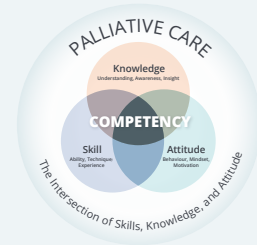


Palliative Care Education Resources

Resources shared by palliative care experts, CHCA team and SPRINT Collaborative team members to address learning needs identified through The Canadian Interdisciplinary Palliative Care Competency Framework.
(January 2024)



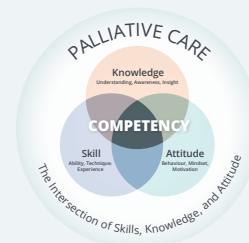
Resources to support learning needs specific to: Domain 1: Principles of a Palliative Approach to Care Domain 3: Communications

SKILLS
Be Prepared Conversation Guides on Palliative Care Emergencies in the Home (SPRINT Team Hub)
CHCA ECHO Series: Palliative Care Emergencies in the Home
Whole Community Palliative Rounds (Interior Health – CHCA High Impact Practice)
The Waiting Room Revolution , (Drs. Hsien Seow and Sammy Winemaker series of podcasts, events, book)
Implementing a palliative approach to care by having conversations early (IPACE) – CHCA High Impact Practice
Tools to Support Earlier Identification for Palliative Care (Ontario Palliative Care Network)
KNOWLEDGE
Canadian Virtual Hospice <ul style="list-style-type: none"> - Indigenous Cultural Safety Training module - Living My Culture (Videos on First Nations, Inuit and Metis perspectives, traditions)
Strengthening a Palliative Approach in Long-Term Care – Toolkit with information (pamphlets on disease trajectories) and conversation guides (some content specific to LTC facilities)
Pallium Taking Ownership Module (Free) – 1 hour – Understanding a palliative approach to care
SPRINT Team Internal Resources – Ask your coaches to connect you with the team <ul style="list-style-type: none"> - In-house cultural assessment tool (ParaMed) - LEARN Course on Cultural Sensitivity – newly released (NL Health Services) - Guide for Care of Muslim Clients (VHA)
ATTITUDE
CHCA EI microtraining course (recommendations) <ul style="list-style-type: none"> - EI Course 1: Emotional Self-Awareness & Mindfulness - EI Course 2: Acceptance & Recognizing Biases - EI Course 3: Social Skills & Adapting Communication Styles - EI Course 5: Interpersonal Relationships & Valuing Voices <i>Your coaches will recommend a series of courses to meet your learning needs.</i>
GENERAL
Pallium Learning Essential Approaches to Palliative Care (LEAP™)
P.A.C.E. Palliative Care Education for Personal Support Workers (Canadian Hospice Palliative Care Association)
Fundamentals of Palliative Care (St. Joseph's Health Care London) – Ontario based palliative care education
BC Learning Hub – range of free online resources. Set up guest account
Strengthen Your Core! / GPS (Gain Palliative Skills) using all 12 of national domains. ((BC Centre for Palliative Care) 8 PC domains, 5 minute modules providing through BC Learning Hub <ul style="list-style-type: none"> - Flexing Your Core Palliative Care workout ECHO Sessions (free) – STARTS Feb 8 – Covers 8 PC domains

Palliative Care Education Resources

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(January 2024)



Resources to support learning needs specific to:

Domain 4: Optimizing comfort and quality of life

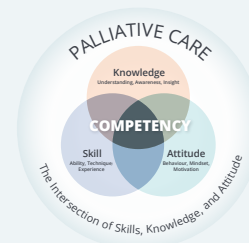
Domain 5: Care planning and collaborative practice

