Nova Scotia Hospice Palliative Care Conference 2013

The Circle of Care

June 6-8, 2013

White Point Beach Resort
Nova Scotia
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Cancer Care Nova Scotia

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Welcome Message

On behalf of the Board of the Nova Scotia Hospice Palliative Care Association, I would like to extend a warm welcome to each of you to this year’s conference: The Circle of Care. This year’s theme reflects the important role that caregivers, health care providers, volunteers, community and family members have in providing care that results in an optimal experience for our clients.

The conference committee has worked to provide sessions and information from a variety of perspectives in order to enhance the vital contributions individuals make every day to assisting people and their families facing life limiting illnesses. We also hope the event will be an opportunity for you as participants to recharge, reflect and to make some new connections.

We urge you to participate in the discussions, use the conference to network, meet your colleagues, make suggestions for improvement, and get involved in the planning of next year’s conference. We hope that this conference is not only a circle of learning, but one sharing support and inspiration.

In closing, I would like to thank the speakers, volunteers, sponsors and community organizations whose support have made this event possible.

Cathrine Yuill, President
Nova Scotia Hospice Palliative Care Association

2013 NSHPCA Board of Directors Conference Steering Committee

- Fern Brydon, District Manager for Palliative Care and Continuing Care, AVH
- Lynn Butler, Support Coordinator, Caregivers Nova Scotia Association
- Janet Carver, Health Services Manager, SSH
- Colleen Cash, Executive Director, NSHPCA
- Roy Ellis, Bereavement Coordinator, Capital Health
- Marie Claude Grégoire, Pediatric Palliative Care Physician, IWK Health Centre
- Dianne Vaughan, Nurse Supervisor Wynn Park Villa Long Term Care Center, Truro
## Program at a Glance

### THURSDAY, JUNE 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>4:30 pm</td>
<td>Registration Opens</td>
<td>Lobby</td>
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<tr>
<td>7:30 pm</td>
<td>Opening Reception and Welcome Lecture</td>
<td>Atlantic B/C</td>
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<tr>
<td></td>
<td>Entertainment: Suite Strings - Dr. David Abriel &amp; Heather Abriel, Mahone Bay</td>
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<tr>
<td></td>
<td>Gillian MacMichael Lectureship Laurie Anne O'Brien: Advance Care Planning:</td>
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<td></td>
<td>How Comfortable Are You? Thinking of, Preparing for and Talking about Concerns and Medical Care in Advance.</td>
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<td>Silent Auction Opens!</td>
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<tr>
<td>9:30 pm</td>
<td>Bonfire</td>
<td>Lakeside Firepit</td>
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### FRIDAY, JUNE 7

