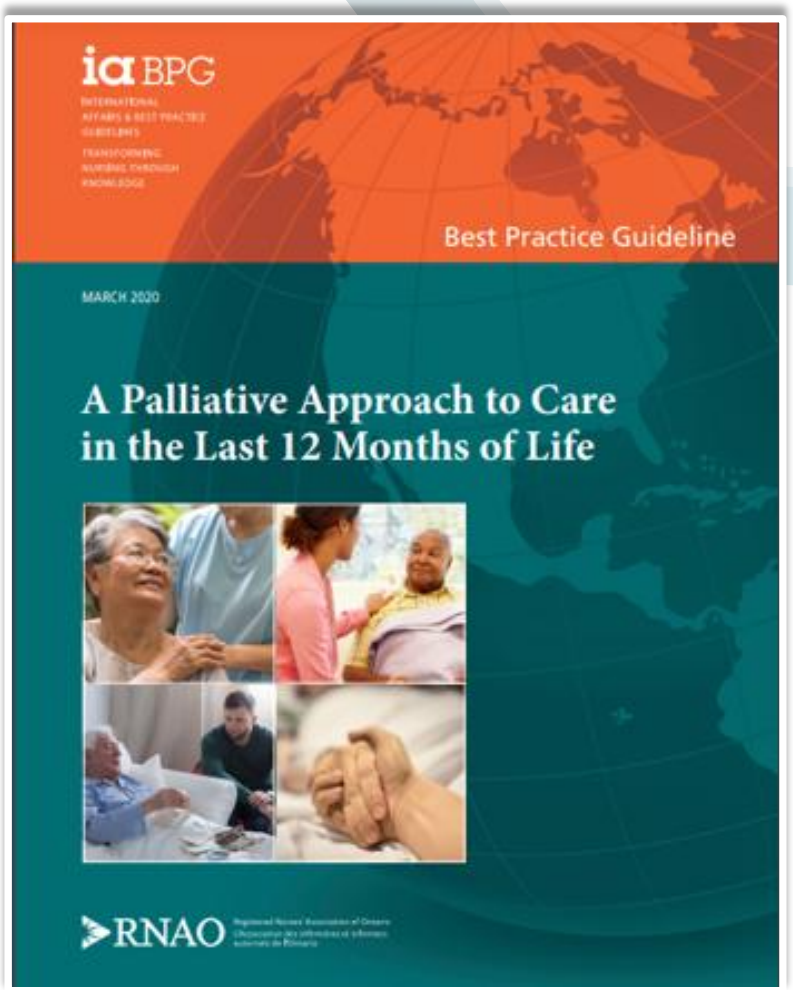
Purpose

To provide evidence-based recommendations and resources to support practice and decision making for nurses, the interprofessional health team, and health-service organizations who support adults (18 years and older) in the last 12 months of a progressive life-limiting illness and their families.



