



2016|2017

ANNUAL REPORT



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LEADERSHIP MESSAGES

Dear Colleagues,

I am pleased to share Pallium Canada's (Pallium) 2016-2017 Annual Report – a busy and productive year highlighted by key investments to ensure that every Canadian who requires palliative care will receive it early, effectively and compassionately. This marks the conclusion of the Building the Future of Palliative Care Together federal contribution agreement (\$3 million, 2013-17).

This funding, supported by key stakeholders has enabled Pallium to invest in building and disseminating interprofessional Learning Essential Approaches to Palliative Care (LEAP) training to front-line health care providers, both formal and informal, to meet urgent and emerging needs for growing numbers of Canadians living with chronic and complex life-limiting conditions across care settings. Pallium has strategically supported over 560 LEAP facilitators to reach over 4,500 learners through delivery of 259 courses (results from 2016-2017). It has partnered with sectors and provinces to support palliative care training across Canada, including: the Ontario Renal Network to build and pilot LEAP Renal; Cancer Care Ontario, to integrate palliative care earlier, and improve transitions of care; Emergency Health Services in Nova Scotia, Prince Edward Island and Alberta to train paramedics; British Columbia Centre for Palliative Care and Nova Scotia Health Authority to extend LEAP training province-wide; and the Canadian Foundation for Healthcare Improvement to engage communities in capacity building initiatives.

Pallium has increased access to palliative care educational resources through Innovative delivery strategies, including: blended online (1,000+ paramedics), face-to-face (9,000+), Taking Ownership module (3,500+), Pallium App (800+), and Pallium Palliative Pocketbooks (11,000+) over



Dr. Kathryn Downer, MSc, EdD
Pallium Canada's National Director

"If more care providers were trained in palliative care, we would be better prepared to provide care throughout the course of life-threatening illness, and those in our care would be more likely to receive care in the setting of their choice."

LEADERSHIP MESSAGES

the tenure of this agreement. It has also promoted 'palliative care is everyone's business'; to connect health care with community support, and grow Compassionate Communities, supporting LEAP for Carers, Schools and Community programs.

We are proud of what we have accomplished, with a small team, working with colleagues across the country, with Health Canada funding plus prior funding from the Estate of Patrick Gillin, without which Pallium would not have been able to reach and exceed its goals in Building the Future of Palliative Care Together.

Yet, there is much more work to be done to reach a 20% tipping point in 'changed culture of care'.

I would like to thank the Government of Canada; the Estate of the family of Patrick Gillin; the Provinces and Territories of Canada; Pallium Board of Directors; National LEAP Advisory Committee; National Pallium Team; and partners, carers, educators, administrators, volunteers and citizen leaders, for the tremendous opportunity to work with you throughout Canada to build palliative care capacity as an integral part of a sustainable health system and caring communities.

Thank you.



**Srini Chary, MBBS, CCFP, DA,
FRCSEd**

Honourary Chair

It has been an honour to be the chair of Pallium's Board of Directors since its inception. I am grateful to Dr. Jose Pereira and Michael Aherne, asking me to be part of Pallium in 2001. We had learned several lessons from our experience and we had always talked about "succession planning" as an important aspect of any organization.

An opportunity had arrived earlier this year and I have resigned as the chair and a wonderful board member, Mr. Gerald Savoie was willing to be the successor.

LEADERSHIP MESSAGES

The board unanimously elected Mr. Savoie as the chair and I wish Gerry all the best along with other board members. I will continue as a board member and the board felt as a founding director and chair I should carry a title “honourary chair”.

I wish to thank the board members, staff, facilitators and stakeholders of Pallium Foundation of Canada for their kindness and wisdom to make Pallium Canada a successful organization.

Thank you.

Palliative and end-of-life care is at the forefront of Canadian policy, legislation, programming and debate for a good reason. Federal legislation and the Supreme Court’s decision on Medical Assistance in Dying (MAID) have propelled palliative care to an unprecedented level of concern and priority. As a result, federal, provincial and territorial authorities are called upon to offer a choice that includes access to appropriate palliative and end-of-life care. Pallium Canada continues to play a key leadership role by helping to define and offer better access to that choice through palliative care knowledge, products and tools.

Palliative care is everyone’s business. As Canadians, we value the unique lived experiences across our pluralistic cultural society. The needs of Indigenous and official languages populations and communities especially during times of death, dying,



Gérald Savoie, BSC, MHA, CHE

Pallium Canada’s Board Chair

LEADERSHIP MESSAGES

loss and bereavement must be respected and incorporated into the design, development and delivery of appropriate resources. Indigenous groups have worked closely with Pallium to integrate their perspectives and wisdom into our products and tools and guide us in adapting courseware delivered in their communities.

It is imperative that both institutional and community healthcare professionals embrace and offer palliative care earlier in the illness trajectory as part of their practice, leading to more appropriate and often less costly goals of care. Engaging health care professionals, persons living with life threatening illness, their families and communities will further shift the continuum of compassionate care towards community supported home care and away from emergency departments and hospital beds. Pallium is working to catalyze compassionate communities' capacity across Canada; shaping this shift by providing training support that embraces the individual and their family carers as a team.

Pallium is ready to play an even greater leadership role in expanding palliative care earlier; engaging both professional and community resources to better support individuals and carers' needs; shifting care to be better provided in the community; and using a holistic approach inclusive of the carer as a key team member within an engaged and supportive compassionate community. Pallium wants Canadians to have a fair and equitable choice.

That **'It's everyone's business'** has never been more true.

