



hospice &  
palliative care  
manitoba

**23rd Annual  
Provincial Conference  
Crucial Conversations  
in Palliative Care and at End of Life**  
*September 18 and 19, 2014*

**Victoria Inn  
1808 Wellington Avenue, Winnipeg, Manitoba**

**Gold Sponsor**



Winnipeg Regional Health Authority    Office régional de la santé de Winnipeg

**Silver Sponsors**



**Reminder**

Please take this brochure (minus the registration form) to the Conference.  
Session descriptors will not be repeated in the syllabus.

2109 Portage Avenue, Winnipeg, Manitoba R3J 0L3  
Phone: 204-889-8525 800-539-0295 Fax: 204-888-8874  
[www.manitobahospice.ca](http://www.manitobahospice.ca)



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# Invitation

The key to care is communication.

There are many conversations that are crucial for palliative and end-of-life care to be the best possible experience for patients, loved ones and staff at a time that is difficult for all.

This year's Conference seeks to add to the conversation. The keynote and concurrent speakers will share their technical expertise, experience and stories to help delegates provide better care to those in their care, and to themselves.

We are pleased to welcome keynote speakers:

**Joel Carter, MD, BPE**

*Originally from Winnipeg, he now calls Minneapolis home. A physician, teacher, author and sculptor, he will blend clinical skill with story in three memorable presentations.*

**Jim Cribb, Film maker**

*A documentary film maker, Jim was honoured to be invited to document the experience of the last weeks of a friend's life and her "good death", at home, surrounded by family and friends.*

**Kathleen Foley, MD**

*As Medical Director of the International Palliative Care Initiative of the Open Society Public Health Program, she has worked to advance palliative care globally. She is giving the Class of 1972 Arnold Naimark Lecture on Medicine and Society while in Winnipeg.*

**Fred Nelson, MSW, RSW**

*Well-known, well-regarded pioneer in palliative care social work and leader in developing standards, Fred retired from the WRHA Palliative Care Program this year. We will hear his reflections on his years in palliative care.*



Don Campbell, President, Hospice & Palliative Care Manitoba

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## **Conference Objectives:**

- **advance the knowledge and skills of people working in the field of palliative care**
- **advance the delivery of palliative care in Manitoba by advocating for increased awareness, navigation of system, and utilization of available services**
- **provide a networking opportunity for people interested in the field of palliative care**
- **provide an opportunity for informal caregivers to learn more about palliative care and to meet those who work in this area**

## **Continuing Education Credits**

### **The College of Family Physicians of Canada**

This program has been accredited by the College of Family Physicians of Canada and the Manitoba Chapter for up to 6 Mainpro-M1 credits.

### **College of Pharmacists of Manitoba**

This program has been accredited for a maximum of 6.00 CEU by the College of Pharmacists of Manitoba. CPhM File No. 14047M.

### **Funeral Board of Manitoba**

The Funeral Board of Manitoba has accredited the Conference for a maximum of 6.5 credit hours to be selected from sessions:

- A01, B06, B07, C12, D18, F27 - 1 hour credit per session
- E21 part 2 - 1/2-hour credit

## **Notice of Meeting**

### **Hospice & Palliative Care Manitoba Annual General Meeting**

Thursday, September 18, 2014 4:30 - 5:30 p.m.

Carlton Room - Victoria Inn - 1808 Wellington Avenue, Winnipeg, Manitoba

Open to delegates and the public.

Members of Hospice & Palliative Care Manitoba  
require voting cards which will be available at the door.

# Program at a Glance

## THURSDAY, September 18, 2014

7:00 a.m.	Registration, Continental Breakfast, Networking, Exhibits
8:00 a.m.	Opening Remarks
9:00 a.m.	<b>Keynote Address: Joel Carter</b>
10:00 a.m.	Refreshments, Networking, Exhibits
10:30 a.m.	<b>Concurrent Session A</b> (60 minutes)
11:30 a.m.	Luncheon, Networking, Exhibits
12:30 p.m.	<b>Keynote Address: Jim Cribb</b>
1:30 p.m.	Move to sessions
1:45 p.m.	<b>Concurrent Session B</b> (60 or 150 minutes)
2:45 p.m.	Refreshments, Networking, Exhibits
3:15 p.m.	<b>Concurrent Session C</b> (60 minutes)
4:15 p.m.	Break before HPCM Annual General Meeting
4:30 - 5:30 p.m.	HPCM Annual General Meeting – Carlton Room
7:30 - 9:00 p.m.	<b>Public Event: Joel Carter</b>

## FRIDAY, September 19, 2014

7:30 a.m.	Registration, Continental Breakfast, Networking, Exhibits
8:00 a.m.	Opening Remarks
8:30 a.m.	<b>Keynote Address: Kathleen Foley</b>
9:30 a.m.	Refreshments, Networking, Exhibits
10:00 a.m.	<b>Concurrent Session D</b> (60 or 150 minutes)
11:00 a.m.	Move to sessions
11:15 a.m.	<b>Concurrent Session E</b> (60 minutes)
12:15 p.m.	Luncheon, Networking, Exhibits
1:00 p.m.	Presentation of Sharon Carstairs Caring Community Award
1:15 p.m.	<b>Concurrent Session F</b> (60 minutes)
2:15 p.m.	Refreshments, Networking, Exhibits
2:45 p.m.	<b>Closing Address: Fred Nelson</b>
3:45 p.m.	Closing remarks