Palliative care

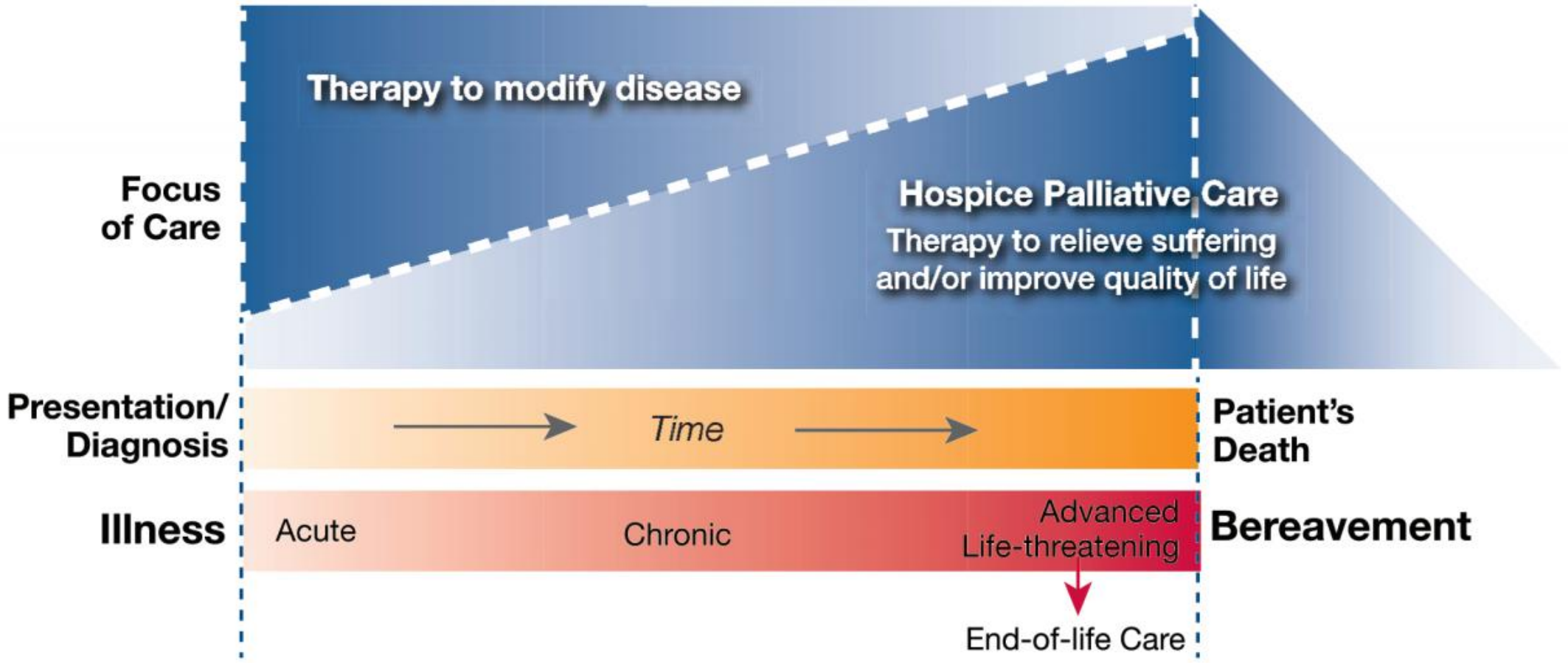
"Palliative care aims to improve the quality of life of persons facing life-limiting illness and their families through the prevention and relief of suffering by means of early identification, assessment and treatment of symptoms."

(WHO, 2019)

World Health Organization (WHO) Definition of Palliative Care. [Internet]. Geneva (CH): WHO; c2019. http://www.who.int/cancer/palliative/definition/en/

Domains of issues associated with illness and bereavement

Canadian Hospice Palliative Care Association (2013)