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Yoga</td>
<td>TBA</td>
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<tr>
<td>8:00 am</td>
<td>Registration</td>
<td>Lobby</td>
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<tr>
<td>8:30 -3:30</td>
<td>Displays</td>
<td>Atlantic C</td>
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<tr>
<td>8:30 am</td>
<td>Welcome and Greetings from the NSHPCA</td>
<td>Atlantic A/B</td>
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<td>Opening Remarks: Vicki Conrad, MLA Queens</td>
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<tr>
<td>9:00 am</td>
<td>Opening Plenary: Jim Mulcahy: Everything Old is New Again</td>
<td>Atlantic A/B</td>
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<tr>
<td>10:00 am</td>
<td>Break - Sponsored by Bayshore Home Health</td>
<td>Atlantic C</td>
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<tr>
<td>10:30 am</td>
<td>Concurrent Session 1: Roy Ellis: The Man of Steel and Other Case Studies in Complex Grief</td>
<td>Atlantic A/B</td>
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<td>Concurrent Session 2: Debra Orton: There is More to Death than Dying: Difficult Conversations, Discovery Who I am as Caregiver, and Practical Skills for Indepth Conversations.</td>
<td>Lakeside Hall</td>
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<tr>
<td>12:00 pm</td>
<td>Lunch - NSHPCA AGM</td>
<td>Atlantic A/B</td>
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<tr>
<td>1:30 pm</td>
<td>Concurrent Session 3: Panel: The Role of the Volunteer Community in the Circle of Care</td>
<td>Atlantic A/B</td>
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<tr>
<td>1:30 pm</td>
<td>Concurrent Session 4: Rosalind Benoit &amp; Dr. Krueger-Naug: End of Life Care and Planning for Heart Failure Patients</td>
<td>Lakeside Hall</td>
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<tr>
<td>3:00 pm</td>
<td>Break - Sponsored by Chandlers Funeral Service Ltd</td>
<td>Atlantic C</td>
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<tr>
<td>3:30 pm</td>
<td>Plenary: Gillian MacMichael Lectureship</td>
<td>Atlantic A/B</td>
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<td>Laurie Anne O’Brien: Caregiving in the Final Care Circle of Life</td>
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<tr>
<td>4:45 pm</td>
<td>Reflections</td>
<td>Atlantic A/B</td>
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<tr>
<td>6:00 pm</td>
<td>Celebration of Life</td>
<td>TBA</td>
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<tr>
<td>7:00 pm</td>
<td>Reception and Banquet</td>
<td>Atlantic A/B</td>
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<td></td>
<td>Entertainment - Paul Buchanan - Mahone Bay</td>
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<td>Silent Auction Closes</td>
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Program at a Glance

**SATURDAY, JUNE 8**

7:30 am  Interest Group Meetings
- Nursing- Atlantic A/B
- Volunteers- Lakeside Hall
- Hospice- Atlantic C
- Social Work - Lounge
  Qi Gong Yoga - Lakeside Hall - Foyer

8:30 am  Opening

8:45 am  Plenary: Dr. Rob Rutledge - Taking Care of Us
  Sponsored by Cancer Care Nova Scotia

10:15 am  Break

10:45 am  Caregivers Panel: Broken Hearts and Jump Starts: Growth after Loss

12:00 pm  Closing

Session Overviews

**OPENING PLENARY**

**Jim Mulcahy: Everything Old is New Again**
Mr. Mulcahy will share a series of personal reflections on how certain myths, meanings, and legends of the past, might enrich and deepen the caring relationship of the present for caregiver and patient alike by enlightening our imaginations.

**CONCURRENT SESSION 1**

**Roy Ellis: The Man of Steel and Other Case Studies in Complex Grief**
Many wonderful books have been written about the course of normal grief. But there are some who experience grief in more complex and problematic forms. There are fewer books written for these folks. Bizarre experiences, mystical visions, unusual preoccupations, and strange shifts of behavior and identity are not altogether uncommon in these rarer expression of grief. But that does not mean they are pathological. Using cases drawn directly from his clinical experience, Roy will offer several different theoretical vantage points for considering, understanding and carefully engaging complex grief in the bereaved. This workshop will be a great introduction for novice caregivers and provide ample areas of reflection and technical finesse for seasoned practitioners.
CONCURRENT SESSION 2
Rev. Debra Orton: There is More to Death than Dying: Difficult Conversations, Discover Who I am as Caregiver, and Practical Skills for In-depth conversations
Objectives for this session:
1. To define difficult conversations.
2. To develop an understanding of our external and internal self as caregiver.
3. To gain confidence in discussing and addressing the emotional and spiritual needs of the dying.
4. To learn some practical skills that might be used when responding to difficult conversations.

