



Resources and References for "Meet Marie" Module



Use the following links below to jump to the resources or references in a specific chapter:

[Chapter 1 Meet Marie](#)

[Chapter 4 Marie is worse](#)

[Chapter 2 Team Approach](#)

[Chapter 5 Meet Albert](#)

[Chapter 3 Good Day Bad Day](#)

[Chapter 6 Did we do the right thing?](#)

[Alberta Palliative Care Competency Frameworks](#)



Chapter 1: Meet Marie

Rationale: Identifying what is important to the person and maintain a person-centered perspective is a cornerstone of palliative care and can help to build rapport.

Resource: [Dignity in Care](#)

Reference:

Chochinov, H. M. *Dignity In Care*, Retrieved March 4, 2024 from <https://dignityincare.ca/en/>

Chochinov, H. M. (2022). The platinum rule: A new standard for person-centered care. *Journal of Palliative Medicine* 25(6), 854-856. <http://doi.org/10.1089/jpm.2022.0075>

Rationale: Assessing the foods a person is eating can help determine their nutrition needs. A referral to a dietician would be appropriate if the person is agreeable and the service available. Social workers can also help access community food programs like meals on wheels, food delivery programs, or home cooked meal options.

Resources: [Nutrition Services](#) | [Alberta Health Services](#)

References:

Alberta Health Services, *Nutrition Services*. Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/nutrition/page16475.aspx>

Calgary Meals On Wheels, Retrieved March 4, 2024 from <https://www.mealsonwheels.com/>

Edmonton Meals On Wheels, Retrieved March 4, 2024 from <https://emow.ca/>

Golden Circle Seniors Resource Center, *Home Style Frozen Meals*, Red Deer, Alberta
Retrieved on March 4, 2024 from <https://goldencircle.ca/rentals-and-kitchen/frozenmeal-menu/>

Rationale: Anticipatory Grief means that people with serious illnesses are grieving a loss that will occur in the future, but also ongoing losses related to their function, abilities and opportunities, social supports, cognition or health. Validating their experience is important.

Resource: Anticipatory Grief

<https://myhealth.alberta.ca/alberta/AlbertaDocuments/Anticipatory-Grief.pdf>

Reference:

Alberta Health Services. *What is anticipatory grief*. Retrieved March 4, 2024, from <https://myhealth.alberta.ca/palliative-care/resources/grief-bereavement>

Rationale: Knowing the dimensions of grief will help you offer grief support. One dimension of grief is that it has no time limit, we can still miss and remember those who have died years later. Learn about grief and mourning in RESOURCES.



Resources: [The Six Needs of Mourning - Center for Loss & Life Transition](#)

[Understanding grief: Module overview: Introduction \(mygrief.ca\)](#)

References:

Canadian Virtual Hospice, *Understanding Grief Module*, Retrieved March 3, 2024 from <https://www.mygrief.ca/>

Wolfelt, A. D., *The Six Needs of Mourning* Retrieved March 3, 2024 from <https://www.centerforloss.com/grief/six-needs-mourning/>

Rationale: Explaining how the resources and support can help the client, instead of talking about the tasks from a health provider point of view, may be beneficial. Adapt the communication approach based on the client's understanding and the amount of information they wish to receive.

Resource: [Home Care- Keeping You Well and Independent \(albertahealthservices.ca\)](#)

Reference:

Alberta Health Services, *Home Care: Keeping You Well and Independent*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/assets/info/seniors/if-sen-home-care-brochure.pdf>

Chapter 2: Team approach

Rationale: A principle of palliative care is to provide care in the person's preferred location when possible. Offer to discuss options that can support the person in their preferred location by addressing what the person identifies as important.

Resource: [Palliative & End-of-Life Care - Health Professionals | Alberta Health Services](#)

Reference:

Palliative and End of Life Care for Health Care Professionals. Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page14559.aspx#:~:text=Palliative%20car%20aims%20to%20improve,interdisciplinary%20assessments%20and%20appropria%20interventions.>

Rationale: Quite often, providing support and care involves providing education to the person and their family about palliative care and a palliative approach to care. Sometimes people don't access palliative care supports because they don't understand what they offer.