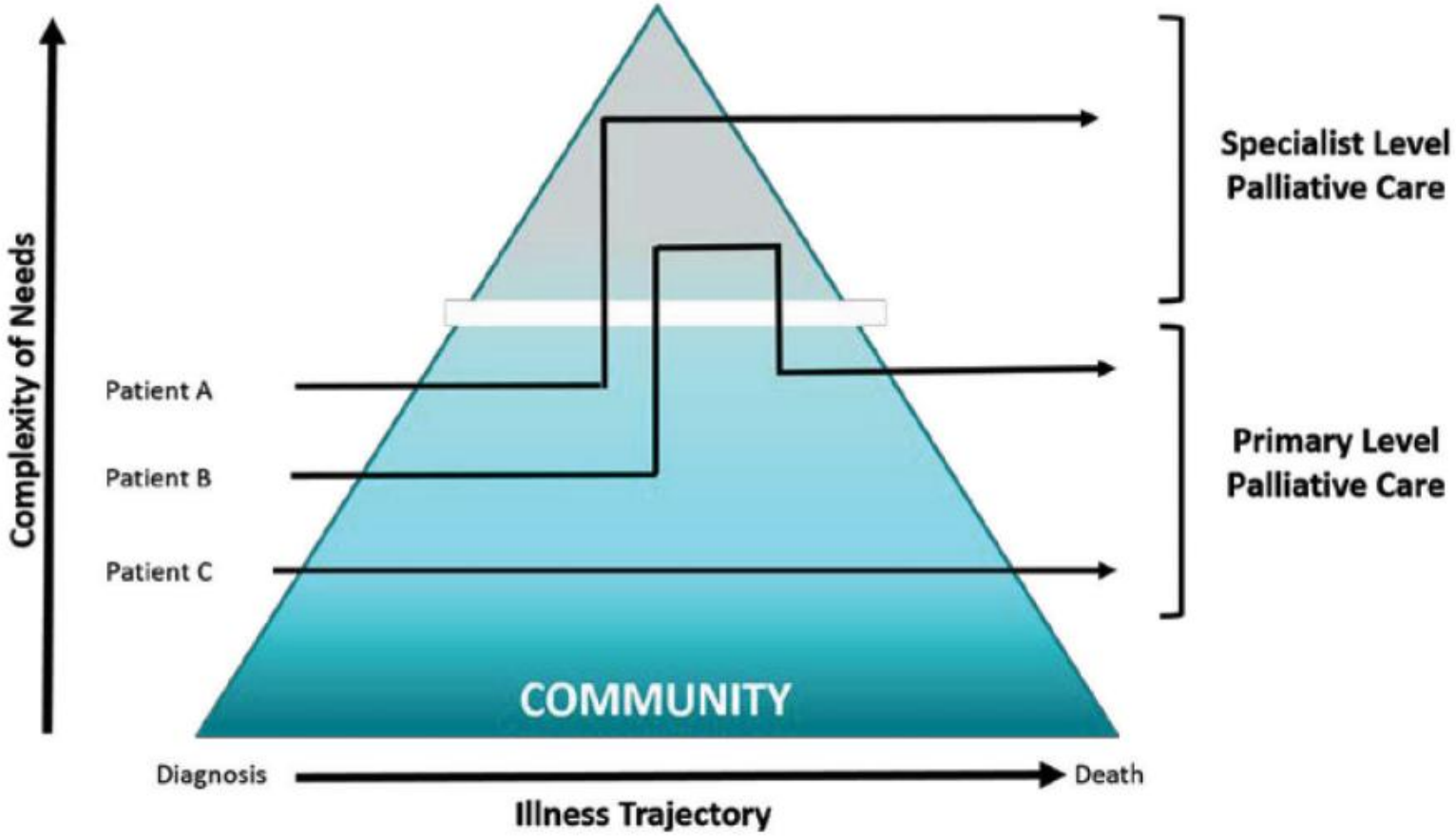


The palliative care trajectory

Canadian Hospice Palliative Care Association (2013)

Primary level and specialist level palliative care

Ontario Palliative Care Network (2017)



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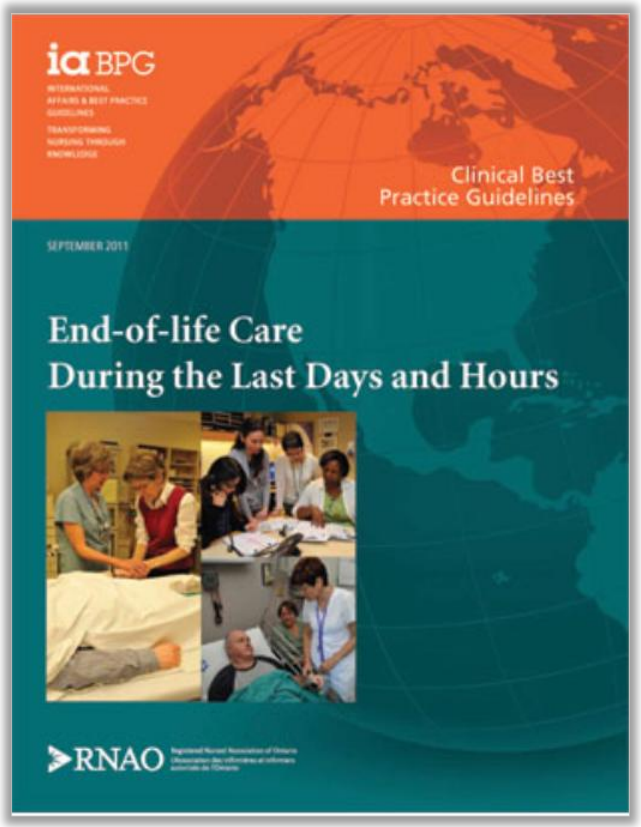
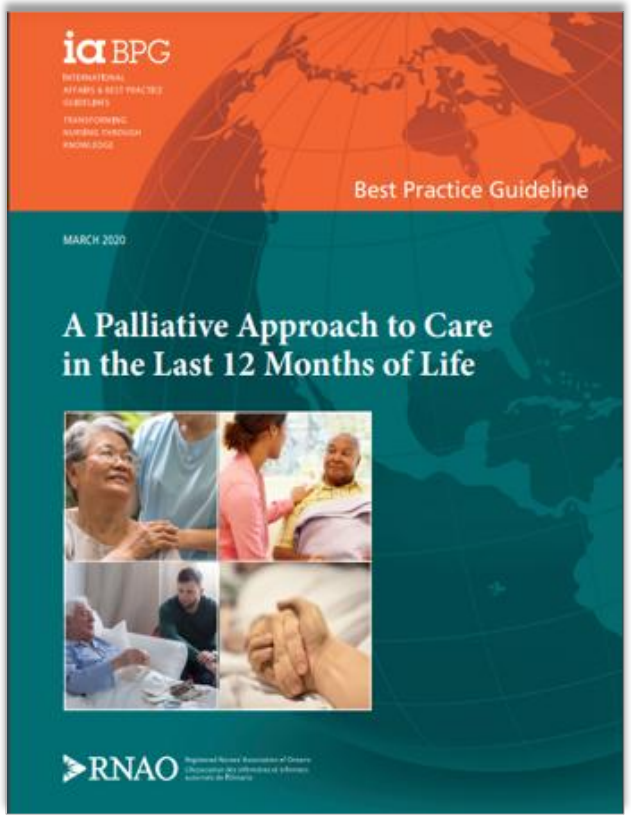
Goals

