

*A Journey Towards
Quality End-of-Life Care*



*Vers des soins de
qualité en fin de vie*

LIVING WELL, DYING WELL CONFERENCE

**A JOURNEY TOWARDS QUALITY
END-OF-LIFE CARE**

**April 13 & 14, 2007
Saint John Regional Hospital**

PRELIMINARY PROGRAM

Conference Co-Chairpersons:

Jennifer Hall, MSc, MD, CCFP, FCFP

Associate Professor Family Medicine, Dalhousie University, Halifax

Julia Wildish, MD, CCFP

Palliative Care Consultant, Hospice Palliative Care Outreach Service

Educational Sponsor:

Merck Frosst Canada Inc.

Presented By:

**REGION 2 EXTRA-MURAL PROGRAM
HOSPICE GREATER SAINT JOHN
PALLIATIVE CARE UNIT, SAINT JOHN REGIONAL HOSPITAL**

LIVING WELL, DYING WELL CONFERENCE
A JOURNEY TOWARDS QUALITY END-OF-LIFE CARE

April 13 & 14, 2007

Saint John Regional Hospital

REGISTRATION FORM

First Name: _____ Last Name: _____ Phone: _____

Organization: _____ E-mail: _____

Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

Please indicate your role in hospice palliative care:

- Administration Nurse Pharmacist Physician Social Worker
 Spiritual/Religious Care Student Volunteer Other: _____

REDUCED RATE ADVANCED REGISTRATION DEADLINE - MARCH 13, 2007
MUST INCLUDE PAYMENT

Before March 13, 2007: \$150/physicians \$125/healthcare professionals \$65/volunteers & students

After March 13, 2007: \$200/physicians \$175/healthcare professionals \$100/volunteers & students

Total Enclosed: \$ _____ **MAKE CHEQUE PAYABLE TO LIVING WELL, DYING WELL – NO CREDIT CARDS ACCEPTED**

****REGISTRATION FEE INCLUDES ALL MEALS, NUTRITION BREAKS AND CHAIRMANS RECEPTION ****

CONCURRENT SESSION CHOICE (SELECT ONE TOPIC FOR EACH SESSION—3 IN TOTAL):

Session A:
April 13 – 1:15 – 2:15 PM

1. (AP) Compassion Fatigue
 2. (CC) Self Care – Letting go of Stress Through Music and Relaxation
 3. (PSC) Caregiver Issues – Are we burning families out?
 4. (FS) Bill Moyer Series

Session B:
2:45 – 3:45 PM

5. (AP) End Stage Medical Illnesses
 6. (CC) Innovations in End-of-Life Care Hospice Palliative Care Outreach
 7. (PSC) Panel Discussion – Caring Connections - The Role of Volunteers in Hospice Palliative Care
 8. (FS) Bill Moyer Series

Session C:
April 14 – 8:45 – 9:45 AM

9. (AP) Palliative Care in Long Term Care
 10. (CC) What to Say When Every Moment Counts – Healing Conversations
 11. (PSC) Supporting Families to Cope- A Caregiver Lunch & Learn Program
 12. (FS) Bill Moyer Series

Hotels: Hilton 1-506-693-8484 - **\$129 - \$144**
Coastal Inn 1- 800-943-0033 - **\$125 - \$149**

Delta Brunswick 1-506-648-1981 - **\$149 - \$175**
Holiday Inn Express 1-506-642-2622 - **\$125 - \$134**

Mail to: Pati Teed, St. Joseph's Hospital
130 Bayard Drive—Saint John, NB E2L 3L6
Phone: (506) 632-5453 Fax: (506) 632-5484 E-mail: teepa@reg2.health.nb.ca

PROGRAM AT A GLANCE

FRIDAY, APRIL 13, 2007

10:00 – 11:00	Registration & Exhibits - Lightcourt, Level 1
11:00 – 11:15	Welcome - Dr. Jennifer Hall Amphitheater, Level 1
11:15 – 12:15	Opening Plenary # 1 <i>Sharon Baxter</i> "Where is Hospice Palliative Care Going in Canada?" - Amphitheater, Level 1
12:15 – 1:15	Lunch & Exhibits - Lightcourt, Level 1
1:15 – 2:15	Concurrent Sessions A
2:15 – 2:45	Nutrition Break - Lightcourt, Level 1
2:45 – 3:45	Concurrent Sessions B
4:00 – 5:00	Tour of Hospice Hope House 282 Douglas Avenue
5:00 – 7:00	Chairperson's Reception