LEADERSHIP MESSAGES

Carpe Diem

A few years ago, while walking the Camino in Spain, I came across a banner that read “When you don’t know where you are going, look back to where you have come from.” Looking back, I am filled with pride and reassurance. Pallium Canada has its roots in 1994 when George, a patient with advanced cancer, approached me for help. As his family physician in a small rural Manitoba community, I felt helpless; I had never had any palliative care training. George made the plea “I hope that one day people like you can look after people like me.” Inspired by George, I went on to specialize in palliative care. In 1999, I met Michael Aherne, an expert in continuing professional development and business models, and we mapped out a vision on a paper napkin in the cafeteria of the University of Alberta that in 2001 became Pallium Canada. We were soon joined by Srini Chary, who became a founding member.

Growth in the number of LEAP courses delivered has been exponential. This has been thanks to hundreds of dedicated facilitators, organizers, educators, content experts, partner organisations and policymakers across Canada. We now have solid evidence to show significant improvements in learners’ knowledge, attitudes and comfort levels related to the palliative care approach. This is consistent across professions. There is also emerging evidence of improvements in patient care from the learners’ commitments to change, the Nova Scotia/PEI LEAP Paramedics Project and Cancer Care Ontario’s INTEGRATE Project.

Pallium, with a very small office staff, has punched above its weight. A special gratitude to team members who have left us this past year; Jordan McGregor, Bahaa Zebian, Gaelle Parsons and Odéte Carreira. You helped us build the vision.



**Dr. José Pereira, MBChB, DA,
CCFP, MSc**

Pallium Canada's Scientific Officer

This past year, you contributed to a complete revision of three LEAPs (Core, Mini and LTC), the launch of LEAP Renal and the online Taking Ownership module, publication of the 2nd edition of The Pallium Palliative Pocketbook and its French adaptation, new learner and facilitator manuals, continuing professional learning credits for the LEAP courses, engaging stakeholders and content experts for LEAPs across several settings, including online, hospitals, emergency departments, marginalized populations, and advanced heart and liver diseases. In addition, we received a prestigious award for the best professional program from the College of Family Physicians of Canada. Many thanks and we wish you well with your future endeavors.

Welcome to our new team members. Exciting times lie ahead. I am convinced that we will see unprecedented growth in the next few years. We will need to listen to our stakeholders, including patients and those of us who work in the frontlines of care. Every day we see the needs of patients with many cancer and non-cancer diagnoses in the community and across different settings of care. These settings are all connected. We read and publish the studies that highlight these urgent, present, and ever-growing needs. This is an extraordinary situation, requiring extraordinary efforts. We have the tools in our hands. Let's use them. Let's continue what we started. Let's seize the day. Let's fulfil George's dream.



Pallium Canada was awarded the CPD Program Award by the College of Family Physicians of Canada

*8th National CPD Accreditation Conference, Montreal
(photo credits: College of Family Physicians of Canada)*

BOARD OF DIRECTORS



**Gérald Savoie, BSc,
MHA**

Board Chair



**Rabbi Reuven
Bulka, PhD**

1st Vice-Chair



**Deborah L.
Weinstein, LL.B.**

*2nd Vice-Chair,
Secretary*



**Beverley Lepine,
BBA, CA, ICD.D**

Treasurer



**Paul Labbe, BSc,
BCL, ISMP**

Director



**Srini Chary, MBBS,
CCFP, DA, FRCSEd**

Honourary Chair



**Kathryn Downer,
MSc, EdD**

Director



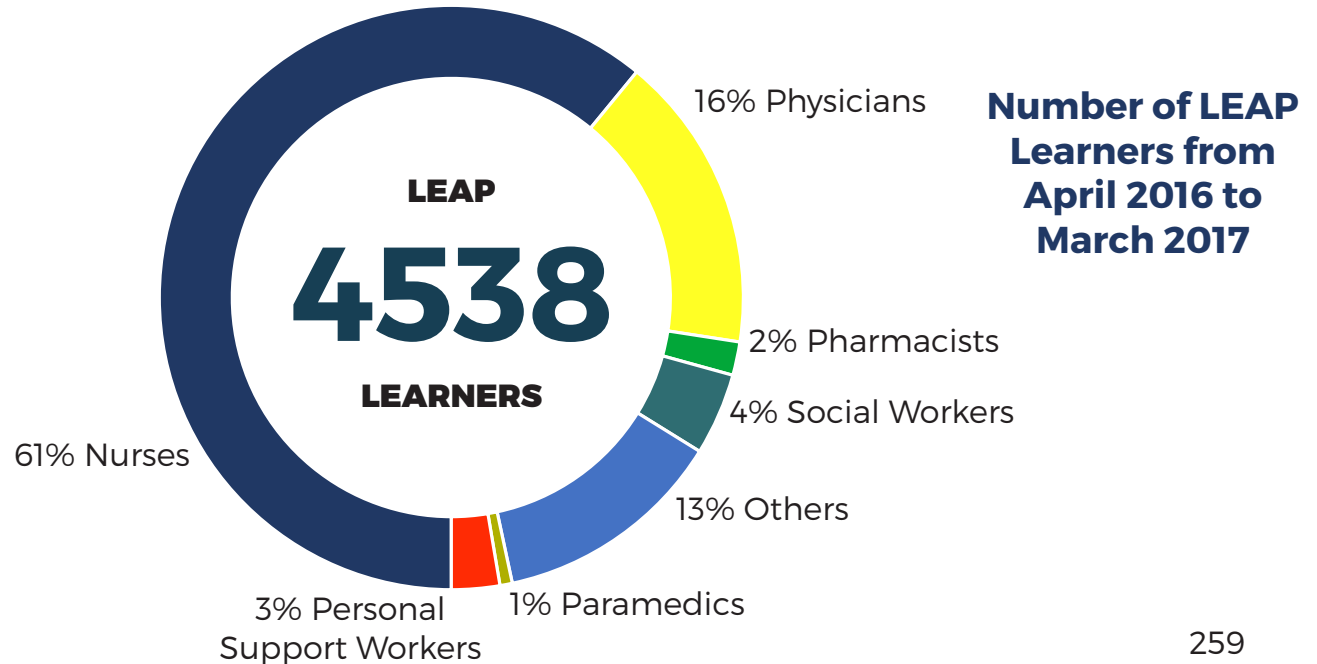
**José Pereira,
MBChB, DA, CCFP,
MSc**

Director

LEARNING ESSENTIAL APPROACHES TO PALLIATIVE AND END-OF-LIFE CARE (LEAP)