CONCURRENT SESSION 3
Facilitator: Carolyn Marshall: Role of the Volunteer in the Circle of Care
This panel session will explore the many roles volunteers can play in providing quality end of life care. Panelists will discuss the opportunities and challenges volunteers may experience in working as an interdisciplinary team with medical professionals.
Panelists:
• Aurelle Landry, Executive Director, Hospice Palliative Care Society of Cape Breton County
• Gregor Nielsen, Volunteer, Colchester East Hants Hospice Society
• Megan Connors, Volunteer Coordinator, Colchester East Hants Hospice Society
• Michelle Murphy, Palliative Care Nurse, Palliative Care Cape Breton

CONCURRENT SESSION 4
Rosalind Benoit & Dr. Krueger-Naug: End of life Care and Planning for Heart Failure Patients
This session will focus on the care and treatment of heart failure patients, with a focus on a team approach and with the patient and family at the centre. The presenters will also discuss what is heart failure, the prevalence of heart failure, causes, symptoms and possible treatments.
PLenary 2
Gillian MacMichael Lectureship
Laurie Anne O’Brien: Caregiving in the Final Care Circle of Life
“Till we find our place, on the path unwinding, In the Circle, the Circle of Life” Elton John. We need to ask ourselves and be better prepared for what needs to be a part of our own and our loved ones whole person care as our life’s path is unwinding to the final journey. As Caregivers, whether formal or informal, we will face caring concerns of practical and physical care and we will need to be comfortable with open communication, making decisions including addressing appropriate advance care planning, exploring home care and other supports, being real about each other’s ongoing caregiver capability, capacity, emotions and relationships - all the while anticipating and preparing for grief and bereavement. Laurie Anne will actively engage us to share and explore finding our place in these caregiver concerns in the hope of improving our experiences AND in turn garnering greater understanding, comfort and meaning in the caregiving we strive to provide.

PLenary 3
Dr. Rob Rutledge: Taking Care of Us
Sponsored by Cancer Care Nova Scotia
This session will address the following objectives:
1. Promote healthy lifestyle choices to increase resilience
2. Learn and practice a relaxation technique
3. Increase awareness of beliefs that enhance well-being

PLenary 4
Caregivers Panel: Facilitator: Roy Ellis: Broken Hearts and Jump Starts; Growth After Loss
This panel session will explore how individuals, families and communities grow before, during and after significant loss. How does illness, loss, death and bereavement dovetail with ideas of growth, wisdom and spirituality? How does caregiving expand our souls and when people describe being diminished by grief, what do they mean? Roy Ellis will facilitate a conversation between a diverse panel of grievers and caregivers from many walks of life.
Lynn Butler – Caregivers Nova Scotia
Stephanie Tews – Grieving mother
Dawn Hall – Military Family Resource Centre
Lorri Neilsen Glenn – Poet and Grief workshop facilitator

Nova Scotia Hospice Palliative Care Conference 2013 The Circle of Care
June 6-8, 2013
**Keynote Speakers**

**Jim Mulcahy**

Mr. Mulcahy is a cancer survivor, caregiver and a strong advocate for patients and families faced with a life-limiting illness. Over the last ten years he has volunteered as a patient representative on a variety of local and provincial cancer care related committees, and was invited to participate in two national Canadian Association of Schools of Nursing conferences focused on palliative care course development. In 2012, he was presented with the Cancer Care Nova Scotia Excellence in Patient Care Award for a volunteer.

A former drama teacher, Jim has volunteered as writer/director for the Park Bench Players, a troupe of six adults living with schizophrenia. Last October, their production, “With a Little Help from Our Friends”, won Psycho-Social Rehabilitation Canada’s National Award for Excellence.

Jim is featured in the film, The Story About Care, where he shares his experience of what it has been like to be cared for as he lives with end stage lymphoma while caring for his wife Sarah who has Huntington’s Disease; and reflects on the power of the caring relationship that can exist when people working in health care see the “person and not a pathology.”

**Dr. Rob Rutledge**

Dr. Rob Rutledge is a Radiation Oncologist in Halifax, Nova Scotia and an Associate Professor in the Faculty of Medicine at Dalhousie University. His research focuses on the impact of cancer on patients and their families. He is a member of the Gillian MacMichael Lectureship in Palliative Care committee and has contributed to the development of the Canadian National Palliative Care Standards. Dr. Rutledge has also received numerous awards for his work in palliative care.