# Additional Important Information

## Accommodation

The Victoria Inn, located near the Winnipeg airport, has ample free parking and is wheelchair accessible. Amenities include a water park and fitness centre. A limited number of rooms are available at the conference rate of \$135 + taxes per night for single occupancy. Please call the hotel to make your arrangements. Driving time to Polo Park Shopping Centre is about five minutes. Buses run to Polo Park (#26) or downtown (#14).

Victoria Inn Winnipeg  
1808 Wellington Avenue Winnipeg, Manitoba R3H 0G3  
www.vicinn.com    **Toll Free:** 1-877-842-4667    **Phone:** 204-786-4801    **Fax:** 204-786-1329  
Group #591761

## Endorsement

Inclusion of sessions on complementary, healing or alternate therapies in the Conference program does not in any way imply endorsement by Hospice & Palliative Care Manitoba.

## Exhibits

Our commercial and educational exhibitors will be available throughout the Conference to share information on the latest products, services and resources. A great opportunity to meet and network! The Conference bookstore will be located in the exhibit area.

## Funding

Many communities have community foundations (such as The Winnipeg Foundation) that distribute money to assist with educational costs, such as attending this Conference. As well, some employers will cost-share approved educational events with their employees. Please check with your local foundation or your employer for more information.

## Internet Access

Free Wi-Fi access to MTS or Shaw for all Conference delegates. If you don't have a home account, access is available through VICINN1808.



## Parking

Ample free parking is available at the Victoria Inn for all Conference delegates.

## Privacy Policy

Hospice & Palliative Care Manitoba respects your privacy and treats all personal information collected with care. We do not rent, sell or trade your information. We use information to provide services and to keep you informed of future activities, including special education or fundraising events, and opportunities to donate or volunteer.

## Quiet Room

The Quiet Room is available throughout the Conference to provide a quiet place for personal reflection. A Memory Book is available for delegates to honour individuals whose lives have touched theirs. This year, the Quiet Room will be staffed by a spiritual care provider at scheduled times if you wish to be with someone who can listen. Further information will be available in the Quiet Room.

## Registration

Detailed registration rates are on the registration form following page 16 of this brochure.

- Registration includes continental breakfast, refreshment breaks, lunches, poster presentations, art show, displays, syllabus and a booklet of handouts provided by concurrent session presenters.
- Requests for refunds must be made in person or in writing before August 31, 2014. No refunds after August 31st. A \$40 processing fee will be applied. Substitutes may be made with prior notice.
- ***Please include special needs and dietary requirements on registration form.***

## Save a Tree

Please take this brochure to the Conference as session descriptors are not repeated in the syllabus available on site.

## Scented Products

Because many people have severe allergies to scents, we ask that you not wear scented products to the Conference.

## Sessions

Additional information on the concurrent sessions is available on our website ([www.manitobahospice.ca](http://www.manitobahospice.ca)). Click on 'Session Descriptors' under '23rd Annual Conference'.

## Venue

Renovations to the Victoria Inn conference facilities will be completed in August. Entering via the "old" front door facing Wellington or from the new convention centre entrance off Berry will take you to our registration desk. Extra volunteers will be posted to help you find your way.

## Volunteers - Limited Offer

Thanks to a generous grant from the Order of St. Lazarus Foundation\* (<http://www.stlazarus.ca/english/homeeng.html>) we are able to offer a \$50 discount to the first 20 volunteers submitting completed registration packages. Volunteers supporting any hospice palliative care activity are eligible. Your registration must include contact information, session selection, payment and a current supporting letter from the appropriate Volunteer Coordinator specifying the type of volunteer work done.

\*(The Order developed and distributes the well-known *A Caregiver's Guide - A Handbook about End-of-Life Care.*)

## Useful Acronyms

ABAAHP	American Board of Anti-Aging Health Practitioners	IT	Information Technology
BA	Bachelor of Arts	LPN	Licensed Practical Nurse
BN	Bachelor of Nursing	MBT	Master of Biomedical Technology
BPE	Bachelor of Physical Education	MD	Medical Doctor
BSc	Bachelor of Science	MDiv	Master of Divinity
BScN	Bachelor of Science in Nursing	MEd	Master of Education
BScPharm	Bachelor of Science in Pharmacy	MN	Master of Nursing
BSW	Bachelor of Social Work	MSA	Master of Science in Administration
CASC	Canadian Association of Spiritual Care	MSc	Master of Science
CCFP	Canadian College of Family Physicians	MTA	Music Therapist Accredited
CCMB	CancerCare Manitoba	MSW	Master of Social Work
CDE	Certified Diabetes Educator	NP	Nurse Practitioner
CHPCN(C)	Certified Hospice Palliative Care Nursing (Canada)	PC	Palliative Care
CNS	Clinical Nurse Specialist	PCS	Palliative Care Services
DMin	Doctor of Ministry	PCH	Personal Care Home
ET	Enterstomal Therapist	PCP	Palliative Care Program
FAARFM	Fellowship in Anti-Aging, Regenerative and Functional Medicine	RN	Registered Nurse
FCFP	Fellowship in The College of Family Physicians of Canada	RPh	Registered Pharmacist
FNIM	First Nation Inuit Métis	RSW	Registered Social Worker
FRPCP	Fellow of the Royal College of Physicians of Canada	S - BScPN	Student - Bachelor of Science in Psychiatric Nursing
Hons	Honours	WRHA	Winnipeg Regional Health Authority