Resource: [Home Care | Alberta Health Services](#)

References:

Alberta Health Services, *Home Care: Palliative and End Of Life Care*, Retrieved March 4, 2024, from <https://www.albertahealthservices.ca/info/Page14907.aspx>

Alberta Health Services, *Palliative Consult Team*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page14909.aspx>



Alberta Health Services, *24/7 On-call Provincial Palliative Physician Service*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page16581.aspx>

Alberta Health Services, *EMS Assess Treat and Refer Program*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page14899.aspx>

Alberta Health Services, *Social Worker: Your Health Team*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page8497.aspx>

Alberta Health Services, *Health Care Aide (HCA): Your Health Team*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page8636.aspx>

Alberta Health Services, *Occupational Therapist (OT): Your Health Team*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page8493.aspx>

Chapter 3: Good day bad day

Rationale: Find out what is most important to the client and address their fears, worries, concerns, and hopes. Continue to provide support to the client throughout the illness and grief process.

Resource: [Grieving before the loss: Module overview: Introduction \(mygrief.ca\)](#)

Reference:

Canadian Virtual Hospice, *Grieving Before the Loss: Module One*, Retrieved March 4, 2024 from <https://www.mygrief.ca/>

Rationale: Recognize the factors, such as social isolation, that may increase the risk of complicated and disenfranchised grief. While social isolation may be a common response to health limitations or grief, support can be provided.

Resource: [Psychiatry.org - Prolonged Grief Disorder](#)

References:

American Psychiatric Association, *Prolonged Grief Disorder*, Retrieved March 5, 2024 from <https://www.psychiatry.org/patients-families/prolonged-grief-disorder>

Canadian Virtual Hospice, *Grief Training: Building Health Care Provider Capacity*, Retrieved on March 4, 2024, from <https://www.virtualhospice.ca/learninghub/>

Rationale: Palliative care addresses the physical, psychological, spiritual, emotional and social responses to loss and grief of living with a life limiting illness. As illness progresses, finding new ways to connect socially is vital.

Resources: [Adult Day Programs | Alberta Health Services](#)

References:

Alberta Health Services. *Adult Day Programs*. Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/cc/Page15504.aspx>

Alberta Health Services. *Social Worker: Your Health Team*. Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page8497.aspx>



Alberta Hospice Palliative Care Association. <https://ahpca.ca/>

Rationale: Assessing the client's understanding of the life-limiting illness and its trajectory is part of a palliative care approach.

Resource: [IllnessTrajectoryComplementaryConversationGuides_EN.pdf \(spaltec.ca\)](#)

References:

Canadian Hospice Palliative Care Association. *Illness Trajectory Complementary Conversation Guides Booklet*: Pg. 18-19 Advanced Kidney Disease. Retrieved March 4, 2024 from https://spaltec.ca/wp-content/uploads/2022/03/IllnessTrajectoryComplementaryConversationGuides_EN.pdf

Canadian Virtual Hospice: Living My Culture. *Talking About Illness*. Retrieved March 4, 2024 from <https://livingmyculture.ca/topic/talking-about-illness/>

Rationale: Respecting the person's autonomy and right to make care decisions that align with their wishes is paramount. Some people may pursue renal replacement therapy (such as dialysis) or transplantation for End-Stage Kidney Disease while others may elect for conservative management of symptom support and quality of life without dialysis. Learn more in RESOURCES.

Resource: [Conservative Kidney Management \(ckmcare.com\)](#)

References:

Kidney Supportive Care Research Group, University of Alberta (2016). *Conservative Kidney Management (CKM) Pathway*. Retrieved on March 4, 2024 from <https://www.ckmcare.com/>.

Merchant, A. A. & Ling, E. (2023) An approach to treating older adults with chronic kidney disease. *Canadian Medical Association Journal* 195(17), E612-E618. <https://doi.org/10.1503/cmaj.221427>

Rationale: A tenant of palliative care is to provide care in the person's preferred location when possible, and to plan for end-of-life care. Learn more about an Expected Death At Home in RESOURCES.

Resource: [Patient's Death in the Home Care Setting | Alberta Health Services](#)

Reference:

Alberta Health Services, *Patient's Death In The Home Care Setting*, Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/info/Page15828.aspx>

Rationale: It is important to self-assess your response to dealing with loss and grief. Following an assessment, there are many ways to implement healthy self-care behaviors and activities that can mitigate the personal impact of loss, grief, and bereavement. Talking with a colleague or supervisor can be a good way to find resources in your area.



