



BY  
Pallium Canada

# The Palliative Care ECHO Project

Semi-Annual Report

May 2023



## Palliative Care ECHO Project: Semi-Annual Report

Welcome to the fourth semi-annual report on the Palliative Care ECHO Project.

### About the Palliative Care ECHO Project

The [Palliative Care ECHO Project](#) is a national initiative that cultivates communities of practice and establishes continuous professional development among health care providers across Canada caring for patients with life-limiting illness and their families.

Led by Pallium Canada and its Hub Partners from across Canada, the Palliative Care ECHO Project offers a wide variety of free ECHO programs on both a national, provincial, and regional level.

# Palliative Care ECHO Project Highlights

## Continued spread and scale of ECHO programs

Since launching the Palliative Care ECHO Project in March 2021, Pallium and its Hub Partners have delivered over 250 learning sessions, accounting for over 13,000 learner encounters and over 19,000 recording views.

## Hub Partners Updates

Hub Partners are at the heart of the Palliative Care ECHO Project and are critical to the creation and delivery of ECHO programs that will meet the needs of their learners. Through the leadership of these amazing organizations, existing programs and resources can reach more learners and new programs can be rapidly developed, shared, and deployed to fill gaps.



## Program updates

Over the past six months, Pallium and its Hub Partners have run several high-impact programs.

### Communities of Practice and Series

The Palliative Care ECHO Project delivers the majority of its content through national, provincial, and regional communities of practice and educational series. These bring together health care professionals with shared interests to foster continued knowledge exchange and interactive, case-based learning.

The recordings of all Pallium-run communities of practice and series are available for viewing at [echopalliative.com](https://echopalliative.com).

Below are highlights from the past six months:

#### Pallium Canada

- **Paramedic Community of Practice** – This series connects community and ambulatory paramedics from across Canada who have a shared interest in integrating a palliative care approach for patients and their families. After successfully wrapping up the first series, a second series is planned to launch in the summer of 2023.
- **Community-Based Primary Palliative Care Community of Practice** – This is the second accredited community of practice geared toward inter-professional primary care clinicians across Canada who are looking to augment their primary-level palliative care skills and connect with and learn from colleagues around providing a palliative care approach.
- **Heart Disease Community of Practice** – Participants in this accredited series meet every two months with a panel of experts in the field to explore opportunities in integrating a palliative care approach into their practice for individuals with advanced heart disease.
- **Severe and Persistent Mental Illness Community of Practice** - Led by an interprofessional expert panel with guest speakers and interactive case discussions, this accredited series focuses on providing a palliative care approach for individuals with Severe and Persistent Mental Illness (SPMI).

- **Long-Term Care Quality Improvement Community of Practice** – This unique community of practice has an engaged group of members who are working collaboratively to develop and share knowledge on initiating goals of care conversations in the long-term care setting. Through their work, they will ultimately produce a quality improvement toolkit to help spread this quality improvement idea across the country.
- **Long-Term Care Community of Practice** – This accredited series was developed for health care professionals, administrators, and system leaders working in long-term care. Over the course of 13 sessions, participants explored topics ranging from diversity and inclusion in the long-term care setting and supporting new team members to honouring personhood in dementia care and advance care planning.

### **BC Centre for Palliative Care**

- **Psychosocial Series** – Co-created by and for psychosocial health care providers, the third cohort of this series focused on ethical dilemmas in palliative care. The use of participant presenters led to great engagement amongst participants, acknowledging that context experts were just as important as content experts.
- **Flexing Your Core: The 30-Minute Palliative Workout** – This series optimizes learning in a short amount of time. Eight Learning Hub modules take 15 minutes to complete and are complimented with a short 30-minute session designed for those looking to incorporate the palliative approach to care into their daily practice.
- **Serious Illness Conversations Training for Facilitators and Clinicians** – The Serious Illness Conversation (SIC) Provincial Collaborative ECHO provides ongoing learning opportunities for those trained and championing SIC in their Health Authority or workplace and increase connectedness between SIC trainers to network, support, and share resources.
- **Palliative Nurse Coordinators Series** – Recognizing the importance of supporting nurses' specialized consultant roles as Palliative Coordinators, this invitation-only series was launched in 2022 to build competency in their roles and increase connectedness between the Nurse Clinicians to network, support and share resources.