## Is this your community?

### SHARON CARSTAIRS CARING COMMUNITY AWARD

#### **Purpose**

To recognize and support exemplary leadership by a community or a community organization or group in providing or improving hospice and palliative care service in Manitoba.

#### **Criteria**

Must be a community or community organization based in Manitoba that:

##### ***The organization***

Provides leadership and builds community networks or resources (e.g. links or collaborates with other organizations to create new resources)

Demonstrates impacts on the community (e.g. the number of clients/families served in community or facility, the number of staff/volunteers educated and involved (direct care, fundraising, or otherwise)

Advances community understanding, engagement and support of hospice and palliative care in areas of education, fundraising, family support, advocacy (e.g. provides services, organizes events [educational and/or fundraising] and/or reaches out to the media to offer information and raise awareness)

Demonstrates innovative and creative use of resources in the organization and community (provide an example).

##### ***The specific project***

Identifies a project that the organization wishes to pursue in the community

Outlines the planned use of the Sharon Carstairs Caring Community Award (financial award intended for a specific purpose beyond general operational funds)

Identifies plans or ongoing efforts to solicit matching funds if appropriate.

#### **The Award**

The successful applicant will receive a certificate and a cheque for \$1,000.00.

The award will be presented at the Hospice & Palliative Care Manitoba Provincial Conference on Friday, September 19, 2014 at 1:00 pm. The Award will be given to only one community or organization each year and not to the same group in consecutive years. Past winners are eligible to reapply after 2 years.

#### **Requirements**

- Completed application form signed by the applicant must be received by HPCM or post marked no later than August 22, 2014.
- At least two letters of support by people not directly involved in the project are needed.
- The successful applicant must allow his/her name and the name of the organization/group to be used in HPCM promotional materials.

#### **For more information or to receive an application form:**

Contact Joan Lawless at [jlawless@manitobahospice.mb.ca](mailto:jlawless@manitobahospice.mb.ca) or 204-889-8525 ext. 232 or visit our website at [www.manitobahospice.ca](http://www.manitobahospice.ca)

**Deadline: August 22, 2014**

# Keynote Speakers

## **Between Hope and a Hard Place: The Search for Sacred Symbols & Stories of Hope and Healing**

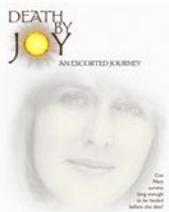
### ***Joel Carter, MD, BPE***

Pain & Palliative Medicine Specialist - Methodist Hospital, St. Louis Park, Minnesota  
Affiliated Professor, Dept of Family Medicine & Community Health - U of Minnesota  
Speaker, Author, Artist - Sculptor

**Concurrent session:** *Doc Carter's Palliative Drug Pearls: Tricks of the Trade*



## **Death by Joy: An Escorted Journey** *The making of the documentary by Dexiny Productions*



### ***Jim Cribb, Film maker***

Led by director Jim Cribb, this 30-minute presentation combines his first-hand experience filming the last weeks of Mary's life with clips from the documentary.

*Mary's husband, Alex, and daughter, Meleyna, will be in attendance.*

**Concurrent session:** *Screening of Death by Joy* (full length - 84 minutes) followed by Q & A

## **Providing Palliative Care in Resource-limited Settings**

### ***Kathleen Foley, MD***

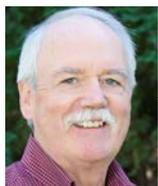
Neurologist, Pain & Palliative Care Services, Memorial Sloan-Kettering Cancer Center - New York City

Chair, The Society of Memorial Sloan-Kettering Cancer Center - New York City

Medical Director, International P.C. Initiative of the Open Society Public Health Program