- Improve delivery of psychosocial, spiritual and culturally safe care
- Enhance the coordination of care
- Facilitate supportive work environments

How does the guideline compare to the previous one?



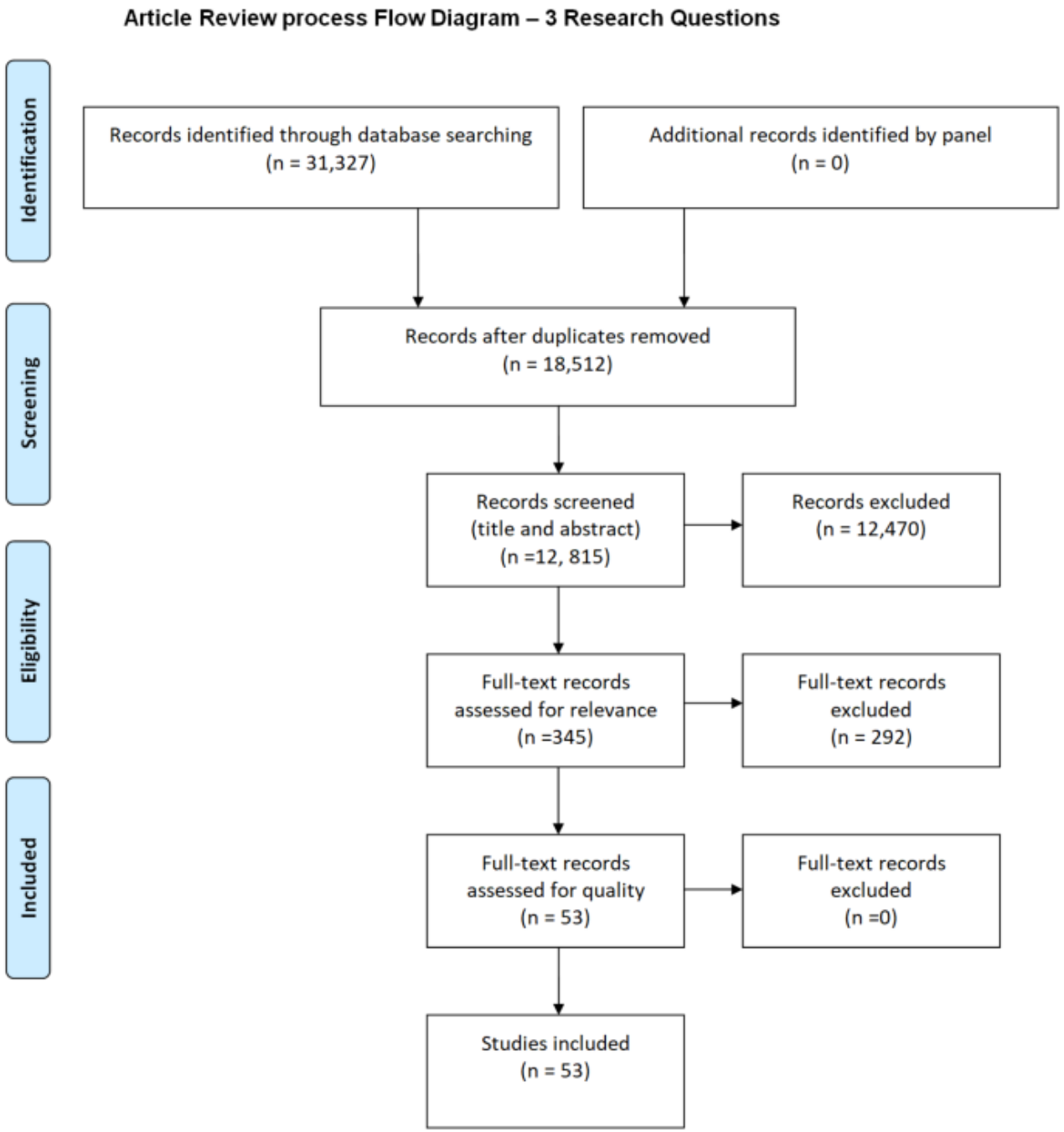
End-of-life Care During the Last Days and Hours (2011)