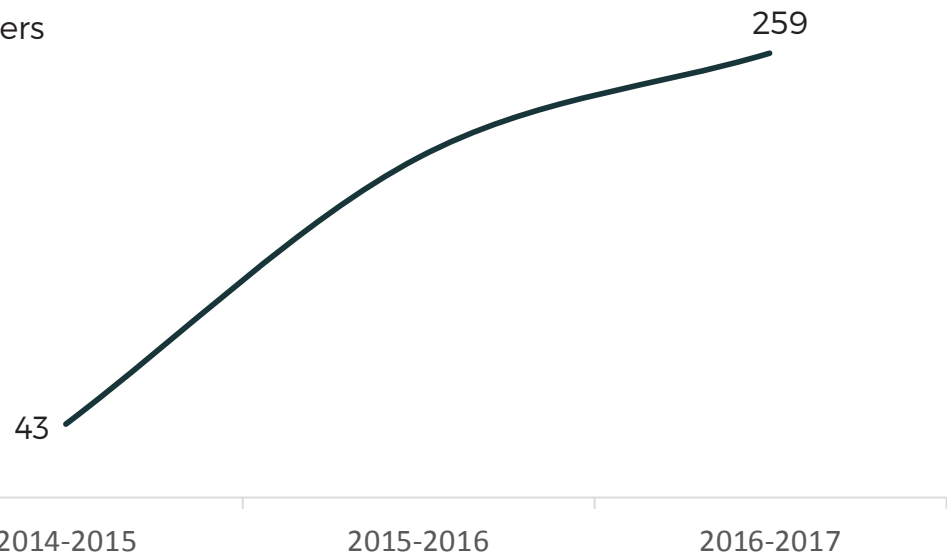
LEAP COURSES

Pallium Canada's Learning Essential Approaches to Palliative Care (LEAP) courses are primary-level interprofessional palliative care education designed for nurses, physicians, pharmacists, social workers, paramedics, care aides and carers. LEAP Courses are tailored to various settings of care to ensure every Canadians who requires palliative care will receive it early, effectively and compassionately.



Growth of LEAP Courses during Pallium Canada Phase 3*

*does not include Facilitator Training Workshops





6
COURSES



19
COURSES



5
COURSES

NEW LAUNCHES

In January 2017, Pallium Canada was proud to launch LEAP Paramedic in a blended delivery mode that was built on the original face-to-face delivery. The blended curriculum consists of online learning (6 - 8 hours) followed by 6 hours face-to-face workshop.

The following month, Pallium Canada launched LEAPRenal. The course was piloted several times and was also peer-reviewed by healthcare professionals who work in nephrology and palliative care. LEAP Renal is directed at healthcare professionals who work with patients with advanced kidney diseases. The course is an Accredited Group Learning Activity as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada for 8.0 hours.

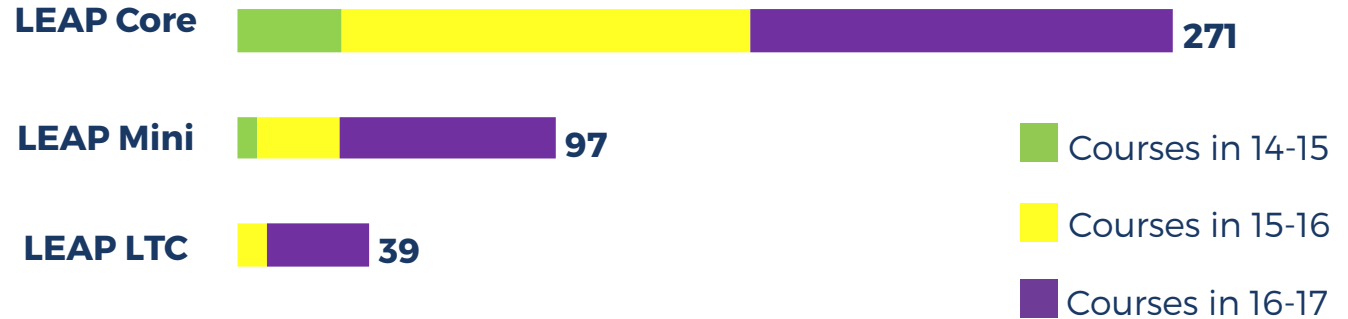
Pallium Canada also introduced LEAP Mini Français and courses have been taking place across Quebec. LEAP Mini Français has been accredited by the College of Family Physicians of Canada for 16.5 certified Group Learning Mainpro+ credits.