Resource: [Canadian Virtual Hospice :: Home :: Support :: The Video Gallery :: Being with suffering](#)

References:

Rattner, M. (n.d.) *Begin with suffering*. (Video). Virtual Hospice. Retrieved March 4, 2024 from https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Video+Gallery/Grief+and+Loss/Being+with+suffering.aspx

Canadian Virtual Hospice, *Health Care Provider Grief: Recognizing and Responding*, Retrieved March 4, 2024 from <https://www.virtualhospice.ca/learninghub/>

Chapter 4: Marie is worse

Rationale: It is important to recognize signs and symptoms of disease progression. This is part of identifying the complexities and challenges that may impact the ability to provide quality palliative care in the person's preferred location.

Resource: [Conservative Management for Kidney Failure - NIDDK \(nih.gov\)](#)

References:

Kidney Supportive Care Research Group, University of Alberta (2016). *Conservative Kidney Management (CKM) Pathway*. Retrieved on March 4, 2024 from <https://www.ckmcare.com/>.

National Institute of Diabetes and Digestive and Kidney Diseases. *Conservative Management for Kidney Failure* Retrieved on March 4, 2024 from <https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/conservative-management>

Rationale: Adapt care and discussions to address people's fears, worries, concerns, anxieties and hopes. Find out what is important to them.

Resource: [Am I Safe - FINAL English Dec 17 2015 20160323180919.pdf \(virtualhospice.ca\)](#)

References:

Canadian Home Care Association and the Canadian Patient Safety Institute (2015). *Am I Safe? Supporting Conversations About Patient Safety In The Home*. Retrieved March 4, 2024 from

https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Resources/Books+Links+and+More/Caregiver+and+caregiving/Online+Resources/Am+I+Safe+Supporting+conversations+about+patient+safety+in+the+home.aspx

Rationale: Sometimes there is a need to change the focus or location of care at critical points throughout the course of a life-limiting illness. Hospice care is a specialized service that provides 24/7 care to individuals who are approaching end-of-life and their families.



Locations include hospice units, freestanding hospices, and spaces located in a variety of care settings.

Resource: [Hospice Care | Alberta Health Services](#)

Reference:

Alberta Health Services. *Hospice Care*. Retrieved March 4, 2024 from
<https://www.albertahealthservices.ca/info/Page13766.aspx>

Chapter 5: Meet Albert

Rationale: Research shows that even when unconscious or actively dying, people are still processing and hearing. Reassure families they can hold the hand of the dying person, speak to them, say what is in their heart, play music, help with care, or provide cultural or spiritual rituals that are meaningful to the person.

Resource: What to expect as death approaches

<https://myhealth.alberta.ca/alberta/AlbertaDocuments/Final-Stages-of-Death-Approaches.pdf>

<https://www.nature.com/articles/s41598-020-67234-9>

References:

Alberta Health Services. *What to expect as the final stage of death approaches*. Retrieved March 4, 2024 from <https://myhealth.alberta.ca/palliative-care/resources/grief-bereavement>

Alberta Health Services. *White Rose Program*, Retrieved March 4, 2024 from
<https://www.albertahealthservices.ca/info/page15628.aspx>

Blundon, E.G., Gallagher, R.E. & Ward, L.M. (2020). Electrophysiological evidence of preserved hearing at the end of life. *Scientific Report*, 10, 10336.
<https://doi.org/10.1038/s41598-020-67234-9>

Canadian Virtual Hospice (n.d.) *Living My Culture*, Retrieved March 4, 2024 from
<https://livingmyculture.ca/culture/>

Rationale: In palliative care we support the person and family* through the grieving process including during illness, decline, time of death and bereavement. *Family includes chosen family, biological family, friends, neighbours, and anyone the person identifies as important.

Resource: Social Workers and Counsellors: Building Your Grief Support Skills Module: [Learning Hub \(virtualhospice.ca\)](#)



Reference:

Canadian Virtual Hospice, *Social Workers and Counsellors: Building Your Grief Support Skills*, Retrieved on March 4, 2024 from <https://www.virtualhospice.ca/learninghub/>

Rationale: The question can surprise us when people ask about dying or the afterlife. It is best to remain curious and see what it means for the person; to wonder with them. Provide a referral to spiritual care or a cultural support liaison for support if the person and family desire and the service is available in your area.