In 2006, Dr. Rutledge and a team of caregivers led the first national cancer retreat, the Circle of Care, which continues to be held annually. The retreats provide an opportunity for caregivers to learn from respected people in the field. The first lectureship will be presented at the 2013 Nova Scotia Hospice Palliative Care Conference.

**Laurie Anne O’Brien**

Ms. O’Brien has been a dedicated advocate, pioneer and leader in the field of hospice palliative care since the 1970s. After completing her initial palliative care study and training in Montreal, she helped lead and open the first Palliative Care Unit and Consult team in St. John’s NL in 1979.

Laurie Ann has worked with groups and initiatives that developed the first National Hospice Palliative Care (HPC) Norms of Practice, HPC Accreditation Standards, Canadian Nurses Association Hospice Palliative Care Certification Exam, and the National Advance Care Planning Task Group Initiative. She also has a strong commitment to working with groups and initiatives that developed the first National Hospice Palliative Care (HPC) Norms of Practice, HPC Accreditation Standards, Canadian Nurses Association Hospice Palliative Care Certification Exam, and the National Advance Care Planning Task Group Initiative.

Throughout her career Laurie Ann has received numerous awards and accolades including a National Award of Excellence in Palliative Care, Queen’s Jubilee Medals and the Order of St. Lazarus Medal. She recently retired from her position in health care as Regional Manager with the Eastern Health Palliative and End of Life Care Leadership team on Newfoundland, but continues to work as an advocate, educator and consultant.

Laurie Ann is VP and incoming President of the Board of CHP/CA, an active member of the National Advance Care Planning Committee Task Group, and continues to serve as executive committee member for the CNA HPC Nurses Exam Committee.

We are pleased to feature Laurie Ann at the conference as part of the Gillian MacMichael Lectureship in Palliative Care.
Workshop Facilitators & Presenters

**Rosalind Benoit** received a diploma in nursing from St. Martha’s School of Nursing in 1974, Bachelor of Science in Nursing from St. Francis Xavier University in 1983 and Master of Nursing (Specialty Nurse Practitioner) from Dalhousie University in 2001. She has practiced in a variety of community and hospital settings. Currently she is nurse practitioner in the QEII General Medicine Heart Failure Clinic. She provides care to adults with heart failure and other chronic disease in their homes.

**Lynn Butler** works with Caregivers Nova Scotia as a Caregiver Support Coordinator in the Capital District. Caregivers Nova Scotia is a provincial, non-profit organization dedicated to providing practical supports to unpaid family and friend caregivers. Lynn and her sisters were caregivers to their brother who died from pancreatic cancer in 2008. While it was an emotionally exhausting experience, caring for her brother was an absolute privilege. Lynn has been on her own journey through significant loss and knows the physical and emotional pain associated with this process. The fact that the title for this panel mentions Broken Hearts is particularly poignant as her elderly father who was grief stricken after the loss of his son was diagnosed with a grief-based dementia and died less than two years later. Lynn and her family have been deeply impacted by the loss of two very important family members yet she has managed to use this experience for her own personal growth.

**Megan Connors**, Volunteer Coordinator, Megan has worked in the health care system for over twenty years as an Occupational Therapist with experience in physical medicine, mental health, geriatrics and palliative care in hospital and community settings. She has had a long relationship with the Colchester East Hants Hospice Society, working with them through her roles as Palliative Care Coordinator with Continuing Care and as a member of the Board of Directors. After spending several years pursuing other interests outside of health care, Megan returned to Hospice one year ago as their Volunteer Coordinator.

**Roy Ellis** is a therapist, playwright, musician and actor living in Halifax, Nova Scotia. Some things he's proud of: Roy had his first play produced at 17 years of age; planted over a million trees; developed an art camp for the children of prisoners in Kingston, Ontario; worked as an acute care mental health chaplain for ten years; and his most recent play, “The Dung of Young Goats” should be ready come Spring 2013. Roy is presently the Bereavement Coordinator for Capital Health Palliative Care.