A Palliative Approach to Care in the Last 12 months of Life (2020)

- 2020 BPG does not replace 2011 BPG
- 2020 BPG extends to the last 12 months of progressive life-limiting illness
- 2011 and 2020 BPGs work together

Guideline development



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Alignment with Ontario Palliative Care Network

- OPCN is part of Ontario Health.
- Its mandate is to be a principal advisor to the ministry, accountable for quality coordinated hospice palliative care and advancing the provincial Action Plan for palliative care.
- Synergies with the provincial Network is critical to the support the advancing of palliative care.
- Some Key OPCN Products are:
  - Early ID Toolkit
  - Competency Framework
  - Goals of Care Discussion
  - Person Centered decision making

Ontario Palliative Care Network

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Recommendations: Access to care

- Care should be provided by an interprofessional team – focus on a holistic approach, develop a care plan with the person and Family
- Facilitate preferred place of death, especially death at home – access to after hours services, strong care-coordination, support of the interprofessional team.

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Recommendations: Delivery of Care

- Nurses are ideally situated to assess the cultural needs and wishes, spiritual and emotional needs of the person and family – assessments should be ongoing as the persons situation changes.

- Expectations of the person and family about palliative care and end-of-life care should be explored.

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Recommendations: Education

- Education and skills training for palliative care.
- Consider resiliency – ability for self-care and mitigation of compassion fatigue.
- Organizational support – team support and individual support – formal debriefing
- Expands beyond the interprofessional team, can also be applied to persons and families.

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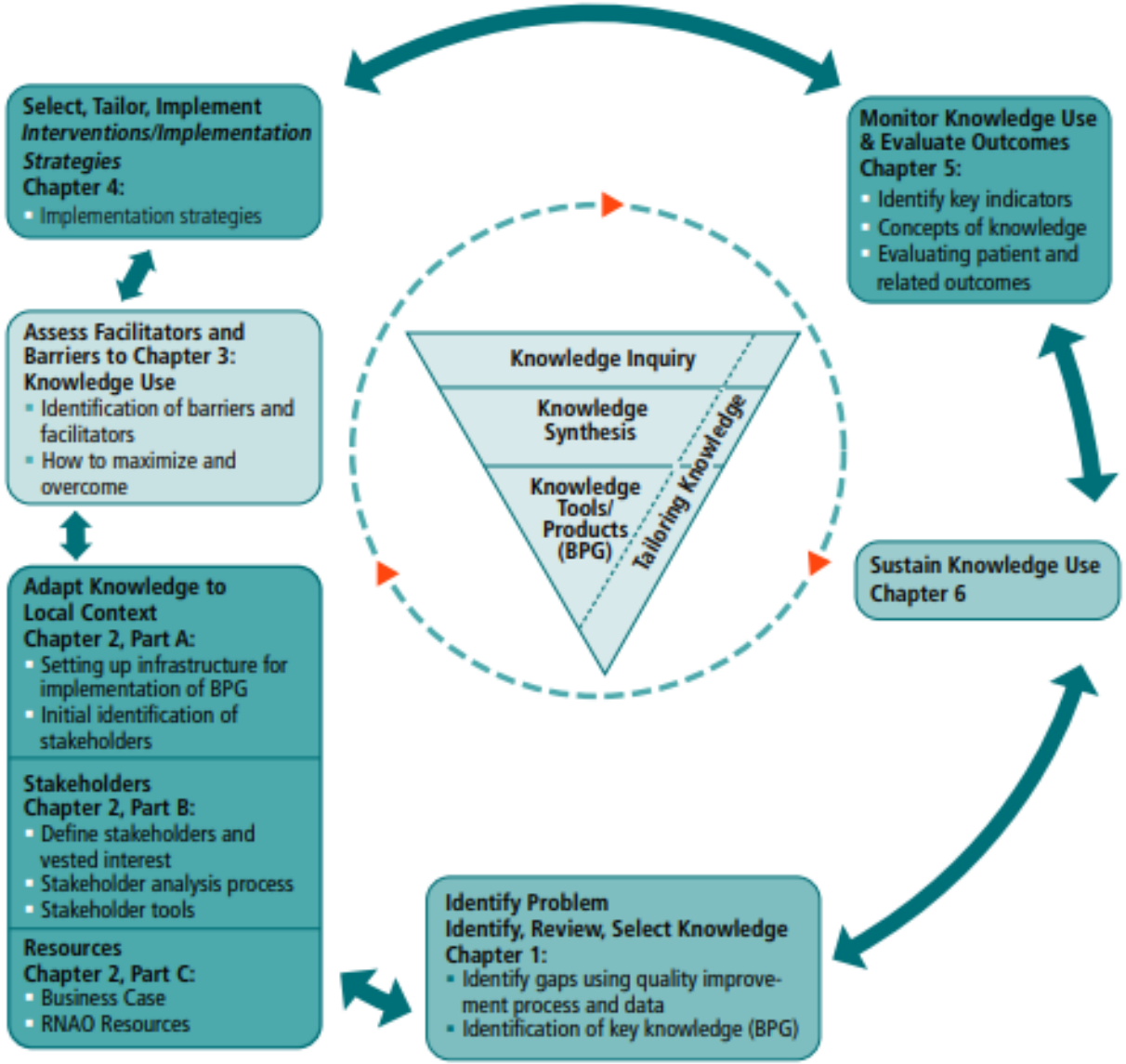
What's next?
How can we help?