## **Reflections of a Palliative Care Fossil**



### ***Fred Nelson, MSW, RSW***

Psychosocial Program Specialist,

Winnipeg Regional Health Authority Palliative Care Program

## ***Thursday, September 18, 2014***

***Concurrent Session A (60 minutes) 10:30 a.m. - 11:30 a.m.***

- A01 The Personal Side of Professional Grief: A reflective discussion**  
***Irene Shapira, BSW, RSW Social Worker, Patient & Family Support Services, CCMB***  
***Lindsay Drabiuk, MDiv Spiritual Health Specialist, Patient and Family Support Services, CCMB***  
A reflective discussion of our experiences with grief work and its professional and personal impact on us. Participants will be encouraged to share examples from their own clinical practices.
- A02 Changing Focus: Living with Advanced Cancer: Development of a Palliative Care Transition Project**  
***Tara Carpenter-Kellett Manager, Transition Initiative, CCMB***  
***Simone Stenekes, RN, MN, CHPCN(C) CNS, Transition and Palliative Care, CCMB***  
This presentation describes the development and implementation of a CancerCare Manitoba initiative aimed at enhancing the transition to palliative care for patients living with advanced cancer.
- A03 Are you seeing RED? The Basics of Skin Care in the Palliative Care Client**  
***Alexandra Beel, RN, MN, CHPCN(C) CNS, Deer Lodge Centre, Winnipeg***  
***Michelle Todoruk-Orchard, RN, MN, ET, CDE CNS, WRHA Home Care Program***  
This presentation will review skin integrity issues at end of life. Assessment and management practices to improve the quality of life for the client and caregiver to prevent or minimize incontinence-related complications and skin breakdown will be reviewed.
- A04 Palliative Care Discharge Planning for First Nations, Inuit and Métis Patients returning to Remote Communities**  
***Lori Embleton, RN, MSA Program Director, WRHA Palliative Care Program***  
***Mike Harlos, MD Medical Director, WRHA Palliative Care Program***  
This presentation reviews tools developed in consultation with stakeholders to address care needs, improve communication, and promote collaborative and supportive care planning for palliative patients from remote communities.
- A05 Living with Advanced Kidney Disease**  
***Tim Hiebert, MD, MSc, FRCPC Internist, Palliative Care WRHA***  
This presentation will review the most common causes of end-stage renal disease and the medical management including modalities of renal replacement (hemodialysis and peritoneal dialysis).

### **HANDOUTS**

Handouts from those presenters who provide them will be available in booklet form in your delegate bag. Due to concerns re: intellectual property rights, not all presenters provide handouts. Please be prepared to take notes on points you wish to recall - space is provided in the booklet.

## ***Thursday, September 18, 2014***

***Concurrent Session B (60 or 150 minutes) 1:45 p.m. - 2:45 p.m.***

**B06 Death by Joy: An Escorted Journey**

***Jim Cribb, Photographer, Writer, Filmmaker Co-founder of Dexiny Productions  
150 Minutes - 1:45 - 4:15 p.m. (Selection of B06 means no C selection is required.)***

A candid story of one woman's choice to find joy in dying and her unforgettable discoveries along the way.

**B07 Hope in Grief**

***Ellen Jacobs, RN, BScN Volunteer, Hospice & Palliative Care Manitoba  
Robert Beaudin Volunteer, Hospice & Palliative Care Manitoba***

This session reviews how an individual who has/is experiencing grief can find hope and a new normal after a significant loss.

**B08 A Collaborative, Innovative Approach to Identify and Meet the Unique Needs of First Nation Caregivers**

***Melissa Spence, RN, BN Engagement Liaison, The Saint Elizabeth FNIM Program  
Marney Vermette, RN Engagement Liaison, The Saint Elizabeth FNIM Program***

This session will describe the development of a model of meaningful partnership with First Nations community caregivers to determine their education and support needs. This model can be adapted to any environment or target audience.

**B09 Session Withdrawn**

**B10 Treating Pain in Patients with Dementia**

***Gregory Harochaw, BScPharm Pharmacy Manager, Tache Pharmacy, Winnipeg***

Assessing pain in and using alternative routes to deliver medication to patients living with dementia.

### **HANDOUTS**

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## **Thursday, September 18, 2014**

**Concurrent Session C (60 minutes) 3:15 p.m. - 4:15 p.m.**

### **C11 Palliation in End-stage Liver Disease (ESLD)**

***Susan Cuvelier, BSc (Hons), MSc, MD Hepatology Fellow, PCP, WRHA***

This session will include an overview of the burden of symptoms in patients with ESLD, a review of strategies for managing various symptoms, and discussion of some of the unique challenges of palliative care in the ESLD population.

### **C12 Religious Neutrality: An Ethical and Professional Practice**

***Lee Barringer Owner, Barringer Funeral Services - Continuing Education & Consulting, Winnipeg***

Practicing religious neutrality, through our verbal and non-verbal communication, demonstrates ethical and professional behaviour from the caregiver. In today's multicultural society, we should be aware of our beliefs and show respect and understanding for others.

### **C13 Palliation in Long-Term Care**

***Jennifer Ardiel, NP Nurse Practitioner, Rideau Park Personal Care Home, Brandon***

This presentation will identify the progressive nature of chronic disease (especially those that commonly occur in long-term care patients) and end-of-life expectations. Discussion of palliation with patients and families and the identification of resources for care providers, patients and families will also be covered.