LEARNING ESSENTIAL APPROACHES TO PALLIATIVE AND END-OF-LIFE CARE (LEAP)

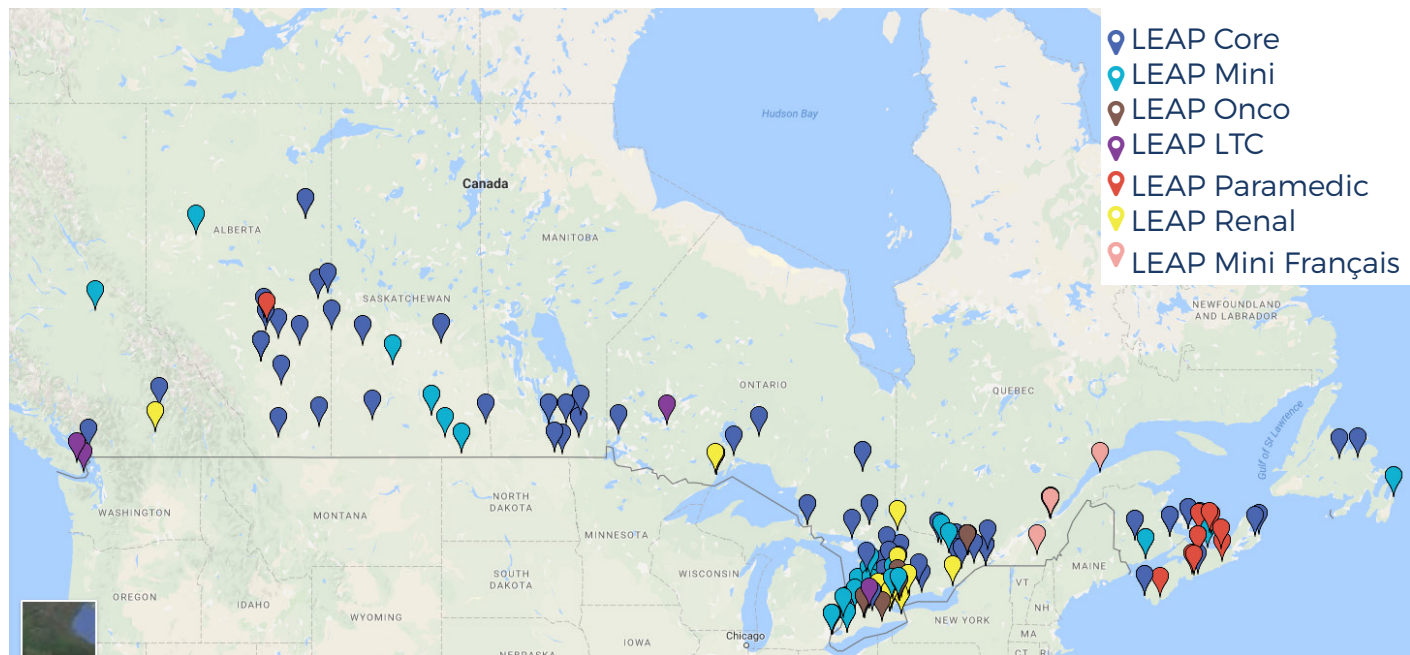
LEAP Core, Mini and LTC over 3 years

UPDATES

Pallium Canada also updated 3 existing LEAP courses: LEAP Core, LEAP Mini and LEAP LTC. The updates reflect ongoing feedback from learners and facilitators as well as changes in laws and regulations.

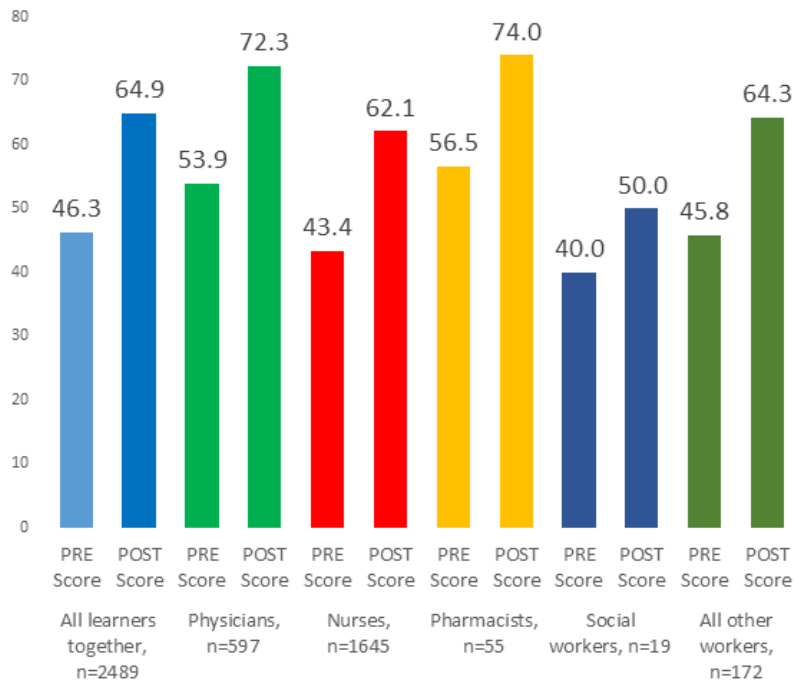


Map of LEAP Courses in 2016-2017



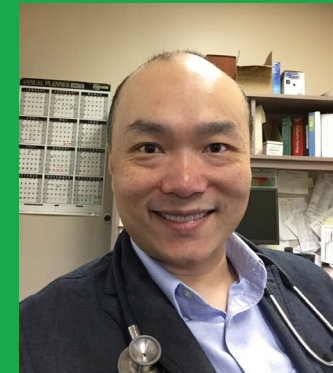
LEARNER IMPACT

All LEAP Core participants: Knowledge Quiz results (as % score, paired data) Pre vs Post: LEAP Core April 2015-March 2017



Knowledge changes were assessed, showing significant improvements pre- versus post course for all learners together as well as for all the professions individually. Further analysis is underway and will be published in the next fiscal year.

"I deeply appreciate the Pallium LEAP courseware. It is the closest thing we have to a standardized national curriculum with up to date, reliable, evidence-informed content, which is also flexible enough for local adaptations. At a time when capacity building is a top priority for many palliative care leaders across the country, LEAP is exactly what we all need."