SATURDAY, APRIL 14, 2007

8:30 – 8:45	Welcome - Dr. Jennifer Hall
8:45 – 9:45	Concurrent Sessions C
9:45 – 10:15	Nutrition Break - Lightcourt, Level 1
10:15 – 11:15	Plenary #2 <i>Dr. Romaine Gallagher</i> "Advanced Health Care Planning" Amphitheater, Level 1
11:15 – 11:30	Closing Comments Living Well Basket Draw "Reflections 2007"
1:00 – 3:00	Family Physician's Post Conference Luncheon and Workshop Hospice Hope House 282 Douglas Avenue

How to Register

Complete the Conference Registration Form and mail it with your Registration fees to:

Pati Teed
St. Joseph's Hospital
130 Bayard Drive
Saint John, NB E2L 3L6
Tel: (506) 632-5453
Fax: (506) 632-5484
E-mail: teepa@reg2.health.nb.ca

Registration Information

Conference fees include all sessions, lunch, refreshment breaks, Chairperson's Reception, access to the Public Lecture and the Exhibit & Poster Hall.

Reduced Rate: Before March 13, 2007

\$150/physicians
\$125/healthcare professionals
\$65/volunteers & students

Full Rate: March 13 - April 13, 2007

\$200/physicians
\$175/healthcare professionals
\$100/volunteers & students

- Student rate available only to individuals enrolled as full-time students in an official academic program.
- Volunteer rate available only to **non-healthcare professionals** registered as official volunteers with a healthcare program.
- Limited to the first 280 paid delegates.
- Registrations **MUST INCLUDE PAYMENT.** Registrations will not be accepted without payment. Cheques should be made out to **Living Well, Dying Well.** Sorry, Credit Cards are not accepted.
- Only registrations and payments received on or before March 13, 2007 are available at the reduced rates. Registrations and payments received on March 14 or later will be processed at the full cost.
- Requests for refunds must be in writing. All refunds are subject to a \$25 processing fee. No refunds available after March 31, 2007.

Exhibit Hall

Light Court, Level 1 SJRH
Exhibit space is available for commercial and educational exhibitors to share information on the latest products, services and resources.

Call for Posters

The "*Innovations Corner*" in the Exhibit Hall will display posters of innovative approaches and programs in hospice palliative care. The conference committee invites applications for poster presentations.

Submit a one-page overview by February 28, 2007 to Pati Teed, fax - 506-632-5484 or teepa@reg2.health.nb.ca

Opening Plenary
Friday, April 13, 2007
11:15 AM – 12:15 PM
Level 1 Amphitheatre

“WHERE IS HOSPICE PALLIATIVE CARE GOING IN CANADA?”

Sharon Baxter, Executive Director
Canadian Hospice Palliative Care Association
Ottawa, Ontario

Participants will learn about the current status of hospice palliative care across Canada and consider the future in light of our aging population.

Plenary
Saturday, April 14, 2007
10:30 – 11:30 AM
Level 1 Amphitheatre

“ADVANCED HEALTH CARE PLANNING- WHAT WORKS, WHAT DOESN'T, WHAT MIGHT”

Dr. Romayne Gallagher, Family Physician
Vancouver, BC

The concept of advance care planning has been around since 1969 yet the healthcare system still has great difficulty matching the individual's care with the individual's perception of care. Why? Research on written directives, healthcare proxy's and human nature provides insight into our ongoing difficulties.

Concurrent Sessions

There are 12 workshops in total to choose from. Codes identify the themes of the workshops. Please check your preferred workshops on the bottom of the Registration Form.

Advanced Practitioner (AP) for experienced or dedicated palliative care professionals only.

Clinical Care (CC) for all team members interested in clinical hospice palliative care best practices.

Psychosocial/Spiritual Care (PSC)
For all team members interested in emotional/spiritual care.

Caregivers (CG) for all team members interested in best practice caregiving.

Film Screening (FS)

“ON OUR OWN TERMS – MOYERS ON DYING”

Bill Moyers explores new ways of thinking and talking about dying, focusing on people who seek to overcome the fear and denial that dominate mainstream North American culture and open conversations that help us live with dying. Instead of pushing death out of sight, these patients, families and caregivers meet it with honesty, courage, and even humour – showing us that the end of life can be an unexpectedly rich experience for the dying and their loved ones.