### **C14 Surmounting Stress in any Season of Life**

***Tara Maltman-Just, BScPharm, RPh, ABAHP, FAARFM Founder & Executive Clinician, Vitality Integrative Medicine, Winnipeg***

This session will explore caregiver stress and its impact on the body to enable caregivers to understand and minimize the physiologic impacts of stress through personalized interventions including prescription management, nutrition and life strategies.

#### **HANDOUTS**

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## ***Friday, September 19, 2014***

***Concurrent Session D (60 or 150 minutes) 10:00 a.m. - 11:00 a.m.***

- D15 Doc Carter's Palliative Care Pearls: Tricks of the Trade**  
***Joel Carter, MD, BPE Pain & Palliative Medicine Specialist, Methodist Hospital, St. Louis Park; Affiliated Professor, Dept. of Family Medicine and Community Health, University of Minnesota***  
A didactic presentation and review of the many pharmacologic possibilities for maximization of symptom support for the terminally ill.
- D16 Session Withdrawn**
- D17 What makes a nurse an "expert" in providing care to those dying with dementia in personal care homes?**  
***Genevieve Thompson, RN, PhD Assistant Professor, Faculty of Nursing, University of Manitoba***  
***Research Associate, Manitoba Palliative Care Research Unit CCMB***  
***Susan McClement, PhD Professor, Faculty of Nursing, University of Manitoba***  
***Research Associate, Manitoba Palliative Care Research Unit CCMB***  
This presentation will describe key events that cue nurses (RN, LPN) working in PCHs that residents with dementia are beginning to transition to the final days and weeks of life, as well as the nursing behaviours that encompass expert care of those dying with dementia.
- D18 Social Media: Exploring the Benefits, Avoiding the Pitfalls**  
***Teri Seifert, BA Student***  
***150 minutes 10:00 a.m. - 12:15 p.m. (Selection of D18 means no E selection is required.)***  
This interactive session is essential for anyone in the health care field to clarify the do's and don'ts of social media usage, the risk of confidentiality breaches, and how to use social media to promote a non-profit organization.
- D19 Using Cultural Interpreters in End-of-Life Care**  
***Joseph Kaufert, PhD Professor, Dept. of Community Health Sciences, Faculty of Medicine, University of Manitoba***  
***Bruce Martin, MD, MSc, CCFP, FCFP Physician Consultant, PCP, WRHA***  
***Representatives from Kivalliq Inuit Services, Dept. of Health and Social Services, Government of Nunavut***  
This interactive session will explore the complex role of cultural interpreters in the context of health care provision. A demonstration interview and open discussion, with a focus on interpretation in the context of end-of-life discussions, will be included.

## **Friday, September 19, 2014**

**Concurrent Session E (60 minutes) 11:15 a.m. - 12:15 p.m.**

### **E20 Telemedicine: Closing the Distance**

**Trina Diner, BA IT (Mgt.) Manager Palliative Care Services and Telemedicine, Thunder Bay Regional Health Sciences Centre**

**Robin Cano, RN, BScN, CHPCN(C) Hospice Palliative Care Telemedicine Nurse, St. Joseph's Hospital, Thunder Bay**

The negative consequences of isolation and fear are an added burden to patients/families when coping with illness at home. Telemedicine via the use of a tablet at home for scheduled physician appointments eases patients'/families' fears by facilitating convenient connections with a health care professional.

### **E21 Part 1**

**Development and Administration of a Survey to Assess Knowledge, Competency and Attitudes about Perinatal Palliative Care**

**Simone Stenekes, RN, MN, CHPCN(C) CNS, Transition & Palliative Care, CCMB**

This presentation describes a two-phase research project undertaken to develop the Perinatal Palliative Care Survey and then administer it to health care providers across Canada.

### **Part 2**

**Colours of Grief: A Workshop for Children and Families Exploring Loss and Healing**

**Anna Maria Buhr, MSW Social Worker, PCS, St. Paul's Hospital, Saskatoon**

**Ruth Eliason, MTA Music Therapist, PCS, St. Paul's Hospital, Saskatoon**

This session provides a safe space and creative ways for families to grieve and heal following the loss of someone they love.

### **E22 The Experience of Involuntary Weight Loss in People living with Cancer-anorexia Cachexia**

**Susan McClement, PhD Professor, Faculty of Nursing, University of Manitoba; Research Associate, Manitoba Palliative Care Research Unit CCMB**

This presentation will examine conceptual issues related to body image in advanced illness, describe salient findings from research examining involuntary weight loss in cancer patients, and identify implications for practice and research regarding the psychosocial care of patients living with cancer-anorexia cachexia.

### **E23 Must all patients be fed? Talk about a crucial conversation!**

**Pat Murphy, MEd Clinical Ethicist, St. Boniface General Hospital**

**George Webster, DMin Clinical Ethicist, St. Boniface General Hospital**

This presentation will describe and encourage discussion of basic and enduring ethical issues related to nutrition and hydration, as well as outline strategies for navigating these critical and challenging conversations.