Charlie Chen, MD, CCFP-PC, MEd

*Master Facilitator, Pallium Canada
Program Director, Palliative Medicine Residency Programs, UBC
Clinical Assistant Professor, Division of Palliative Care, Dept of Medicine, UBC*

LEAP FACILITATOR TRAINING

118

TRAINEES IN 2016-2017

7

**LEAP FACILITATOR
TRAINING WORKSHOPS**

567

EXISTING FACILITATORS

2016-2017 saw three exciting developments in facilitator training. First, ahead of the launch of LEAP Paramedic in Alberta, a Paramedic Facilitator Training Program was developed and in November 2016, over 30 paramedics with added leadership and educator skills were hand-picked by Alberta Health to receive the training (delivered in Calgary, Red Deer and Edmonton). At the same time, three Coaches were trained to mentor new paramedic facilitators.

The second innovation in facilitator training was establishing two Master Facilitators in British Columbia. In January 2017 they received online and telephone learning on the provision of a Facilitator Training Workshop (FTW). They then delivered a FTW with Pallium's Master Facilitator/Coach Lead and have been identified as regional champions who can train facilitators to help meet the needs in their region and beyond. There are also Master Facilitators located in Atlantic Canada and Ontario.

Thirdly, online and telephone orientation has allowed multiple established facilitators to move into a Coach role to assist new facilitators to reach certification. Facilitator Training Workshops were delivered in Alberta, British Columbia, Atlantic Canada and Ontario this year.

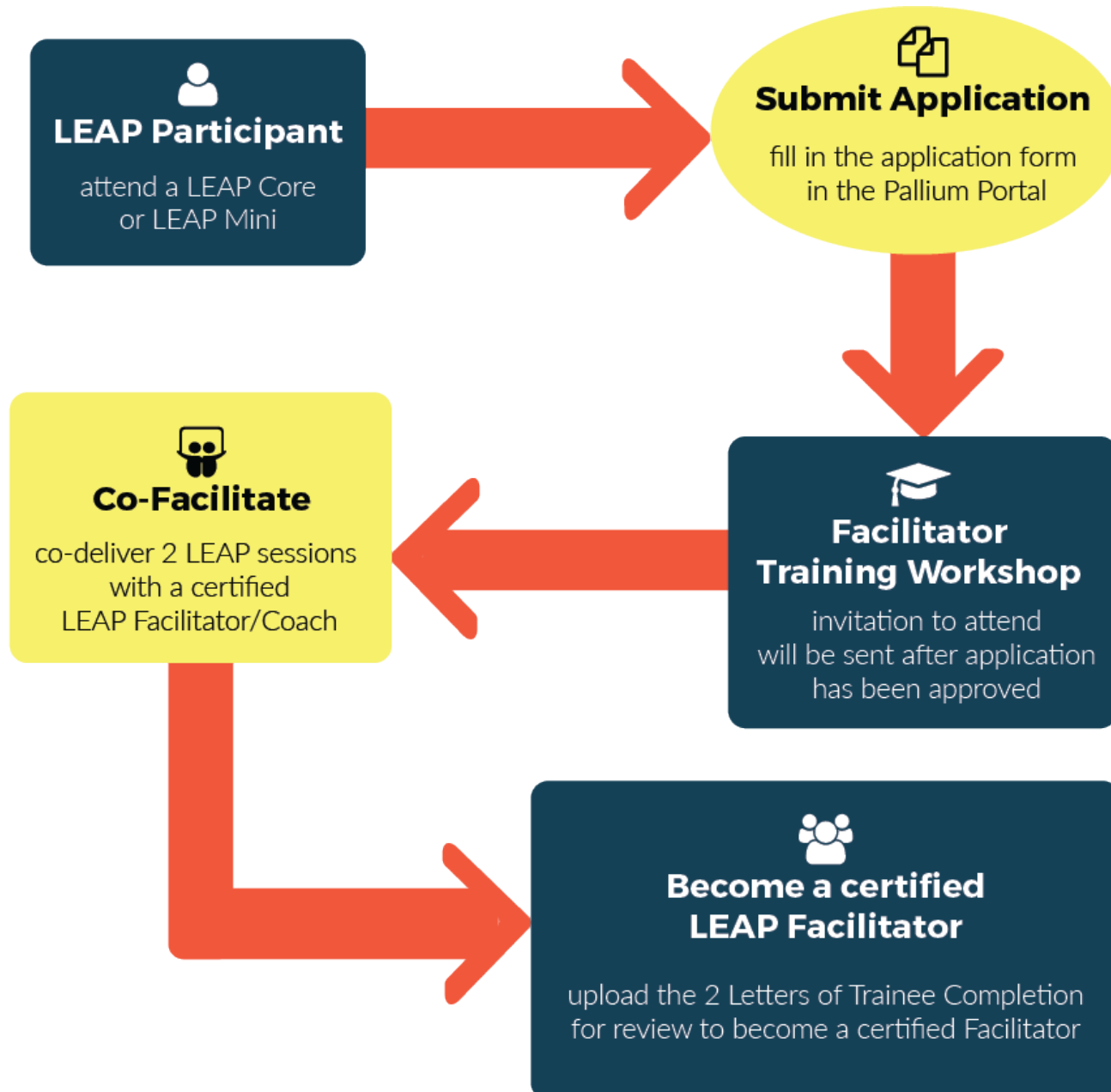
Dr. Lori Teeple, MD CCFP(EM) FCFP

*Master Facilitator, Pallium Canada
Associate Professor Medicine and Family
Medicine*

*Schulich School of Medicine and Dentistry
Western University Physician Bluewater
Area Family Health Team*



FACILITATOR JOURNEY



PROCESS

To ensure a good learning experience for all LEAP participants, Pallium has put in place a process with multiple screening to select, train, assess and support LEAP Facilitators.

