



# WELCOME

## Childcare and Caregiving During COVID: Challenges for Palliative Care Healthcare Workers

Host and Moderator: Jeffrey B. Moat

Panelists:

Amy Archer

Dr. Sandy Buchman

Dr. Pamela Liao

Dr. Stephen Singh

The webinar will begin soon (please note your microphone is muted).  
Please use the Q&A function to submit questions.



# Housekeeping

- Your microphones are muted.
- Use the Q&A function at the bottom of your screen to submit questions or comments.
- This session is being recorded and will be made available on YouTube.

# Presenters

## Host and Moderator

**Jeffrey B. Moat CM**

Chief Executive Officer, Pallium Canada

# Presenters

## Panelists

### **Amy Archer RN, CHPCN (PC)**

Palliative Pain and Symptom  
Management Consultant

### **Dr. Sandy Buchman MD, CCFP (PC), FCFP**

President, Canadian Medical  
Association  
Freeman Family Chair in Palliative  
Care, North York General Hospital

### **Dr. Pamela Liao MD, CCFP (PC)**

Family Physician practicing in  
Geriatric and Palliative Care  
Chair, OMA Section on Palliative  
Medicine

### **Dr. Stephen Singh MD, CCFP (PC)**

Assistant Clinical Professor, Division  
of Palliative Care, Department of  
Family Medicine, McMaster  
University

# Declaration of Conflicts

## **Pallium**

- Non-profit
- Generates funds to support operations and R&D from course registration fees and sales of the Pallium Palliative Pocketbook
- Partially funded through a contribution by Health Canada.
- These webinars are supported by an unconditional education grant from Boehringer-Ingelheim (Canada) Inc.

## **Presenters**

- Jeffrey B. Moat: CEO Pallium Canada
- Amy Archer
- Dr. Sandy Buchman
- Dr. Pamela Liao
- Dr. Stephen Singh

# Learning Objectives

## **Upon completing this webinar, you should be able to:**

- Discuss how COVID-19 has presented new challenges for palliative care professionals with caregiving and childcare responsibilities;
- Identify resources and strategies to balance home and work responsibilities moving forward.

# Childcare and Caregiving During COVID: Challenges for Palliative Care Healthcare Workers

Dr. Sandy Buchman MD CCFP (PC) FCFP

President, Canadian Medical Association

Freeman Family Chair in Palliative Care, North York General Hospital

# The journey of the COVID Cs

Amy Archer RN, CHPCN (PC)

Palliative Pain and Symptom Management Consultant

# Capacity

Current role:

## **Palliative Pain and Symptom**

**Management Consultant** (PPSMCs) provide secondary-level hospice palliative care expertise through

- **consultation, coordination, collaboration, facilitation, education, skill development, research and evaluation,**
- **at local, regional, provincial and national levels**

Serve:

- In-home care agencies, long-term care homes, community support services and primary care practitioners,
- Palliative care resources across the continuum of care.

# Pre-COVID PPSMC

- Assists service providers in the application of the Model to Guide Hospice Palliative Care, assessment tools and best practice guidelines;
- Offers consultation to service providers in person, by telephone, by video-conference, or through e-mail regarding care (e.g. assessment and management of pain and other symptoms);
- Provides case-based education and mentoring for service providers;
- Helps build capacity amongst front line service providers in the delivery of palliative care;
- Links providers with specialized hospice palliative care resources.

# Pre-COVID parenting

- Children – 3 in French Immersion school fulltime, 2 year in full time childcare
- Shared before and after school parenting with husband who works full time from home/community
- No homework policy
- Lots of outside connecting and community

# COVID

- Children – 4 at home
- Childcare - cancelled
- Concentration - interrupted
- Crying - oh the tears
- Curriculum – Constant
- Computer time – so much
- Crisis - Community providers were overwhelmed
- Confusion - Information was coming in and changing

# Connect

- Professionally:
  - Challenges with connecting with front line providers who were overwhelmed
  - Connections through different platforms- advantages and disadvantages
  - Consultation service offered remotely
- Personally:
  - Communication
  - Cream- lots of ice cream
  - Cuddles
  - Counseling
  - Creation