## ***Friday, September 19, 2014***

**Concurrent Session F (60 minutes) 1:15 p.m. - 2:15 p.m.**

**F24 The Personal Side of a Volunteer's Grief: A Reflective Discussion**

***Irene Shapira, BSW, RSW Medical Social Worker, CCMB***

***Lindsay Drabiuk, MDiv Spiritual Health Specialist, Patient and Family Support Services, CCMB***

A reflective discussion of our experiences with grief work and its impact on us, both personally and in our roles as volunteers. Participants will be encouraged to share examples from their own clinical practices.

**F25 Malignant Wound Management**

***Alexandra Beel, RN, MN, CHPCN(C) CNS, Deer Lodge Centre, Winnipeg***

This presentation will discuss the term "malignant wound", explore the etiology of these types of wounds, and review assessment and core management principles when caring for clients with malignant wounds.

**F26 Managing Orphan Symptoms (hiccups, sweating, pruritus) in Palliative Care**

***Cornelius J. Woelk, MD, CCFP, FCFP Assistant Professor, Dept. of Family Medicine, University of Manitoba; Palliative Care Physician, Southern Health-Santé Sud; Physician, Boundary Trails Community Cancer Program; Family Physician, Dr. C. W. Wiebe Medical Centre, Winkler***

Orphan symptoms are seldom formally evaluated. Though infrequent, less severe and more easily forgotten than other symptoms, they can significantly reduce quality of life. This session will review three orphan symptoms: hiccups, sweating and pruritus.

**F27 Pluralism and Caring:**

**An Exploration of Muslim Culture in the Context of Palliative Care**

***Bruce D. Martin, MD, MSc, CCFP, FCFP Physician Consultant, PCP, WRHA***

A pediatric case study will be used as a catalyst for discussing the need to increase our understanding of Muslim traditions in the context of end-of-life care. Dialogue will be encouraged among all participants as we explore Muslim culture in an effort to address the spiritual needs of our increasingly pluralistic society.

**F28 Spiritual Care in Palliative Care:**

**Collaboration in Prevention and Relief of Suffering**

***Lynn Granke, BA, MDiv Manager, Spiritual Health Services, Victoria General Hospital, Winnipeg***

This interactive presentation will consider how the goal of preventing and relieving suffering in the palliative care setting is addressed by spiritual care.

# Student Poster Expo

- PS - 41    *Advanced Care Directives: Starting the Conversation***  
*Craig Haas, S - BScPN, Brandon University\**  
*Chelsea Clarke, S - BScPN, Brandon University\**  
*Sherri Plett, LPN, S - BScPN, Brandon University\**  
A poster reviewing the facts and barriers to advance care planning - it's time to start the conversation.
- PS - 42    *Review of the Literature on Ethical Issues in Palliative Home Care***  
*Liliane Allegro, 3rd year Nursing Student, Faculty of Nursing, University of Manitoba*  
*Supervisor - Marie Edwards, RN, PhD Associate Professor, Faculty of Nursing, University of Manitoba*  
This poster provides an overview of the nature of ethical issues occurring in palliative home care based on a review of the literature.
- PS - 43    *Children Facing Death***  
*Jessica Warkentin, S - BScPN, Brandon University\**  
This poster shows how children understand death and may how they may appear when they are grieving; how to help children when they lose a loved one; pain and symptom management, and how to talk to children about their own death.
- PS - 44    *Complicated Grief***  
*Kayla Lemieux, S - BScPN, Brandon University\**  
*Crystal Hyde, S - BScPN, Brandon University\**  
*Christina Andre, S - BScPN, Brandon University\**  
This presentation compares complicated grief with normal grief. It also examines complicated grief relating to cancer, assisted suicide and prolonged stays in intensive care.
- PS - 45    *Euthanasia and Assisted Death: A Controversial Topic***  
*Erin McKenzie, S - BScPN, Brandon University\**  
*Kathryn Van Aert, S - BScPN, Brandon University\**  
*Jodi Steele, S - BScPN, Brandon University\**  
An exploration of the differences between euthanasia and assisted death with supporting and opposing arguments, and the legality involved across Canada and around the world.
- PS - 46    *Depression and Suicidality in Palliative Care***  
*Ryan Greenham, S - BScPN, Brandon University\**  
*Evan Wilgosh, S - BScPN, Brandon University\**  
*Sarah Shaw, S - BScPN, Brandon University\**  
At the end of life, depression can significantly impact a patient's quality of life by taking away hope, a sense of peace, and the meaning found in living.
- PS - 47    *Burnout in Palliative Care Staff***  
*Laura Edmonds, S - BScPN, Brandon University\**  
*Cassandra Carreiro, S - BScPN, Brandon University\**  
*Chloe Kostelnyk, S - BScPN, Brandon University\**  
Symptoms of burnout in palliative are staff and the factors that influence their presentation.

***\*Brandon University Psychiatric Nursing students were supervised when developing their posters by Debra Dusome, Assistant Professor, Psychiatric Nursing Program, Brandon University, Winnipeg Campus.***

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### Additional Features of the 2014 Conference

**Crucial Balance - The Art of Non-Verbal Communication** (see back cover)  
Conference art show is open during the Conference and Public Event.