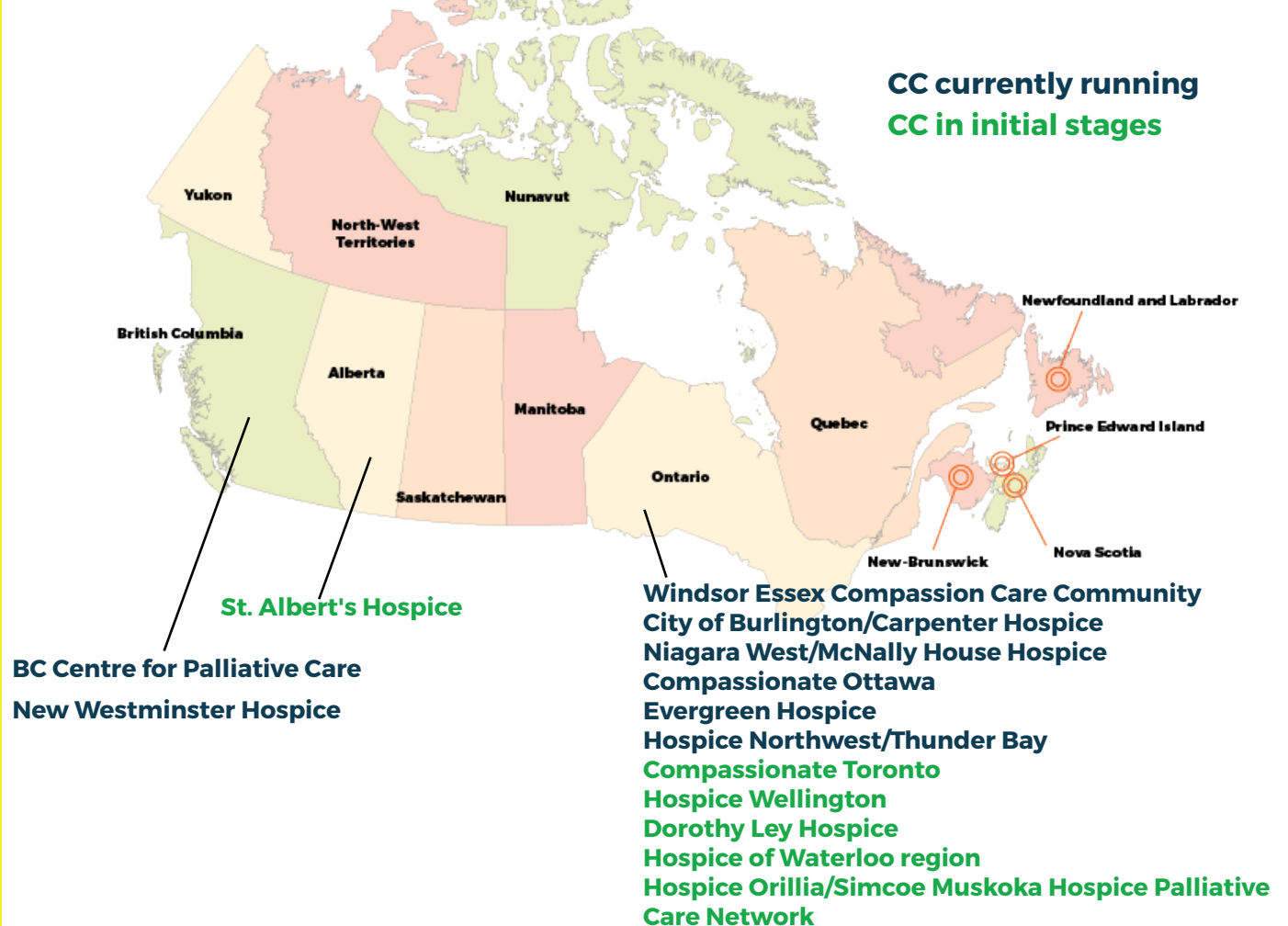
MOBILIZING COMPASSIONATE COMMUNITIES



Bonnie Tompkins

*Compassionate
Communities National
Lead, Pallium Canada*

With the aim to dynamically nurture the mobilization of Compassionate Communities (CC) and foster a Pan-Canadian approach, Pallium has been striving to socialize Canadians about this concept and engage CCs in supporting one another. Canadian CC initiatives which are currently running or are in their initial stages have been mapped below:



Caring for one another during distress is a core value of Compassionate Communities, complimented by this year's Compassionate Schools initiative which supports and prepares elementary school communities in coping with everyday experiences—change, death and loss—through the implementation of death education.

Furthermore, in March 2017, LEAP Health Sciences was piloted at Brock University to 22 Health Sciences students and 94% gained a better understanding of palliative care and palliative care services. Pallium sees the need to educate future health professionals on the palliative care approach, advance care planning as well as Compassionate Communities. This will ultimately foster the importance of palliative care needs within all health sectors.

Pallium also mentored Compassionate Ottawa Co-Chairs on gaps within palliative care services. Additionally, Pallium is currently supporting Compassionate Communities initiatives across Canada such as Niagara West, Burlington, Windsor-Essex, New Westminster BC and others by updating their progress on Pallium's website and engaging them nationally.

Stay updated as Pallium advances on its journey in transforming palliative care for communities Canada wide.

"My father battled Cystic Fibrosis his whole life and I struggled with his sudden, rapid decline as he fell through the gaps within the healthcare and social network. LEAP Health Sciences motivated me to support mobilizing Compassionate Communities, as it fosters a well-prepared support network for anyone with similar experiences."



Aiman Ali

BPH Candidate, Brock University

"As someone who has had to face their own mortality through cancer, palliative care was a foreign concept to me. After completing the LEAP Health Sciences course, palliative care, in my mind, became a new method of having a great quality of life even in death."