TOUR OF HOSPICE HOPE HOUSE
282 DOUGLAS AVENUE, SAINT JOHN
FRIDAY, APRIL 13, 2007
4:00 – 5:00 PM

Come and tour Atlantic Canada's first stand-alone Hospice House and marvel at the beautiful 100 year-old architecture, gardens and views. Experience the peaceful surroundings that people enjoy when they come for support and learn about our new programs in the community – Day Hospice, Caregiver Lunch & Learn and a future Residential Hospice.

CHAIRMAN'S RECEPTION

FRIDAY, APRIL 2007
5:00 – 7:00 PM - CENTREBEAM PLACE, KING ST.

Our Chairman's Reception will be held in the heart of Uptown Saint John. There will be hors d'oeuvres and an opportunity to network with colleagues and friends. Following the Reception, you are free to enjoy one of the many restaurants, entertainment and shopping opportunities available in Canada's oldest incorporated city.

FAMILY PHYSICIANS POST-CONFERENCE WORKSHOP

SATURDAY, APRIL 14, 2007

1:00 – 3:00 PM - HOSPICE HOPE HOUSE

The workshop is designed to meet the needs of family doctors caring for palliative patients. It will be case based, interactive and the content will be based on the needs of the participants.

LIVING WELL, DYING WELL CONFERENCE
FRIDAY, APRIL 13, 2007 & SATURDAY, APRIL 14, 2007
CONCURRENT SESSIONS

ADVANCED PRACTITIONER (AP) For experienced or dedicated palliative care professionals only.	CLINICAL CARE (CC) For all team members interested in quality hospice palliative care.	PSYCHOSOCIAL/SPIRITUAL CARE (PSC) For all team members interested in emotional/spiritual care.	CAREGIVERS (CG) For all team members interested in best practice caregiving.
FRIDAY, 1:15 – 2:15 PM <input type="checkbox"/> Workshop #1 COMPASSION FATIGUE <i>Gina Barton, BA, MSW</i> <i>Terry O’Neill, R.N., B.N.</i>	FRIDAY, 1:15 – 2:15 PM <input type="checkbox"/> Workshop #2 MUSIC AS MEDICINE – MUSIC THERAPY’S EFFECT ON QUALITY OF LIFE <i>Denise Ainsworth</i> <i>Jenny Ryan</i>	FRIDAY, 1:15 – 2:15 PM <input type="checkbox"/> Workshop #3 CAREGIVER ISSUES: ARE WE BURNING FAMILIES OUT? <i>Sharon Baxter, MSW</i>	FRIDAY, 1:15 – 2:15 PM <input type="checkbox"/> Workshop #4 BILL MOYER FILM SERIES <i>New Ways of Thinking and Talking about Dying</i>
FRIDAY, 2:45 – 3:45 PM <input type="checkbox"/> Workshop #5 END STAGE MEDICAL ILLNESSES <i>Dr. Chris O’Brien</i>	FRIDAY, 2:45 – 3:45 PM <input type="checkbox"/> Workshop #6 INNOVATIONS IN END-OF-LIFE CARE – HOSPICE PALLIATIVE CARE OUTREACH <i>Dr. Julia Wildish</i> <i>Brenda Greenslade, R.N., B.N.</i>	FRIDAY, 2:45 – 3:45 PM <input type="checkbox"/> Workshop #7 CARING CONNECTIONS – THE ROLE OF VOLUNTEERS IN HOSPICE PALLIATIVE CARE <i>Moderator: Sandy Johnson, R.N.</i>	FRIDAY, 2:45 – 3:45 PM <input type="checkbox"/> Workshop #8 BILL MOYER FILM SERIES <i>New Ways of Thinking and Talking about Dying</i>
SATURDAY, 8:45 – 9:45 AM <input type="checkbox"/> Workshop #9 PALLIATIVE CARE IN A LONG TERM CARE SETTING <i>Dr. Romaine Gallagher</i>	SATURDAY, 8:45 – 9:45 AM <input type="checkbox"/> Workshop #10 HEALING MOMENTS – WHAT TO SAY WHEN EVERY MOMENT COUNTS <i>Karen Vandenbrock, R.N.</i> <i>Janice Till, R.N.</i>	SATURDAY, 8:45 – 9:45 AM <input type="checkbox"/> Workshop #11 EXPLORING ANTICIPATORY GRIEF- A FAMILY CAREGIVER LUNCH & LEARN PROGRAM <i>Sue King, R.N.</i>	SATURDAY, 8:45 – 9:45 AM <input type="checkbox"/> Workshop #12 BILL MOYER FILM SERIES <i>New Ways of Thinking and Talking about Dying</i>