REVISED KNOWLEDGE-TO-ACTION FRAMEWORK



UNDERSTANDING THE KNOWLEDGE-TO-ACTION PROCESS

A two-step process:

1. **Knowledge Creation:**
   - Identification of critical evidence results in knowledge products (e.g. BPGs)
2. **Action Cycle:**
   - Process in which the knowledge created is implemented, evaluated and sustained
   - Based on a synthesis of evidence-based theories on formal change processes

* The Knowledge-to-Action process is not always sequential. Many phases may occur or need to be considered simultaneously.

Source: S. Straus, J. Tetroe, and I. Graham. Copyright 2009 by the Blackwell Publishing Ltd. Adapted with permission. Adapted from "Knowledge Translation in Health Care: Moving from Evidence to Practice".

Supporting implementation

Read and discuss the guideline

Conduct a gap analysis (as an interprofessional group)

Become a best practice champion

Download Toolkit: Implementation of Best Practice Guidelines (2nd ed.)

Join Palliative Care Nurses' Interest Group (PCNIG)

BPSO®: https://rnao.ca/bpg/bpso/become

Appendices

APPENDICES

Appendix A: Glossary of Terms 98

Appendix B: RNAO Guidelines and Resources that Align with this Guideline 109

Appendix C: Education Statements 112

Appendix D: Guideline Development Methods. 118

Appendix E: Process for Guideline and Systematic Review 131

Appendix F: Indicator Development Process 135

Appendix G: Tools Used to Assess Domains of Health and Illness 137

Appendix H: Assessment Tools for Health Providers. 141

Appendix I: Pain and Symptom Management Resources 143

Appendix J: Education and Competency Resources 148

Appendix K: *The Ontario Palliative Care Competency Framework*—Nursing Competencies 152

Appendix L: Resources Related to Medical Assistance in Dying 171

Appendix M: Supporting Resources 177

Appendix N: Description of the Toolkit. 207

Provincial resource networks

- Ontario Palliative Care Network
https://www.ontariopalliativecarenetwork.ca/en
- Regional Palliative Care Network
- Palliative Care Consultants Network
www.pccnetwork.ca
- Contact Mahoganie Hines
(mhines@hospiceniagara.ca)