Kirsten Efremob

BSc, MPH Candidate, Brock University

ENGAGEMENTS & PARTNERSHIPS

REGIONAL

- Baycrest Health Sciences
- Brock University
- Bruyère Research Institute
- Champlain LHIN Hospice Palliative Care Program
- Children's Hospital of Eastern Ontario (CHEO)
- Hospice Calgary
- Ottawa Regional Cancer Foundation
- OutCare Foundation
- Yee Hong Centre for Geriatric Care

PROVINCIAL

- Alberta Health Services
- British Columbia Centre for Palliative Care
- British Columbia Hospice Palliative Care Association
- British Columbia Pharmacy Association
- de Souza Institute
- Hospice Palliative Care Ontario
- Nova Scotia Emergency Health Services
- Nova Scotia Health Authority
- Ontario College of Family Physicians
- Ontario Long Term Care Clinicians
- Ontario Medical Association
- Ontario Palliative Care Network
- Ontario Renal Network
- Ontario Speak Up Campaign

NATIONAL

- Advance Care Planning National Task Group
- Bayshore Home Health
- Better Home Care - A National Action Plan
- Brain Tumour Foundation of Canada
- Canadian Agency for Drugs and Technology in Health (CADTH)
- Canadian Cancer Action Network
- Canadian Caregiver Association
- Canadian Foundation of Healthcare Improvement
- Canadian Frailty Network
- Canadian Hospice Palliative Care Association (CHPCA)
- Canadian Medical Association
- Canadian Nurses Association
- Canadian Partnership Against Cancer (CPAC)
- Canadian Society of Palliative Care Physicians (CSPCP)
- Canadian Virtual Hospice
- College of Family Physicians of Canada (CFPC) - Family Medicine Forum (FMF)
- Health Action Network Society
- Heritage Canada
- Life and Death Matters
- The Movement to End Brain Tumour National Conference
- Palliative Care Matters - Consensus Development Conference Program
- Quality End-of-Life Care Coalition of Canada

INTERNATIONAL

- European Association for Palliative Care
- Irish Hospice Foundation
- International Association for Hospice and Palliative Care
- International Congress on Palliative Care
- Medical Sciences International, Ltd. (Japan)
- North American Primary Care Research Group (NAPCRG)
- Portuguese Association for Palliative Care



Left to right: Dr. Dave Henderson, President, Canadian Society of Palliative Care Physicians; Mr. Bill Casey, Chair, House of Commons Standing Committee on Health; Dr. Kathryn Downer

"As a Clinical Nurse Specialist who lives and works in rural and remote areas of British Columbia, I see the urgent need to build and enhance the capacity and competencies of generalist palliative practice. LEAP has been a cornerstone to developing that vision, not just in raising participant knowledge and skills, but in building awareness, clinical recognition and validation of embedding a palliative approach into every day clinical practice. LEAP is a significant strategy within our health authority's Knowledge Translation strategy for palliative care. The constructivist approach to adult learning is well suited in helping us identify and support local palliative champions. LEAP helps us move forward toward our goal of creating rural networks of inter-professional team members who deliver care using whole community approaches to best support the individual and family in their palliative journey."

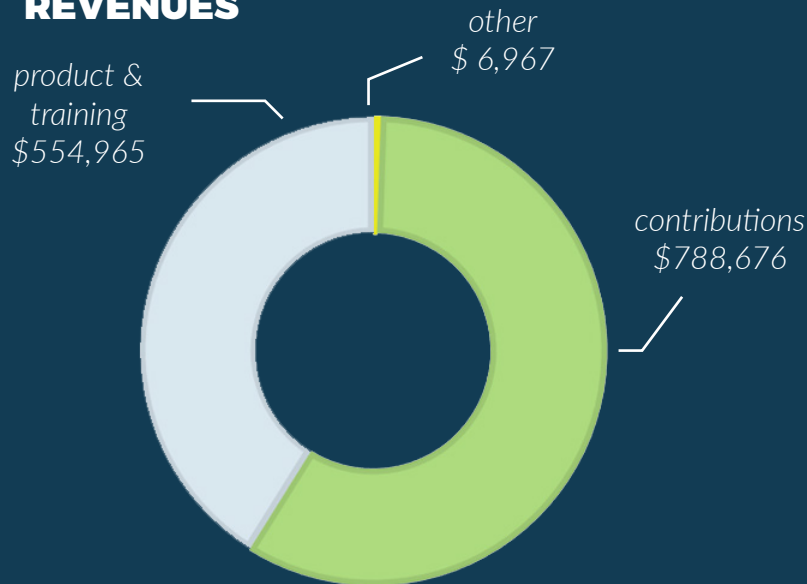


Elisabeth Antifeau, RN, MScN, CHPCN(C), GNC(C)

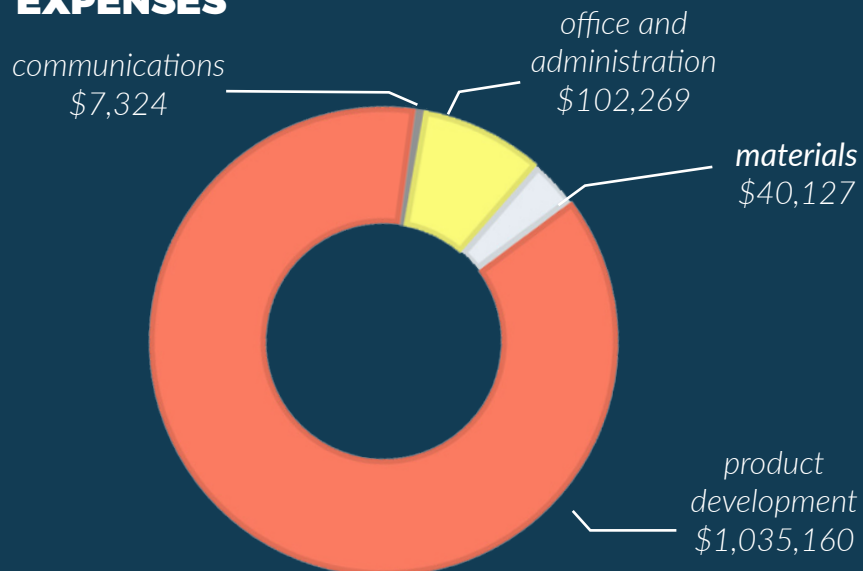
Regional Clinical Nurse Specialist (CNS-C), Palliative Care Professional Practice Office External Research Affiliate, Institute on Aging and Lifelong Health Research, University of Victoria

FINANCIALS

REVENUES



EXPENSES



CONTRIBUTORS

GIFT FROM THE ESTATE OF THE LATE PATRICK GILLIN

The Patrick Gillin Memorial Gift granted to Pallium Canada continues to enable and support the development of LEAP curriculum projects and other resource tools to assist healthcare providers and professionals in palliative care.