# Contribute

- Capacity: building capacity as it comes
- Calm environment- being approachable as a consultant and a mother (and a wife)
- Creativity- crafts, nerf wars
- Cardiovascular- taking care of your heart physically and emotionally

# Collaborate

- PCCN (Palliative Care Consultants Network)- PPSMCs across Ontario coming together Advocate for a united voice on quality hospice palliative care; Support excellence in hospice palliative care education; Work collaboratively with regional, provincial, national organizations and associations; Represent a collective voice to advocate for best practice in hospice palliative care.
- PALLIUM CANADA- Facilitated LEAP Online, attended and participated in webinars
- Hospice Palliative Care Ontario (HPCO)- Conducted education, attended webinars, Continued in Community of Practice
- PPSMC CARES ABOUT YOU- HANG OUT FOR CAPCE GRADS



# Brantford palliative team pre-COVID

## Dr. Stephen Singh

- Referral from any MD or NP – anyone with life-limiting illness (not limited to oncology) with symptom management issues, any stage, any PPS, regardless of goals of care
- Shared-care with family MD/NP
- Consults and follow-ups done in person as a clinical nurse-specialist/palliative care physician dyad
- Nurse/physician dyad on call for palliative issues after hours
- Physicians go into all care settings – home, hospice, hospital



# Pre-COVID paternity leave: Aug 2019 – Feb 2020

- Locum hired for family medicine, and down to 1 day/week in-person for palliative home visits
- More reliant on clinical nurse specialist; dealt with many issues from home through phone and fax
- Colleagues covered call at hospital.
- Lots of fun activities with son: swimming, Mother Goose, Blossom Musik, etc.
- Started daycare Feb 2020, was there 1 month

# Post-COVID: Mar 2020 – May 2020

- Daycare shut down and I assumed equal childcare responsibilities
- Google Calendar key for scheduling
- Family medicine and palliative care essentially fully transitioned to virtual
- Once again working mostly from home
- Calls with patients only when someone could do childcare

# May 2020

- Home visits starting up again: one-half day per week
- Still doing mostly virtual care
- July 2020 onwards: daycare reopening, slow increase in in-person care

# Reflections

- Could not find balance without strong support from my wife
- Could not do my work without an amazing palliative team
- Colleagues very understanding of the limitations to in-person work when doing childcare

# Challenges moving forward

- As daycare opens up, still need to plan for illness or possible daycare shutdown
- Challenges to in-person care including adequate PPE
- Much care will need to continue virtually – provinces need to continue to fund virtual fee codes
- Contingency plan when palliative care practitioner becomes ill