**Sue Goyette** lives in Halifax, Nova Scotia and has published four books of poems, *The True Names of Birds*, *Undone*, *Outskirts* (Brick Books) and *Ocean* (Gaspereau Press) and a novel, *Lures* (HarperCollins, 2002). She's been nominated for several awards including the Governor General’s Award for Poetry, the Pat Lowther, the Gerald Lampert, the Thomas Head Raddall Atlantic Fiction Award, the Dartmouth Book Award and the Acorn-Plantos Award. She won the 2008 CBC Literary Prize for Poetry, the 2010 Earle Birney Prize, the 2011 Bliss Carman Award, the 2012 Pat Lowther Award and the 2012 Atlantic Poetry Prize. Her poetry has appeared on the Toronto subway system, in wedding vows and spray-painted on a sidewalk somewhere in St. John, New Brunswick. Sue currently teaches in the Creative Writing Program at Dalhousie University and works part-time at the Writers’ Federation of Nova Scotia.

**Dawn Hall** graduated from the Bachelor of Social Work at Laurentian University in Sudbury, Ontario in 1995. She began working with at-risk youth in Halifax just prior to graduating and continued to do so until 2010. She was honoured with the Community Partners Award from the Nova Scotia Council for the Family for her volunteer work with the annual Youth Achievement Awards in 2007. She began the Master of Social Work program at Dalhousie University in September 2000. She graduated in 2006, having taken a leave of absence from school during the time her father and mother-in-law battled cancer. In 2010, she made the decision to leave her work with at-risk youth to pursue work with military families, something she'd always wanted to do. Dawn grew up on a military base in Dartmouth while her father served in the Navy, retiring.
after 30 years. Both of her brothers, who continue to serve, joined the Canadian Forces (CF) right out of high school. Dawn is able to provide free, confidential and timely services to military families including: short-term counseling and crisis intervention, assessment and referral to CF and civilian agencies, education and prevention programs. Through Dawn’s personal experience of growing up in a military family, her work with at-risk youth, and her work with the MFRC, she understands the many types of loss people experience, in addition to the loss of a loved one through death. Understanding loss in a greater context than death and dying is an important part of her work with military families.

Aurelle Landy was born and raised in the small Acadian village of Petit de Grat on Isle Madame. He has 3 children and celebrated his 37th wedding anniversary with Carol on June 5th. Aurelle attended St. Francis University and graduated with a Bachelor of Science Degree in 1976. He was employed with the NS Department of Environment for more than 33 years retiring in July 2009. Aurelle was appointed Executive Director of Hospice Palliative Care Society of Cape Breton County in January of 2012 and sits as a member of NSHPCA Board of Directors.

Carolyn Marshall has been serving on the Executive of the Board of Directors for the NSHPCA since 2010 and is currently Vice-President. As a Senior Policy Analyst at Health Association Nova Scotia, she had the opportunity to conduct research on the degree to which Nova Scotians have access to quality end of life care in the province. Her recommendations helped inform the development of a position paper from the NSHPCA regarding the development of a provincial palliative care strategy, as well as the work of the Quality end of Life Care Coalition Nova Scotia. Carolyn serves on the Executive Committee for this initiative and engaged Health Association as a founding a partner of the Coalition.

Carolyn has a Master’s degree in Public Administration from Queen’s University and an Honours Bachelor of Arts in Political Science and History from Dalhousie University. She is also CEO of Marshall Consulting, a consulting firm specializing in planning, policy and program research and evaluation and system redesign in health, social, justice, and education areas to better meet the needs of the population. She has worked with provincial and federal governments, academic institutions, community-based agencies, and first voice populations and has conducted over 50 projects to identify ways to improve public policy and systems to better serve public needs.