Patrick Gillin

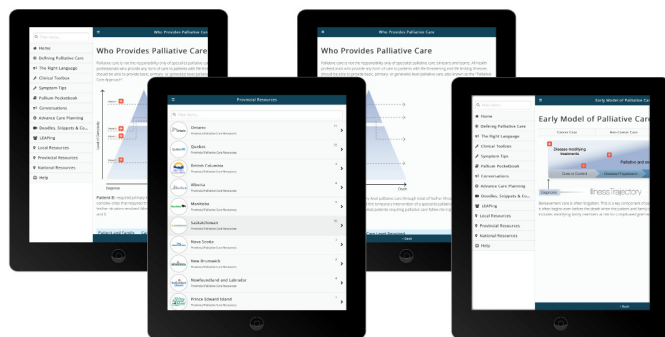
Pallium Canada Contributor

GOVERNMENT OF CANADA CONTRIBUTION AGREEMENT

Federal funding announced in the 2013 Economic Action Plan has enabled Pallium Canada to design, develop, disseminate, update and support multiple interprofessional educational resources and tools, for health care providers, in order to improve the quality of palliative and end-of-life care for Canadians through knowledge translation, implementation and capacity building.



PRODUCTS



Pallium Canada Resource App

The Pallium app was introduced in 2014. A web version of the app also exists and is made available for LEAP Paramedic participants.

800+

PALLIUM APP USERS



Early March 2016, Pallium Canada launched the 2nd Edition of the *Pallium Palliative Pocketbook*, both hard copy and eBook version.

The French version of the book, le *Livre de poche de Pallium sur les soins palliatifs* was launched in October 2016. It is also available for download from Apple's iBooks and Amazon's Kindle store.



Le Livre de poche de Pallium sur les soins palliatifs

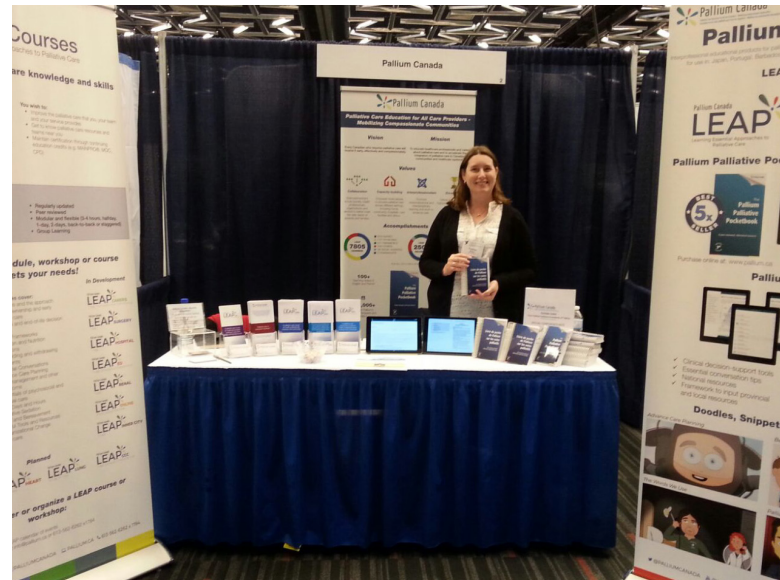
4796

**POCKETBOOKS DISTRIBUTED IN
2016-2017**

LEAPing FORWARD

Pallium will build on the solid foundation of products and processes it developed with federal funding (2013-17). We will advance the work we have already started on LEAP courseware, including, amongst others, LEAP Hospital and Online. We will further mobilize and grow our diverse network of committed palliative care professionals, providers and volunteers across the country to ensure that there is a significant presence in all regions, be they urban, rural, remote, English, French or bilingual. We will build upon our collaborative work to date to ensure that the voices and wisdom of Indigenous communities are included in palliative care in Canada.

Moving forward, Pallium aims to create community tools and resources such as a Compassionate Community Start-Up Kit as well as a renewed LEAP Carers courseware. In addition, Pallium will facilitate stakeholder engagement initiatives to bring Canadian Compassionate Communities together such as the upcoming *Mobilizing Your Compassionate Community: Take 2* event in Fall 2017. Lastly, we plan to continue exploring our role in mobilizing Compassionate Communities.



21st International Congress on Palliative Care
Montreal



Family Medicine Forum 2016
Vancouver

We are working on Quality Improvement toolkits to support our Learners beyond the courses they have attended. LEAP Core Français and LEAP Facilitator Training Workshop Français will be launched. Pallium is updating its online platform (www.pallium.ca). This work is being support by a User Group comprised of our Facilitators, Coordinators and staff.

Internationally, we expect to see both Japanese and Portuguese versions of the Pallium Palliative Pocketbook available in the coming year.

Thank you for supporting Pallium in making this work possible!



A LEAP Core with a focus on Indigenous setting and culture was delivered in Kettle and Stony Point in February 2017

Dr. Lori Teeple facilitated the session

(photo credits: Tyler Kula/Sarnia Observer)

Thank you for your support!

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