# Palliating and parenting in a pandemic

Dr. Pamela Liao

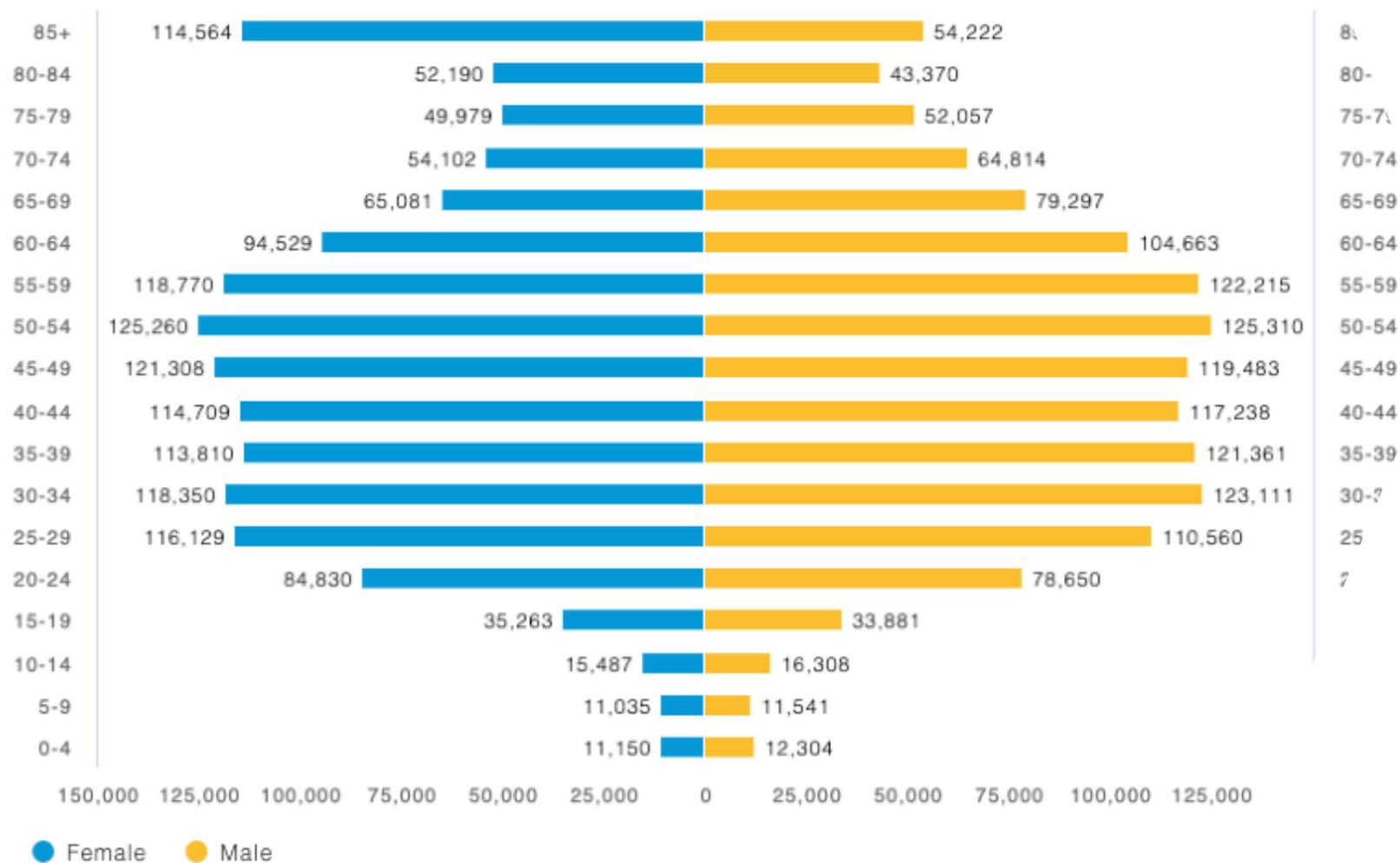
Family Physician practicing in Geriatric and Palliative Care  
Chair, OMA Section on Palliative Medicine

