

# Learning Essential Approaches to Palliative and End-of-Life Care (LEAP) in Long-Term Care (LTC)

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## Introduction & Background

Pallium Canada's Learning Essential Approaches to Palliative and End-of-Life Care (LEAP) course was first developed in 2002 as an interprofessional clinical introduction to palliative care – targeting physicians, nurses, social workers and pharmacists. Thousands of workshops have been delivered Canada-wide with evaluation demonstrating significant improvement in knowledge, comfort and attitudes post training.

Beginning in 2012 working with knowledge experts, clinical and allied health champions who comprise the National LEAP Long Term Care (LTC) Working Group and LEAP Advisory Committee, the LEAP Core materials and delivery were reviewed for adaptation to the care needs and resources of LTC settings.

## LEAP LTC Targeted Learners

Care in LTC homes is provided by interprofessional clinical teams and allied health professionals – including PSWs/HCAs, families and volunteers. LEAP LTC includes breakaway modules designed specifically for champion PSWs and HCA identified by their LTC teams. PSWs and HCAs have an important role in supporting organizational change through leadership development, which is incorporated into course design with training relevant to their competencies.

## LEAP LTC Facilitation

Facilitation of LEAP LTC engages in a co-facilitation model with Pallium Canada Certified LEAP Facilitators and collaborators, who practice in the LTC field.

## Culture of Long Term Care Settings

The LTC setting is unique in culture, health care providers, age of residents, and illness trajectories. Characteristics include:

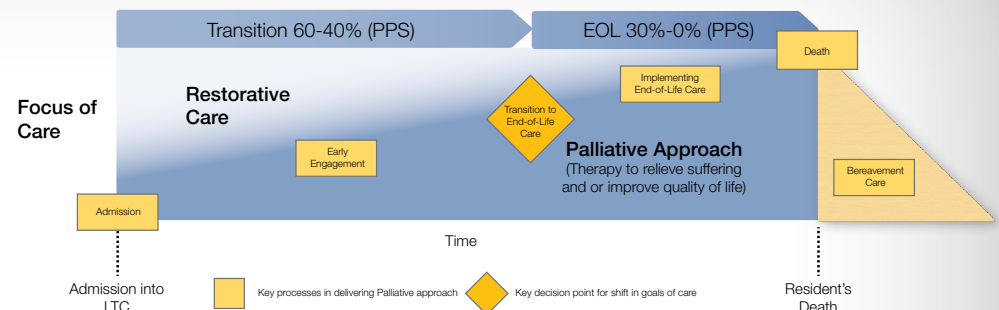
- A "home" where residents will both live and die
- Frail older persons living with progressive life limiting disease
- Routinely regulated and inspected (external standards)
- Primarily staffed by Unregulated Care Providers (UCP's); minimal physician involvement
- Not typically acknowledged or funded as a major location of death
- Little integration with other palliative care services

The LTC setting is an institution that has not traditionally incorporated a formalized approach to palliative care that includes policy and care processes. Residents enter a LTC residence and the institution becomes their home where they may expect to live the rest of their lives. Integrating the palliative approach to care into day-to-day care benefits residents, staff and families.

## The Need for LTC Specific Palliative Care Education

LEAP Core informed the development of the LEAP LTC courseware with content customized to this specific care environment. LEAP LTC supports best practice to include the full team, including champion Personal Support Workers (PSWs) and Health Care Aids (HCAs) in formalized training.

## Comprehensive Palliative Approach in Long Term Care



\*Adapted from CHPCA Model of Care, 2013 by QPC-LTC www.palliativealliance.ca

## LEAP LTC Modules



## LTC Team Competencies

- ✓ Demonstrate an understanding of the palliative approach to care in LTC settings
- ✓ Communicate effectively with residents and family members
- ✓ Conduct and document comprehensive assessments on an on-going basis to inform decision making
- ✓ Develop individualized care plans in collaboration with the resident, family and interprofessional care team to meet the needs of the resident and family
- ✓ Provide person-centred care delivery by addressing the physical, psychosocial and spiritual needs of the resident and family
- ✓ Provide holistic pain and symptom management
- ✓ Anticipate, recognize and respond to signs and symptoms of imminent death
- ✓ Provide grief and bereavement support