## **Canadian Association of Long-Term Care (CALTC)**

- **Long-Term Care Leadership Series (in French)** – After successfully running this series in English, CALTC has relaunched the series in French to make it accessible for French speakers across Canada. The series unveiled the role of long-term care leaders and administrators in palliative home care and created a platform for long-term care colleagues to discuss challenges and opportunities for improvement within the home. CALTC has seen great uptake and engagement in these sessions.

## **Canadian Home Care Association**

- **Be Prepared: Palliative Emergencies in the Home** – During their first series on pain and symptom management in the home, CHCA identified a strong interest in learning more about Palliative Care emergencies in the home, which led to the launch of this 5-part series. This series was highly attended by health care professionals across Canada, and learners expressed an appreciation for the engaging and relevant content.

## **Montreal Institute for Palliative Care**

**Community of Practice Series for Home Healthcare Professionals** – Developed in partnership with the Palliative Home-Care Society of Greater Montreal, this bilingual community of practice focuses on providing relevant palliative care knowledge to home health care professionals in Quebec.

**Family Caregiver Interactive Information Series** – This community of practice focuses on providing relevant palliative care knowledge to family caregivers.

## **Médecins francophones du Canada**

- **Palliative Care Webinars** – After successfully hosting several standalone sessions, Médecins francophones du Canada launched their first accredited series. This seven-part series is offered in French and covers topics ranging from heart failure to dementia. The series has been highly attended by health care professionals in Quebec.

### **North Simcoe Muskoka Hospice Palliative Care Network**

- **Evidence-Based Palliative Symptom Assessment and Management Series** – This ongoing series provides health care workers with a comprehensive review of the 8 Cancer Care Ontario Symptom Management Algorithms. Learners have expressed that these learning opportunities provided them with a better understanding and awareness of tools that are available to help provide a higher-quality level of palliative care.

### **North West Regional Palliative Care Program (in collaboration with the Centre for Education and Research on Aging & Health CERAH)**

- **Supporting Journeys to the Spirit World: Embracing a Two-Eyed Seeing Approach to Caring for Indigenous Peoples** – This accredited series explored Indigenous and Westernized ways of knowing in caring for Indigenous peoples who are seriously ill. This series was designed by an interprofessional panel of mostly Indigenous palliative care subject matter experts.

### **Hub Partners launching programs in the coming months:**

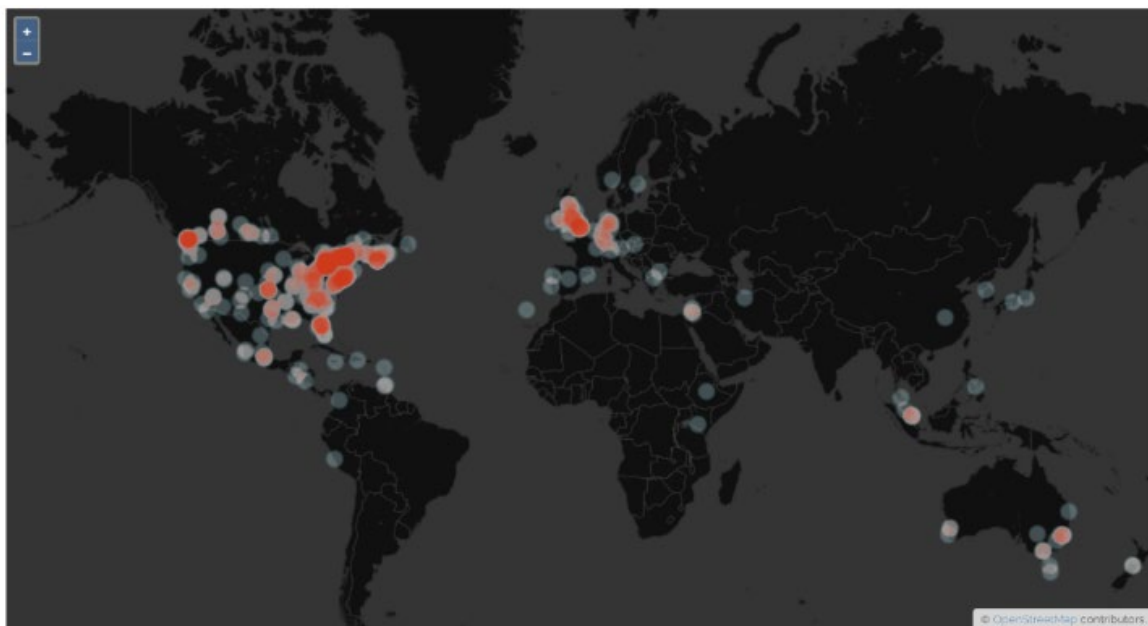
- Covenant Health

## Palliative Care Journal Watch

The [Palliative Care Journal Watch](#) is a regular series of webinars that keeps audiences up to date on the latest peer-reviewed palliative care literature. This program is led by palliative care experts from the divisions of palliative care at McMaster University and Queen's University.