**Public Event - Thursday, September 18 7:30-9:00 pm** (doors open at 7:00)  
*Joel Carter - The Power and Magic of Storytelling in End-of-Life Care*  
An interactive dialogue and sharing of the power of stories that support the work and gifts of those working with the terminally ill.



**hospice &  
palliative care  
manitoba**

# Hospice & Palliative Care Manitoba 23rd Annual Provincial Conference

September 18 and 19, 2014

**Victoria Inn  
1808 Wellington Avenue, Winnipeg, MB**

## CONFERENCE REGISTRATION FORM

**Please Print**

Name \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Telephone \_\_\_\_\_ Daytime Fax \_\_\_\_\_ E-mail \_\_\_\_\_  
Confirmation will be via e-mail

Dietary or other special needs \_\_\_\_\_

**Please indicate your role in hospice palliative care:**

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Administration              | <input type="checkbox"/> Health Care Aide | <input type="checkbox"/> Pharmacist    | <input type="checkbox"/> Spiritual Care Provider      |
| <input type="checkbox"/> Caregiver for family/friend | <input type="checkbox"/> Nurse            | <input type="checkbox"/> Physician     | <input type="checkbox"/> Volunteer                    |
| <input type="checkbox"/> Elder                       | <input type="checkbox"/> Funeral Director | <input type="checkbox"/> Social Worker | <input type="checkbox"/> Other (please specify) _____ |

**May we list your contact information, organization, and role on a delegate list for distribution at Conference? \_\_\_\_\_**

### Photographs taken at Conference

**may be used in reports, newsletters and on our website.**

**Please advise the photographer if you do not wish to be photographed.**

### Concurrent Session Registration:

- Please indicate preferences by workshop number (e.g. A9).
- **Choose 1 workshop for each session for which payment is made.**
- Space is limited, therefore, you **MUST MAKE A SECOND CHOICE** for each session.

	Example	First Choice	Second Choice
Slot A Thursday, September 18th 10:30 a.m. - 11:30 a.m.		__A01__	__A05__
Slot B Thursday, September 18th 1:45 p.m. - 2:45 p.m. B06 extends into Slot C		_____	_____
Slot C Thursday, September 18th 3:15 p.m. - 4:15 p.m.		_____	_____
Slot D Friday, September 19th 10:00 a.m. - 11:00 a.m. D18 extends into Slot E		_____	_____
Slot E Friday, September 19th 11:15 a.m. - 12:15 p.m.		_____	_____
Slot F Friday, September 19th 1:15 p.m. - 2:15 p.m.		_____	_____

### How did you learn about this Conference?

- |  |   |
|--|---|
| <input type="checkbox"/> Staff (co-worker, staff development personnel, internal newsletter) | <input type="checkbox"/> Word of mouth          |
| <input type="checkbox"/> Email/mail from Hospice & Palliative Care Manitoba                  | <input type="checkbox"/> Health Care Connection |
| <input type="checkbox"/> Attended last year  | <input type="checkbox"/> Other: _____           |



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## Conference Fees Please circle the applicable fee

	Regular	HPCM Group Member*	Student**	Volunteer***
Thursday	\$225	\$203	\$105	\$105
Friday	\$225	\$203	\$105	\$105
<b>Thursday and Friday</b>				
Early – before Aug 10th	\$370	\$333	\$200	\$200
Late – Aug 11th or later	\$445	\$400	\$200	\$200

\*Maximum two delegates per Hospice & Palliative Care Manitoba group member, as authorized by member contact.

\*\*Rates for full-time students only. Proof of full-time status is required.

\*\*\*Letter verifying status from Regional/Volunteer Coordinator is required.

**Note: Volunteer** category has been broadened to include ALL hospice/palliative care volunteers due to a 3-year grant from the Order St. Lazarus Foundation to support volunteer education. \$50 discount for first 20 volunteers submitting complete registration package—see details page 6 of registration brochure.

Full payment must accompany your registration. Registrations will not be processed until payment is received. Confirmation will be e-mailed prior to the Conference. If you do not have e-mail, confirmation will be sent by regular mail. Receipt will be included in your registration package at the Conference.

### Method of payment

Paying for self

Payment by third party

If 3<sup>rd</sup> party, include name and address here:

\_\_\_\_\_

\_\_\_\_\_

Cheque       Visa       Mastercard

Cheques payable to HPCM

Account Number \_\_\_\_\_

Name on card (please print) \_\_\_\_\_

Expiry date \_\_\_\_\_

Signature \_\_\_\_\_

Total amount enclosed \$ \_\_\_\_\_

### Registration checklist

**Please read before you send your registration:**

- Name and contact details completed
- Special dietary and other needs indicated, if applicable
- Registration type circled
- Cheque attached or credit card details completed
- If payment from third party, name and address of payer is on registration form
- Volunteer verification letter included, if applicable
- Student verification included, if applicable
- Indicate first, second choices for concurrent sessions

**Refund Policy:** Requests for refunds must be made in person or in writing and received prior to **August 31, 2014**. **No refunds will be made after August 31, 2014.** Substitutions may be made. Refunds are subject to a \$40.00 processing fee.