# Acknowledgements

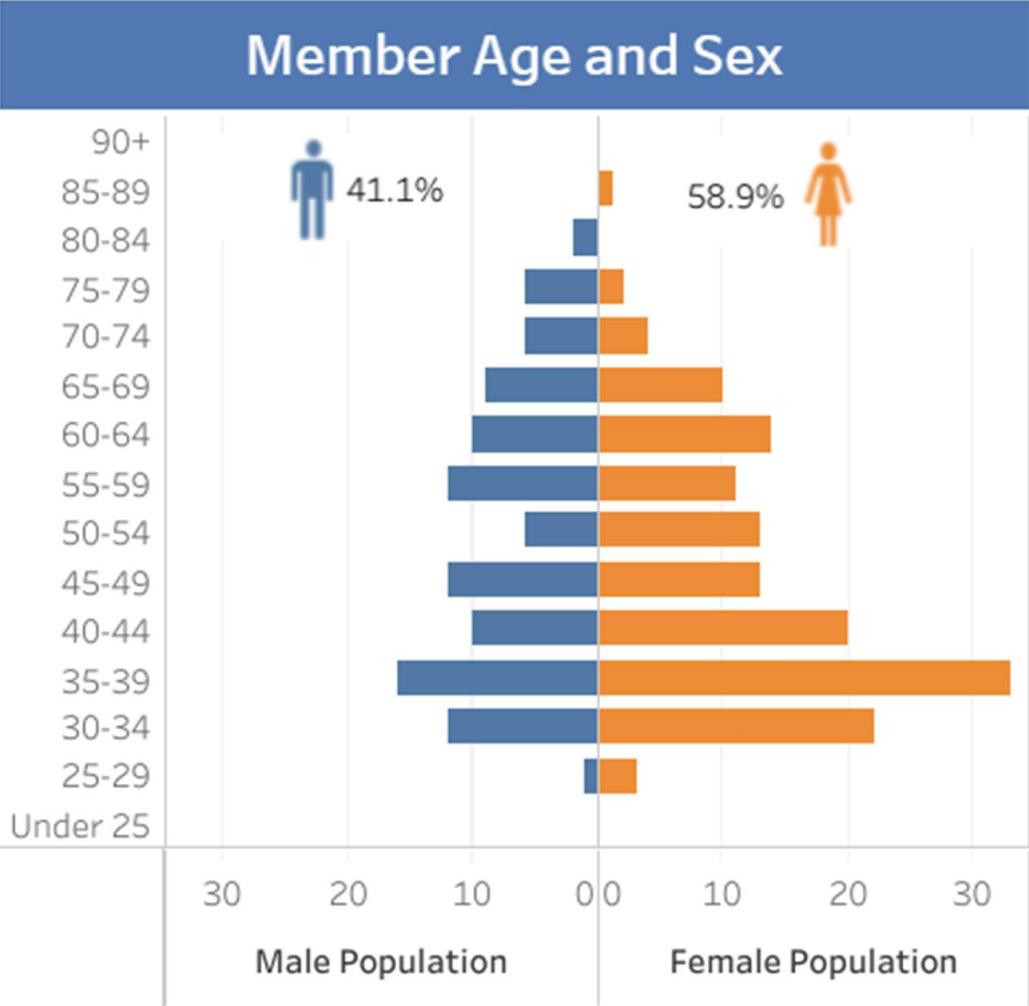
- Juneteenth
- National Indigenous History Month
- PRIDE
- My privilege