SKILLS
Serious Illness Conversation Guides
Symptom Management Guide for Health Care Assistants (BC Centre for Palliative Care) – appropriate for Health Care Assistants, Care Aide, Home Support Worker, Community Health Worker, Personal Support Worker
Fact sheet: 3 Questions to ask yourself that make difficult conversations about serious illness easier (Health Canada) - supports decision-making
Be Prepared Conversation Guides on Palliative Care Emergencies in the Home (Canadian Home Care Association)
CHCA ECHO Series: Palliative Care Emergencies in the Home
The Conversation Project (Institute for Healthcare Improvement) - Helping people share their wishes for care through the end of life.
Person-Centred Decision Making (Ontario Palliative Care Network) - One page resource on person-centred decision making
Improving person-centred conversations (Hospice Palliative Care Ontario)
Symptom screening - Edmonton Assessment System – Revised
Advance Care Planning in Canada: Resource Guide for Home and Community Care Providers (Canadian Home Care Association)
KNOWLEDGE
Supporting a culturally safe approach to Advance Care Planning conversations between clinicians and patients (BC Centre for Palliative Care) - One page poster
BC Interprofessional Palliative Symptom Management Guidelines (BC Centre of Palliative Care)
Advance Care Planning Resources and Tools (Advance Care Planning Canada)
ATTITUDE
CHCA EI microtraining course (recommendations) <ul style="list-style-type: none">- EI Course 1: Emotional Self-Awareness & Mindfulness- EI Course 2: Acceptance & Recognizing Biases- EI Course 3: Social Skills & Adapting Communication Styles- EI Course 4: Decision-making & Reality Testing- EI Course 5: Interpersonal Relationships & Valuing Voices- EI Course 6: Empathy & Reframing- EI Course 7: Emotional Expression & Setting Boundaries <i>Your coaches will recommend a series of courses to meet your learning needs.</i>
GENERAL
Palliative Care Toolkit (Ontario Palliative Care Network) – best practice tools from around the world

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(January 2024)



Resources to support learning needs specific to:

Domain 6: Last days and hours

Domain 8: Self care

SKILL
Debriefing Strategies and Resources (HPC Consultation Services) – tips for intentional, respectful and boundaries sharing that promotes release of stress and problem solving.
FICA Spiritual Assessment Tool (Coalition for Compassionate Care) Note it is copyrighted
Dignity in Care Online Training Workshop – 3 day workshop for \$500 (Sept 2024)
KNOWLEDGE
My Grief.Ca (Canadian Virtual Hospice) - free resource for health care providers and families/caregivers to help understand grief
ECHO Session: Evolving Care: Virtual Skills and Strategies
Beginning the journey into the spirit world (Canadian Partnership Against Cancer) - Indigenous Perspectives
Mindfulness Informed End of Life Care (University of Toronto) – series of online courses for \$395 beginning Winter 2024
ATTITUDE
CHCA EI microtraining course (recommendations) <ul style="list-style-type: none">- EI Course 1: Emotional Self-Awareness & Mindfulness- EI Course 3: Social Skills & Adapting Communication Styles- EI Course 4: Decision-Making & Reality Testing- EI Course 6: Empathy & Reframing- EI Course 7: Emotional Expression & Setting Boundaries- EI Course 8: Stress Tolerance & Shifting Perspective- EI Course 10: Self-Actualization & Practice with Intent- EI Course 12: Self-Regulation & Maintaining Focus <i>Your coaches will recommend a series of courses to meet your learning needs</i>
GENERAL
Health Care Worker Burnout Toolkit (Mental Healthcare at Work) – free toolkit (free)
Self-Compassion (Dr. Kristin Neff) - free and/or 8 week course/\$800
<i>“Suggestions in terms of creating self-care plans: Identify what you value and need as part of your day-to-day life (maintenance self-care) and the strategies you can employ when or if you face a crisis along the way (emergency self-care). Often the latter is the one that needs more consideration, at the personal and organization level. Debriefing is valuable and needs to be done thoughtfully.” Susan Blacker</i>

Established in 1990, the Canadian Home Care Association (CHCA) is a national non-profit membership association dedicated to advancing excellence in home and community care. Our eiCOMPASS Project aims to empower home care providers to deliver emotionally intuitive, competency-based palliative care. We are enhancing the skills of frontline providers and improving team-based care that is compassionate, responsive, and person- and family-centred. [CHCA Website](#) / [X](#) / [LinkedIn](#)

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(January 30, 2024)