Please mail or fax registration to:

Hospice & Palliative Care Manitoba, 2109 Portage Avenue, Winnipeg, MB R3J 0L3      Fax 204-888-8874

For more information contact:

**Andrea Firth** 204-889-8525 ext 222; e-mail [afirth2@manitobahospice.mb.ca](mailto:afirth2@manitobahospice.mb.ca)

Brochure and registration form also available on the website [www.manitobahospice.ca](http://www.manitobahospice.ca)



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### Photographs taken at Conference

may be used in reports, newsletters and on our website.

Please advise the photographer if you do not wish to be photographed.

## **Conference Steering Committee**

Audra Nesbitt-Hume - Co-Chair (until January 2014)  
Interlake-Eastern Regional Health Authority

Pam Bolton - Co-chair (until February 2014)  
Hospice & Palliative Care Manitoba

Brenda Hearson - Co-Chair (from February 2014)  
WRHA Palliative Care Program and  
Canadian Virtual Hospice

Janice Nesbitt - Co-Chair (from February 2014)  
WRHA Palliative Care Program

Cornelius Woelk - Chair, Program Committee  
Dr. C.W. Wiebe Medical Centre

Karen Toole - Member-at-large  
Hospice & Palliative Care Manitoba

Katherine Cullihall - Member-at-large  
CancerCare Manitoba

Lori Embleton - Member-at-large  
Winnipeg Regional Health Authority

Lynda Wolf - Board Representative (to Dec 2013)  
Hospice & Palliative Care Manitoba

Mabel Horton - Member-at-large  
Retired

Marney Vermette - Member-at-large  
St. Elizabeth Health

Matthew Bzura - Member-at-large  
Concordia Hospital

Nina Labun - Member-at-large (until January 2014)  
Revera Living

Andrea Firth, Staff  
Conference Coordinator  
Hospice & Palliative Care Manitoba

Joan Lawless, Staff  
Development Coordinator  
Hospice & Palliative Care Manitoba

Judy Knight, Staff - (from June 2013)  
Executive Director  
Hospice & Palliative Care Manitoba

## **Conference Program Committee**

Cornelius Woelk, MD, CCFP, FCFP - Chair  
Dr. C.W. Wiebe Medical Centre

Audra Nesbitt-Hume, RN, BN  
Steering Committee Co-Chair (to Feb 2014)  
Interlake-Eastern Regional Health Authority

Pam Bolton, MSW  
Steering Committee Co-Chair (to Feb 2014)  
Hospice & Palliative Care Manitoba

Brenda Arndt, MDiv, CASC  
Grace General Hospital, Winnipeg

Brenda Hearson, RN, MN, CHPCN(C)  
WRHA Palliative Care Program and  
Canadian Virtual Hospice

Evelyn Leferink, RN, BScN, MN  
CancerCare Manitoba, Winnipeg

Garnet Crawford, MD, CCFP  
Winnipeg Regional Health Authority

John B. Bond, Jr., PhD  
Riverview Health Centre, Winnipeg

Kali Leary, BSc, MBT  
CancerCare Manitoba, Winnipeg

Scott Groen, BSc (Pharm)  
Tache Pharmacy, Winnipeg

Simone Stenekes, RN, MN, CHPCN(C)  
CancerCare Manitoba, Winnipeg

Teri Siefert, BA  
Hospice & Palliative Care Manitoba

Val Paulley, RN  
Hospice & Palliative Care Manitoba

Andrea Firth, BA  
Hospice & Palliative Care Manitoba

Judy Knight  
Hospice & Palliative Care Manitoba

Mary Ann Rosenbloom, RN  
Hospice & Palliative Care Manitoba



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# Crucial Balance

*The art of non-verbal communication*

at the

**23rd Annual Provincial Palliative Care Conference**

September 18 and 19, 2014

Victoria Inn, 1808 Wellington Avenue, Winnipeg, Manitoba

***Balance is crucial***

. . . The balance of life and death, self and other, sound and silence.

**Facing Death.....Grieving....Dealing with Darkness....Seeking Hope.**

## *Invitation for submissions*

The 23rd Annual Provincial Palliative Care Conference

invites your submission of images created

when the spoken word fails to express death, grief, darkness and hope, and when the struggle for balance in grief and between life and death is crucial.

Works selected will be shown at the 23rd Annual Provincial Palliative Care Conference.

**Many forms of visual creative expression are welcome.**

(photo, collage, glass, drawing, sculpture, fabric, wood, music, tactile, etc.)

To apply:

Please prepare a separate submission for each piece you wish to have considered, including:

- a description of the piece's dimensions, weight, and special requirements for display
- a brief explanation (approximately 200 words) of how the piece originated
- a good-quality digital image of your work.
- Contact **ANDREA:**
  - [afirth2@manitobahospice.mb.ca](mailto:afirth2@manitobahospice.mb.ca) (preferred) or
  - 204-889-8525 ext 222