Resources: [Spiritual Care Services | Alberta Health Services](#)

[Spiritual care | Covenant Health](#)

References:

Alberta Health Services. *Spiritual Care Services*. Retrieved March 4, 2024 from <https://www.albertahealthservices.ca/services/page13213.aspx>

Covenant Health, *Spiritual Care Services*, Retrieved March 4, 2024 from <https://covenanthealth.ca/services/spiritual-care>

Griffin, Patty (2014) *J'rai la voir un jour*. Artists Den Records. Retrieved March 4, 2024 from <https://www.youtube.com/watch?v=W9p-bQ26CvI>

Hall, O., Atkinson, S. & Enfield, C. (October 25, 2023). *Spiritual Care Community of Practice, Supporting Existential Reflection and Meaning-Making Part 2*. ECHO presentation, Pallium Canada. Retrieved March 4, 2024 from <https://www.echopalliative.com/2023/07/04/spiritual-care-community-of-practice-2/>

Chapter 6: Did we do the right thing?

Rationale: It can help to create spaces and activities that support staff to address their own loss responses and maintain resilience. Examples can be staff debriefing, a memorial bulletin board, or rituals following a death.

Resource: Health Care Provider Grief Module: [Learning Hub \(virtualhospice.ca\)](#)

References:

Rattner, M. (n.d.) *Acknowledging our suffering*. (Video). Virtual Hospice. https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Video+Gallery/Grief+and+Loss/Acknowledging+our+suffering.aspx

Canadian Virtual Hospice. (n.d.) *Health Care Provider Grief: Recognizing and Responding*. Virtual Hospice. Retrieved March 4, 2024 from <https://www.virtualhospice.ca/learninghub/>

Rationale: Colleagues can help you debrief and reflect on the impact of loss, grief and bereavement. Advocating for earlier palliative care can also support people to have better quality of life throughout their illness.



Resource: [Personal Wellness Checklist \(compassionnet.ca\)](https://www.compassionnet.ca/Workplace/OHS2020WellnessPersonalChecklistCNet.pdf)

Covenant Health. (n.d.). *Personal wellness checklist*. Compassionnet.

<https://www.compassionnet.ca/Workplace/OHS2020WellnessPersonalChecklistCNet.pdf>

References:

Mills, J., Wand, T., & Fraser, J. A. (2018). Exploring the meaning and practice of self-care among palliative care nurses and doctors: A qualitative study. *BMC Palliative Care*, 17. <https://doi.org/10.1186/s12904-018-0318-0>

Rationale: You chat with your colleague for a while and discuss your personal responses, ideas of healthy self-care activities, and staff resources offered by your employer. You are pleased to know about the wellness strategies available to you when you need them. You reflect on your experience with Marie. You recognize areas of growth in yourself and you feel empowered to have been able to participate in providing her with personalized palliative care.

Resource: [the basics of self-care \(compassionnet.ca\)](https://www.compassionnet.ca/Workplace/OHS2017SelfcaretheBasics.pdf)

References:

Covenant Health. (n.d.). *Checking in on your mental health*. Compassionnet.

https://www.compassionnet.ca/Workplace/20220106_OHS_Wellness_MentalHealthContinuum.pdf

Covenant Health. (n.d.). *The Basics of Self-Care*. Compassionnet.

<https://www.compassionnet.ca/Workplace/OHS2017SelfcaretheBasics.pdf>

Covenant Health. (n.d.). *Why it's important to retreat*. Compassionnet.

<https://www.compassionnet.ca/Workplace/OHS2017MiniRetreatWhyitisImportant.pdf>

Alberta Palliative Care Competency Frameworks

Competency References:

Alberta Health Services. (2024). *Alberta Palliative Care Competency Frameworks*.

<https://www.albertahealthservices.ca/info/Page17398.aspx>

Covenant Health Palliative Institute. (2024). *Resources for healthcare providers*. Covenant

Health. <https://covenanthealth.ca/about/centres-and-institutes/palliative-institute/resources/healthcare-providers>

Covenant Health Palliative Institute. (2023). *Alberta Interprofessional Palliative Care Competency Framework*. [https://covenanthealth.ca/sites/default/files/2023-](https://covenanthealth.ca/sites/default/files/2023-10/interprofessional-palliative-care-competency-framework.pdf)

[10/interprofessional-palliative-care-competency-framework.pdf](https://covenanthealth.ca/sites/default/files/2023-10/interprofessional-palliative-care-competency-framework.pdf)