Contact Us

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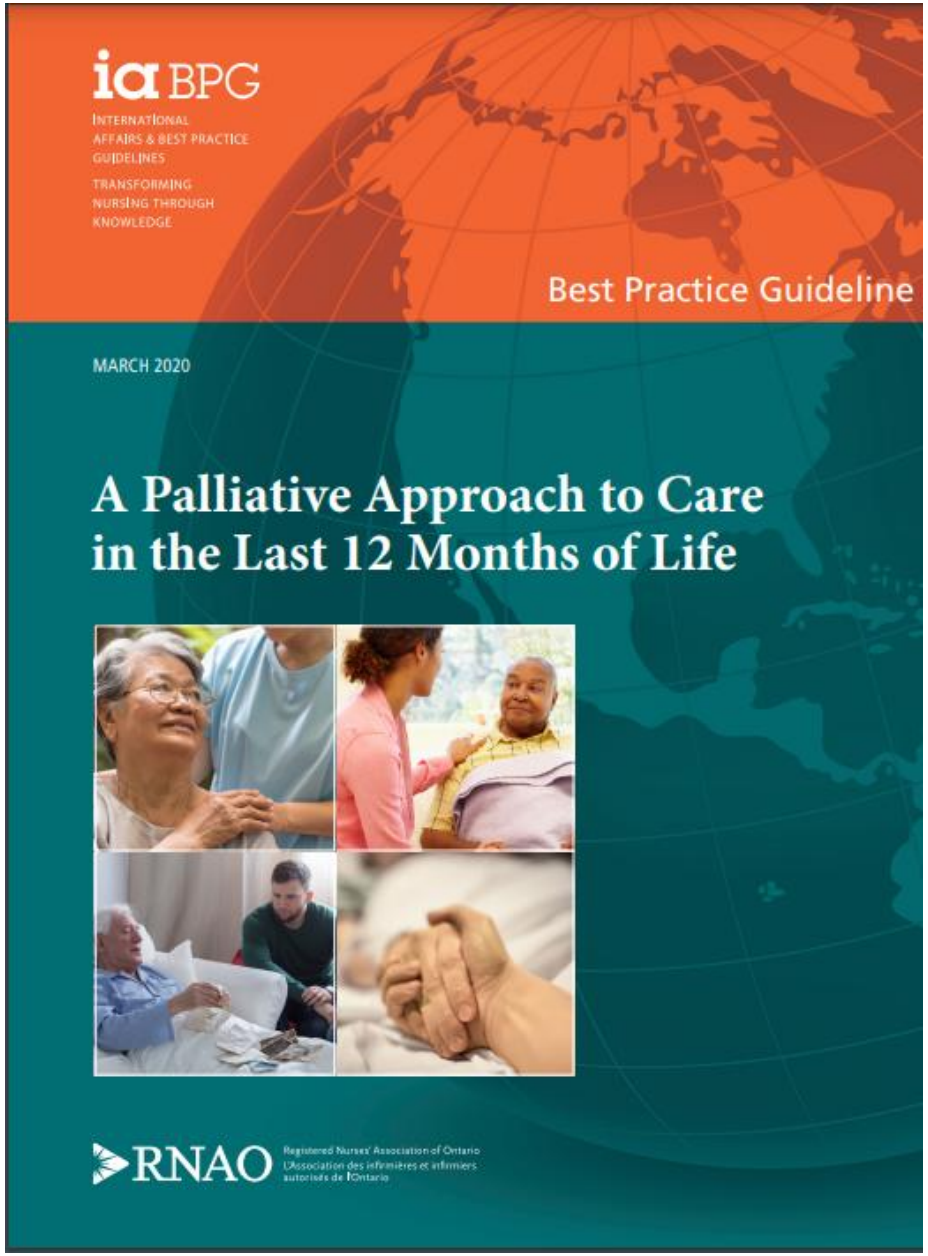
Contact Us on the
RNAO website: www.RNAO.ca



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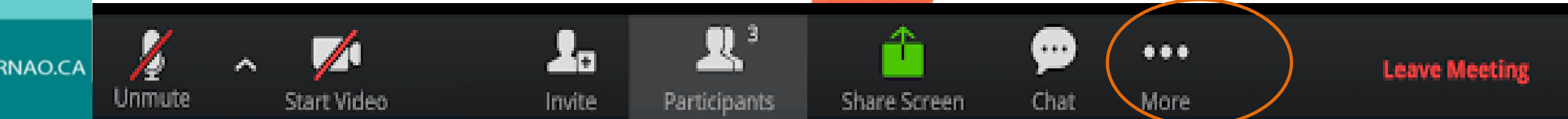
Questions

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