

# PALLIATIVE AND END-OF-LIFE CARE

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# DISCUSSION OBJECTIVES and HISTORY

## Palliative Care

- Definition and benefits of palliative care
- Update on Health Canada's work around palliative care in Canada
- Discussion of Health Canada's commitment and proposed plans for co-development of a distinctions-based palliative care and end-of-life care framework

## History of outreach

- Today's discussion is a follow up from earlier preliminary conversations with Métis
- In 2019, Health Canada presented at the Métis National Health Forum as part of the development of the Palliative Care Framework for Canada
- In March 2022 Health Canada reached out to MNC to seek advice on approaches with regards to a distinctions-based palliative care framework

# PALLIATIVE CARE

- Palliative care can be offered at any point during a serious illness and includes bereavement of family, friends and caregivers at the end of life. It includes pain and symptom management, addresses psychological and spiritual concerns, supports family and caregivers, and enhances quality of life.
- Because palliative care addresses the physical, psychosocial and spiritual needs of individuals, it may be delivered by a wide variety of care providers, including primary health care providers, disease specialists, and palliative care specialists.



# BENEFITS OF PALLIATIVE CARE

## Individuals and Families

Reduces:

- Symptom burden
- Caregiver distress
- Discordance between care received with individual preferences

Increases:

- Care in location of choice
- Holistic, person and family centered care
- Patient, family and provider satisfaction

## Care System

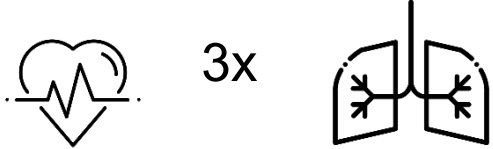




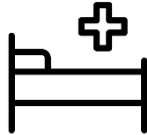
Reduces:

- Over-medicalization of care (e.g., ICU admissions, unnecessary diagnostic tests)
- Care provided in the wrong setting

Increases:

- Care in the community (e.g. home, hospice)
- Effective, appropriate, quality care

# CHALLENGES

 <p>Created by Unseed Studio from Noun Project</p> <p>Created by Unseed Studio from Noun Project</p> <p>Canadians with diseases like heart failure, dementia and chronic obstructive pulmonary disease <b>3x less likely to receive palliative care</b> than those with cancer.</p>	<p>Younger adults and older seniors <b>less likely</b> to receive palliative care than Canadians between the ages of 45 and 74.</p>  <p>Created by Gan Khoo Lay from Noun Project</p> <p>Created by Andrea Fajardo from Noun Project</p>	<p>3 out of 5 Canadian primary care physicians <b>feel unprepared</b> to help people in need of palliative care.</p>  <p>Created by Faith Lord from Noun Project</p>
 <p>Created by This is Artistry from Noun Project</p> <p>Most Canadians prefer to die at home, but few Canadians (<b>15%</b>) <b>receive palliative home care</b> in their last month of life.</p> <p>62% of Canadians who received palliative care did so in an acute care hospital and mostly in their <b>last month of life</b>.</p>	 <p>Created by hanotika from the Noun Project</p> <p>More specialist palliative care providers are retiring than entering the speciality field.</p>	<p>Nearly half (47%) of palliative care patients in Canadian hospitals waiting to be discharged to a more appropriate setting (such as residential hospice or at home with support) <b>died before they could be discharged</b>.</p>  <p>Created by Shanty from Noun Project</p>


# FRAMEWORK AND ACTION PLAN ON PALLIATIVE CARE IN CANADA






# BUILDING ON TRANSFORMATIVE WORK

## Miyooayaan (Wellness)



**A MÉTIS GUIDE FOR WELLNESS WITH CANCER**



Lakehead UNIVERSITY Centre for Education and Research on Aging & Health

## Palliative Care for Front-line Workers in Indigenous Communities

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## Beginning the journey into the spirit world:


First Nations, Inuit and Métis approaches to palliative and end-of-life care in Canada




**CANADIAN PARTNERSHIP AGAINST CANCER**  
 PARTENARIAT CANADIEN CONTRE LE CANCER

Citation: Canadian Partnership Against Cancer. Beginning the journey into the spirit world: First Nations, Inuit and Métis approaches to palliative and end-of-life care in Canada. Toronto (ON): Author; 2022.

## Ontario Palliative Care Network




**The Ontario Palliative Care Competency Framework**  
 A Reference Guide for Health Professionals and Volunteers  
 April 2019



**EDUCATION FOR COMMUNITY CAREGIVERS**

*Knowledge · Collaboration · Action*




**Walking Alongside Indigenous Peoples who are Seriously Ill**

Lakehead UNIVERSITY Centre for Education and Research on Aging & Health

**CANADIAN VirtualHospice**

A Literature Review & Environmental Scan of The Experiences of First Nations, Inuit, and Métis Peoples with Advanced Cancer Illness and at the End of Life

March 31, 2019



Production of this literature review has been made possible through collaboration and financial support from the Canadian Partnership Against Cancer, Cancer Care Ontario, and Health Canada. The views expressed herein do not necessarily represent the views of Health Canada or the Canadian Partnership Against Cancer.

## LivingMyCulture.ca


Culturally sensitive palliative care



Bev shares suggestions for enhancing palliative care for First Nations and Métis people. (02:23)

PALLIATIVE CARE IN FIRST NATIONS, INUIT AND MÉTIS COMMUNITIES

## Tools for the Journey



CCC Cancer Care Ontario

## PURPOSE: DISTINCTIONS-BASED PALLIATIVE CARE FRAMEWORK

- ✓ Tell the story of Métis approaches to palliative and end-of-life care (Strength-based, Métis-specific)
- ✓ Bring awareness and amplify cutting edge, Métis-led solutions
- ✓ Identify gaps and needs in palliative and end-of-life care for Métis to guide policy/operations and approaches to funding at multiple levels



## OPPORTUNITIES FOR CO-DEVELOPMENT/ INPUT: ONE PROPOSED APPROACH

- As part of the pre-engagement preparations, Health Canada can create a draft framework with current resources
- Métis partners could verify, review and determine further engagement requirements
- Métis-led engagement activities, supported by Health Canada
- Co-developed document to support collaboration across federal, provincial, territorial and Métis jurisdictions



To share further thoughts and ideas, please do not  
hesitate to contact us:

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