## COVID-19 cases, by age and sex (provisional analysis)

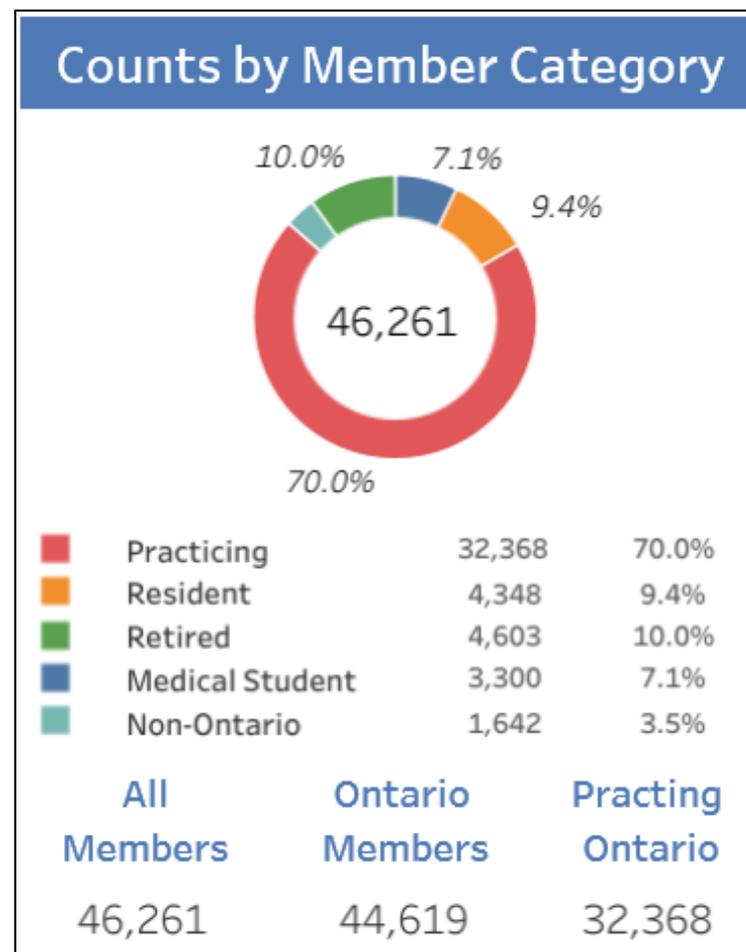
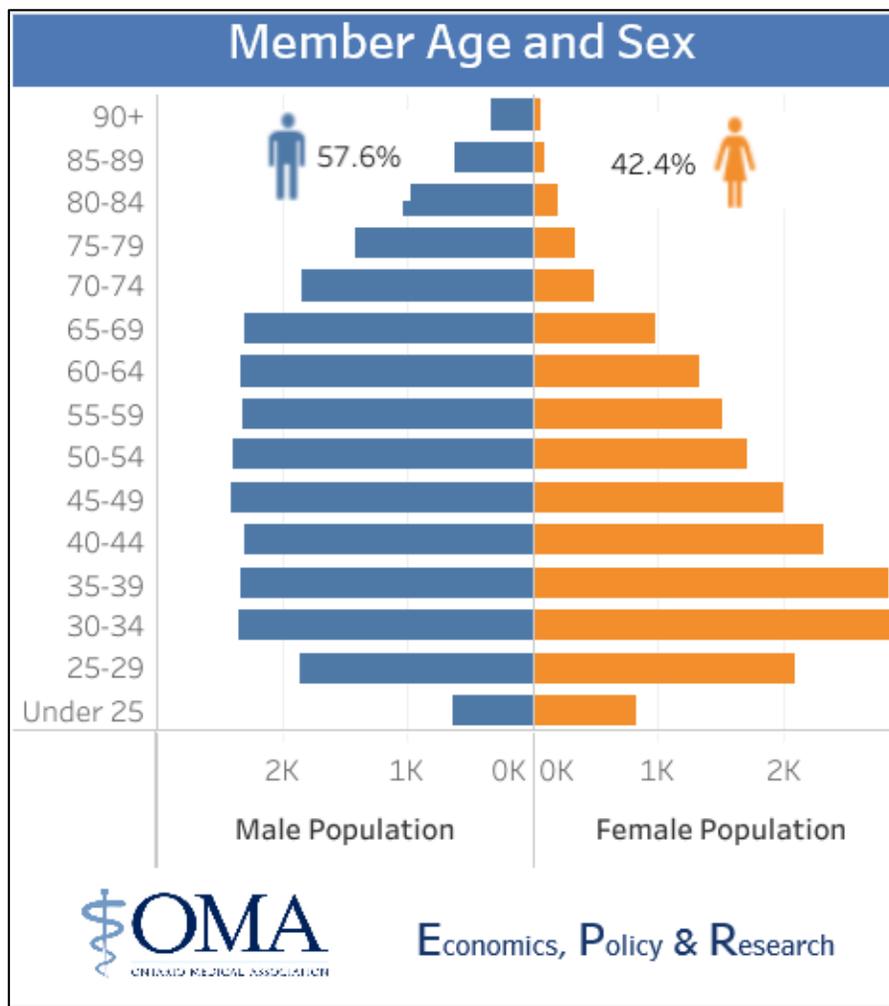