The team of contributors regularly monitors over 20 journals and highlight papers that have the potential to challenge us to think differently about a topic or confirm our current practices.

The Palliative Care Journal Watch program is accessible in multiple formats, including as a live ECHO session, video recordings, slides, and the Palliative Care Journal Watch Podcast. The podcast has reached over 1900 downloads, reaching listeners from across the world (see map below).





## Standalone Sessions

Pallium Canada and its Hub Partners have hosted several standalone ECHO sessions, inviting subject matter experts to present on topics relevant to Palliative Care. These sessions include:

### **Pallium Canada**

- Burnout Basics: Lessons learned from developing a resident wellness curriculum to alleviate burnout
- World Hospice and Palliative Care Day Special Lecture
- Grief and Bereavement
- Pain Management in Palliative Care
- Communications in Palliative Care
- Complications en fin de vie maladies neurologiques dégénératives – Partie 1

### **BC Centre for Palliative Care**

- Source Repository
- Compassion Matters
- Introduction to Advance Care Planning

### **Canadian Society of Palliative Care Physicians**

- Recognizing dying in patients with DNR: How to sort irreversible from reversible

### **Northwest Regional Palliative Care Program**

- 2022: Northwestern Ontario Palliative Care Online Summit
- Walking Alongside Indigenous Peoples who are Seriously Ill: Education for Community Caregivers

## Evaluation and Research

### Evaluation Results to Date

Research and evaluation remain at the forefront of the Palliative Care ECHO Project and all that we do. It's critical to ensure we are having the intended reach and impact and are delivering high-quality programs that meet the needs of our target audiences.

Early on this initiative, Pallium and its Hub Partners collected a standardized set of data and post-session feedback survey data; aligning with the Evaluation and Research Framework that was developed by the Dr. Joshua Shadd–Pallium Canada Research Hub.

As of March 31, 2023, we have successfully migrated all learner data into a new database built in REDCap. We are now in the process of migrating the evaluation data that has been collected to this new database. Moving forward, the new database will improve our ability to analyze the data and undertake evaluations of our programming.

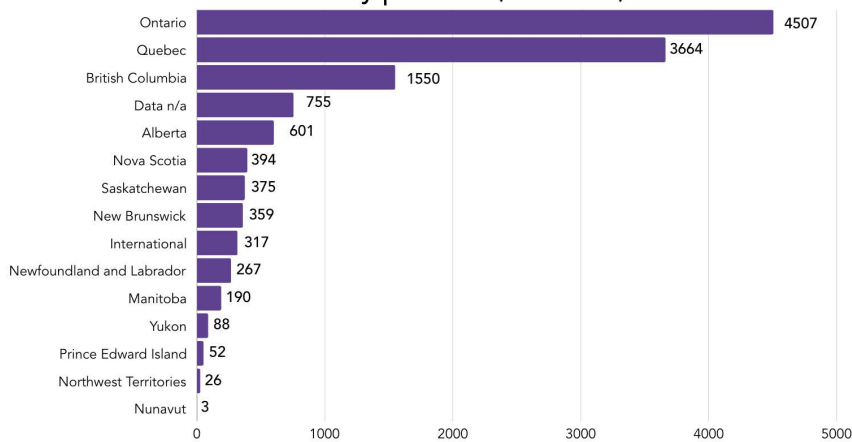
Finally, work is currently underway on the first ECHO research project. Interviews with key informants have been completed, and work is underway to analyze this data.

# Results and Impact

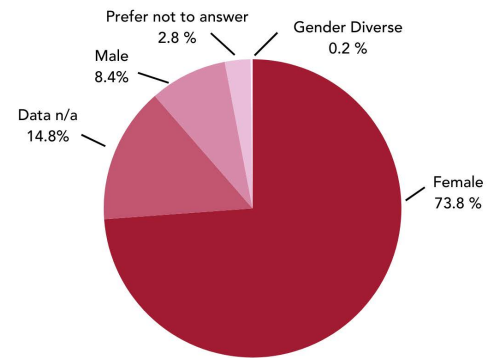
## Palliative Care ECHO Project Reach

The Palliative Care ECHO Project has continued to reach health care providers from almost every province and territory across Canada and providers from many different professions and settings of care.

