

This summary of palliative care and end-of-life resources is for health care providers in Ontario Long Term Care (LTC) homes to help them to quickly address the issues that have arisen during this COVID-19 pandemic. Recommendations for advanced care planning are based on the Ontario legal framework.

Planning and Palliating During a Pandemic	
<p>Planning for Palliative Care Delivery during the COVID-19 Pandemic</p> <p>This document is for palliative care clinicians and programs and the intent is to:</p> <ul style="list-style-type: none"> • Outline some of the key issues in planning for palliative care delivery in the context of COVID-19 • Share some considerations and resources to draw on for guidance in planning at the local level. <p>NOTE: The content in this document is based on information available as of March 24, 2020.</p>	<p>www.virtualhospice.ca/Assets/Planning%20for%20Palliative%20Care%20During%20the%20COVID%2019%20Pandemic%20Mar%2026%202020_20200327182537.pdf</p>
<p>Canadian Virtual Hospice COVID-19 Resources</p> <p>The team at Canadian Virtual Hospice has gathered links on COVID-19 that may be useful to people working in healthcare and to members of the public who are living with an advanced illness or who are caring for someone with an advanced illness</p>	<p>www.virtualhospice.ca/covid19/</p>
<p>Palliative Care Resources to Support Frontline Providers during the COVID-19 Pandemic</p> <p>Recognizing limited access to palliative care specialists, frontline providers need to be prepared, supported and empowered to deliver the necessary care to address the needs of their patients. This document collates key resources to enable frontline providers to provide primary level palliative care.</p>	<p>fhs.mcmaster.ca/palliativecare/documents/OPCNPCResourcesforFrontlineProvidersCOVID19March262020.pdf</p>
<p>Tools to support Earlier Identification for Palliative Care</p> <p>This background document from the Ontario Palliative Care Network has tools to identify residents who are palliative.</p>	<p>www.ontariopalliativecarenetwork.ca/sites/opcn/files/OPCNToolsToSupportEarlierIdentificationForPC.pdf</p>
<p>Palliative Care and the Impact of COVID-19 webinar (March 18, 2020) - Dr. Diane E. Meier and Dr. R. Sean Morrison</p> <p>Watch the recording and download the presentation slides on the impact of COVID-19 for the palliative care field</p>	<p>www.capc.org/events/recorded-webinars/palliative-care-and-impact-covid-19/</p>
<p>RNAO Best Practice Guideline (BPG): End-of-Life Care during the Last Days and Hours</p> <p>The purpose of this BPG is to help individuals who are in the last days and hours of life using clinical expertise, disease specific indicators and validated tools. Includes end-of-life trajectories and resources to support pain and symptom management</p>	<p>rnao.ca/sites/rnao-ca/files/End-of-Life_Care_During_the_Last_Days_and_Hours_0.pdf</p>
<p>RNAO Best Practice Guideline: A Palliative Approach to Care in the Last 12 Months of Life</p> <p>This BPG focus on the psychosocial aspect of palliative care. Attention is given to the spiritual, emotional, existential and cultural domains of care. The recommendations are meant to be implemented as part of a holistic approach to care.</p>	<p>rnao.ca/sites/rnao-ca/files/bpg/PALLIATIVE_CARE_WEB_1_0.pdf</p>
Symptom Management	
<p>Cancer Care Ontario Website – Pain and Symptom Management Guideline</p> <p>Provides tools for healthcare providers to assess and manage patients’ cancer related symptoms and side effects, and information for patients about maintaining their well-being, and managing their symptoms and side effects. The tools are applicable to LTC homes and can be accessed here</p>	<p>www.cancercareontario.ca/en/symptom-management</p>

Palliative Care Delivery in Long-Term Care during the COVID-19 Pandemic

<p>Ontario Palliative Care Network - Palliative Care Toolkit This toolkit provides a systematic approach and evidence-based tools to support palliative care delivery</p>	<p>www.ontariopalliativecarenetwork.ca/en/node/31896</p>
<p>Symptom management for adult patients with COVID-19 receiving end-of-life supportive care outside of the ICU This algorithm provides concrete recommendations to managing residents with COVID at the end-of-life.</p>	<p>bccfp.bc.ca/wp-content/uploads/2020/03/COVID-19-End-of-Life-Symptom-Management-1-Mar-30.pdf</p>
<p>COVID-19 Response – Free, Online Modules for Palliative Care of COVID -19 The purpose of these free self-directed learning modules from Pallium Canada is to enhance knowledge, skills, and practice in providing high-quality palliative care.</p>	<p>www.pallium.ca/course/covid-19-response-free-online-modules/</p>
<p>McMaster University Protocol: Management of Dyspnea for Patients with COVID-19 THESE RECOMMENDATIONS DO NOT SUPERCEDE CLINICAL JUDGEMENT. With adaptations from the COVID-19 Protocol of the BC Centre for Palliative Care. May be adopted or adapted with acknowledgement of Division of Palliative Care, Dept of Family Medicine, McMaster University and the BC Centre. This is ongoing work; please visit www.fhs.mcmaster.palliativecare for updates. Please share with us any improvements you may have by email Palcare@mcmaster.ca</p>	<p>fhs.mcmaster.ca/palliativecare/documents/McMaste rDyspneaProtocolCOVIDH amilton31March2020.pdf</p>
<p>McMaster University PALLIATIVE CARE: Protocols for Symptom MANAGEMENT OF PATIENTS WITH COVID-19 This is a palliative care order set for symptom management of COVID - 19</p>	<p>fhs.mcmaster.ca/palliativecare/documents/McMaste rSymptomManagementPr otocolsCOVID31March202 0.pdf</p>
<p>Advance Care Planning, Goals of Care and Health Care Consent: Support for Difficult Conversations</p>	
<p>Hospice Palliative Care Ontario (HCPO) Website This is the go-to websites for Ontario health care providers on Advance Care Planning, Goals of Care and Health Care Consent for COVID-19. The resources are consistent with the Ontario legal framework.</p>	<p>www.hpco.ca/advance-care-planning-health-care-consent-goals-of-care/</p>
<p>Ontario Palliative Care Network Website These fact sheets offer easy to read information on various aspects of advanced care planning.</p> <ul style="list-style-type: none"> • Person-Centred Decision-Making: Resource for healthcare providers • Approaches to Goals of Care Discussions: Resource for health care providers • Making Decisions About Your Care: Patient Resource • Advance Care Planning, Goals of Care, and Treatment Decisions & Informed Consent 	<p>www.ontariopalliativecarenetwork.ca</p>
<p>Speak Up Ontario website Advance Care Planning Workbook: Ontario Version is for residents and families</p>	<p>www.speakupontario.ca/resource/acp-workbook-en/</p>
<p>Toronto East Health Network – Michael Garron Hospital COVID 19 Information for Goals of Care – YouTube video</p>	<p>youtu.be/i16ZDM3ZnZA</p>