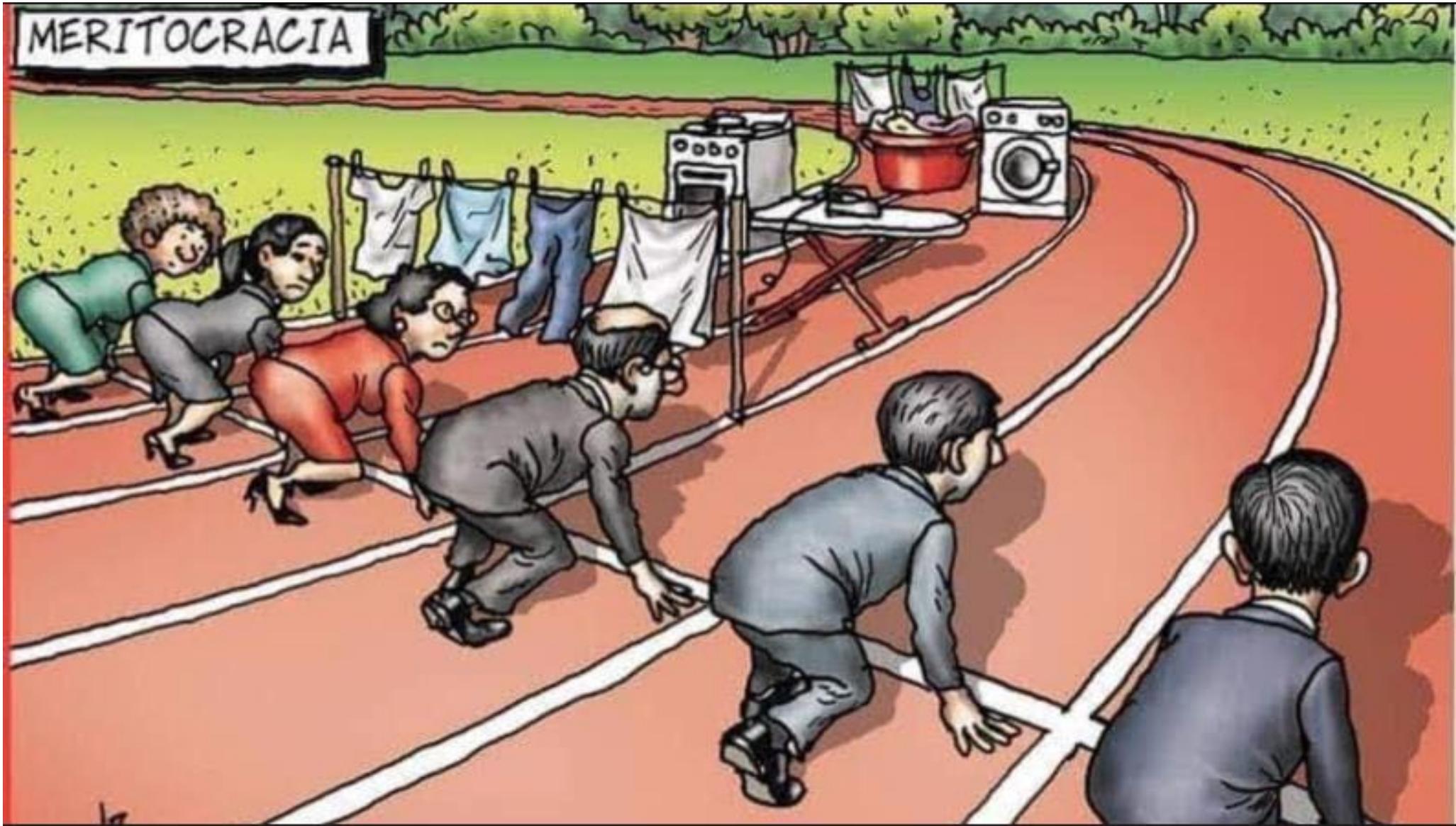
# OMA palliative medicine membership



Sex		%
Female	146	58.9%
Male	102	41.1%
<b>Grand Total</b>	<b>248</b>	<b>100.0%</b>

# OMA membership





# Virtual care

## PROS

- Convenience
- Better communication
- Flexibility
- Time for mid-day cuddles

## CONS

- Body language
- Hearing impairments
- Phone tag
- Physical assessment??

# Divide and conquer



**FAMILY SCHEDULE  
BY EACH PERSON**



**HEADPHONES**



**WORK ON  
DIFFERENT TIME  
ZONES**

# Personal strategies



Good enough is good enough



Make an appointment with your kids, partner and keep it



Invest in a comfortable office



Mindfulness



CHECK IN

# Q&A

Please use the Q&A function at the bottom of your screen.

# THANK YOU



Pallium Canada