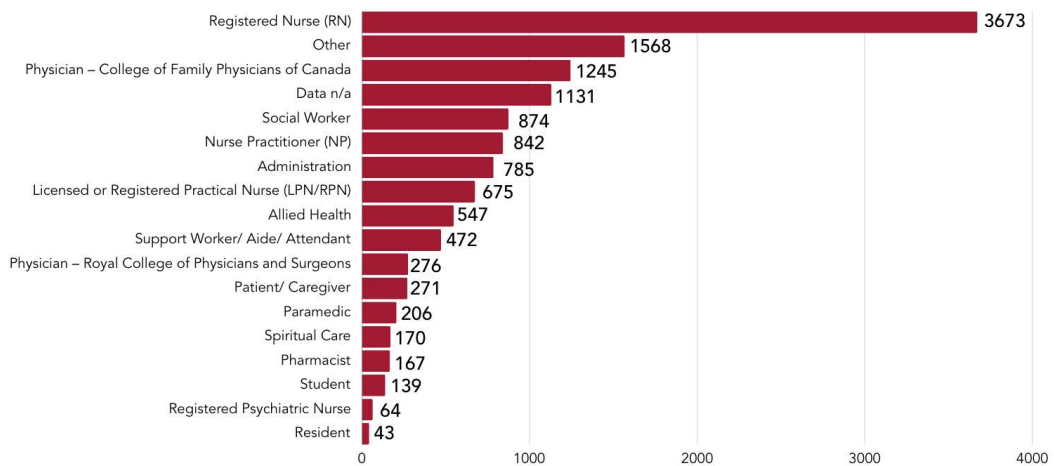
Learners by province (N=13148)



Learner by gender (N=13148)



Learners by role (N=13148)

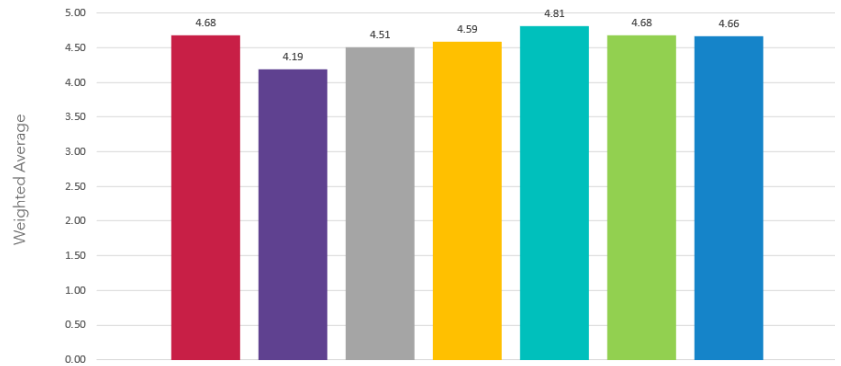


## Learner Experience

The ECHO programs continue to be well received by learners. Below are results from the initial post-session feedback surveys:

To what extent do you agree with the following statements?

- This session was relevant to my practice
- There was ample opportunity for discussion
- The session met my learning needs
- The overall format of the session was useful
- The presenters were knowledgeable
- Overall, this session was a good learning experience
- I would recommend this session to colleagues



Here's what some of our learners had to say about our ECHO programs over the past year:

"Great learning experience!"

"I appreciate the opportunity to connect, share and learn that these sessions have provided."

"Excellent speakers, great education session, thank you!"

"The virtual educational training is very convenient and useful tool."



"This was the best one-hour education session I've attended in ages. The information was practical and the presenters engaging and responsive. Thank you so much!"

"Je vous remercie, j'apprécie tellement vos formations. J'adore travailler en soins palliatifs et encore plus en suivant vos formations, je me sens plus outillées."

"Très belle présentation et pertinente"

"Thank you for allowing other health professionals with interest and relevant practices to join. I very much enjoyed hearing from the paramedics on their shifting mindset. So awesome!"

## Want to learn more?

Stay connected at [echopalliative.com](http://echopalliative.com) or contact us at [echo@pallium.ca](mailto:echo@pallium.ca)



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