Lorri Neilsen Glenn is the award-winning author of thirteen books of prose and poetry. Former Halifax Poet Laureate (2005-2009), she has written extensively on loss and grief. Her most recent books include an essay collection, Threading Light; a poetry collection, Lost Gospels; and in 2013, Untying the Apron, an anthology of poetry and prose about mothers of the 1950s. She leads workshops in memoir and poetry writing across Canada and lives and works in Halifax and Rose Bay, NS. She can be reached at lorrineilsenglenn@gmail.com.


Gregor Nielsen is from Fort Ellis, Nova Scotia and worked for over twenty years as a dairy farmer. He has been a hospice volunteer for the past three years with the Colchester East Hants Hospice Palliative Care Society, in the hospital and in the community. Gregor has found the experience deeply rewarding and enriching and as a result he is slated to begin studies in September in the Bachelor of Social Work program at Dalhousie.

The Rev. Debra Orton BA, M. DIV., S.T.M., is the Coordinating Chaplain at Valley Regional Hospital. She has provided grief support and counseling for over 30 years; including individuals, families and groups. Debra is a Doctorate of Ministry Candidate at Acadia Divinity College, Acadia University. She is examining Spirituality and Hospital-
ity at end of life care in cross-cultural health care settings. Debra has served as a congregational minister with the United Church of Canada in Ontario, Manitoba and Nova Scotia. While serving as a minister she completed an advance master’s degree at the University of Winnipeg (S.T.M.), specializing in pastoral care and end of life care. She also completed four units of Clinical Pastoral Education. Her internships included one unit of individual and family counseling and three units of hospital chaplaincy, serving both urban and regional hospitals. Prior to being an ordained minister she worked with persons and disabilities and their family members. Debra loves to cycle, play women’s hockey and swim.

Stefanie Tews, I am a married mother of three and a teacher. In June 2009, our younger daughter Lovis was diagnosed with DIPG, a rare and aggressive brainstem tumor. Both my husband and I stopped working and cared for Lovis (and our other daughter) at home and at the IWK. The community support was overwhelming and wonderful. Lovis died in our bed at home on December 20 of 2009. Being her mother, caregiver and advocate was, and still is, the most challenging, painful and rewarding work I have done so far. A lot of what we do now as individuals and as a family took roots in the change that came into our lives through Lovis’s illness and death. We will always miss her and hope to help other families with severely ill or dying children in her memory (www.lovissociety.org).

Thank You

The conference committee would like to express our appreciation for community support from the following:

Alex MacAulay Photographers, Halifax
Always Home Homecare
Amos Pewter, Mahone Bay
Anna Claire MacAdam, East LaHave
Anointment Handmade Natural Skincare, Sackville, NB
Bayshore Home Health
BeeCee Ink
Birdsall-Worthington Pottery, Mahone Bay
Canadian Virtual Hospice
Careforce
Chandlers Funeral Service Ltd., Liverpool
Fiore Botanica, Liverpool
Gows Home Hardware, Bridgewater
Health Services Foundation of the South Shore, Bridgewater
Imaginations Creations Jewellery Plus, Brooklyn, NS
Irene Hirtle, Stampin Up Demonstrator, Bridgewater
Janet Carver, Martins River

K&S Fashion Boutique Limited, Bridgewater
Kinburn Pharmasave, Mahone Bay
Kinley Drug Co Limited, Lunenburg
Kitchen Witch, Bridgewater
Lawtons Drugs, Bridgewater
Lung Association Nova Scotia
Pharmasave, Bridgewater
Pharmasave, Chester
Penny Ridley, East LaHave
Room 217 Foundation
Shoppers Drug Mart, Bridgewater
Shop on the Corner, Lunenburg
South Shore Health Palliative Care Service
The Tea Brewery, Mahone Bay
The Teaser, Mahone Bay
Tulipwood Inc, Lunenburg
Walmart, Bridgewater
We Care Home Health Services
Westcote Bell Pottery, LaHave
Wilson’s Pharmacare, Berwick
“There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers”

ROSALYN CARTER