



# Pathway to Palliative Care

Prepared by: Hali Pitawanakwat  
2019 Palliative Care Conference  
Quality in Action – Our Northern Perspective

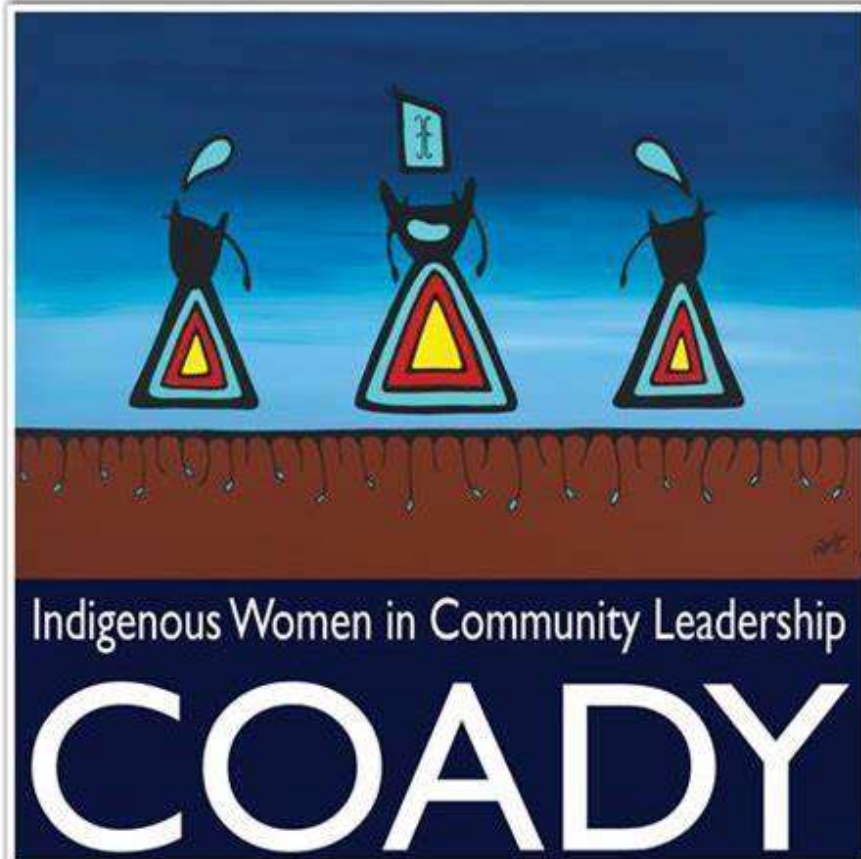
October 25, 2019

# DISCLOSURE

- I HAVE NO ACTUAL OR POTENTIAL CONFLICTS OF INTEREST IN RELATION TO THIS PRESENTATION

# DISCLOSURE

- GRANT/RESEARCH SUPPORT: ST. FRANCIS XAVIER UNIVERSITY, ANTIGONISH, NS  
INDIGENOUS WOMEN IN COMMUNITY LEADERSHIP (IWCL) PROGRAM 2017

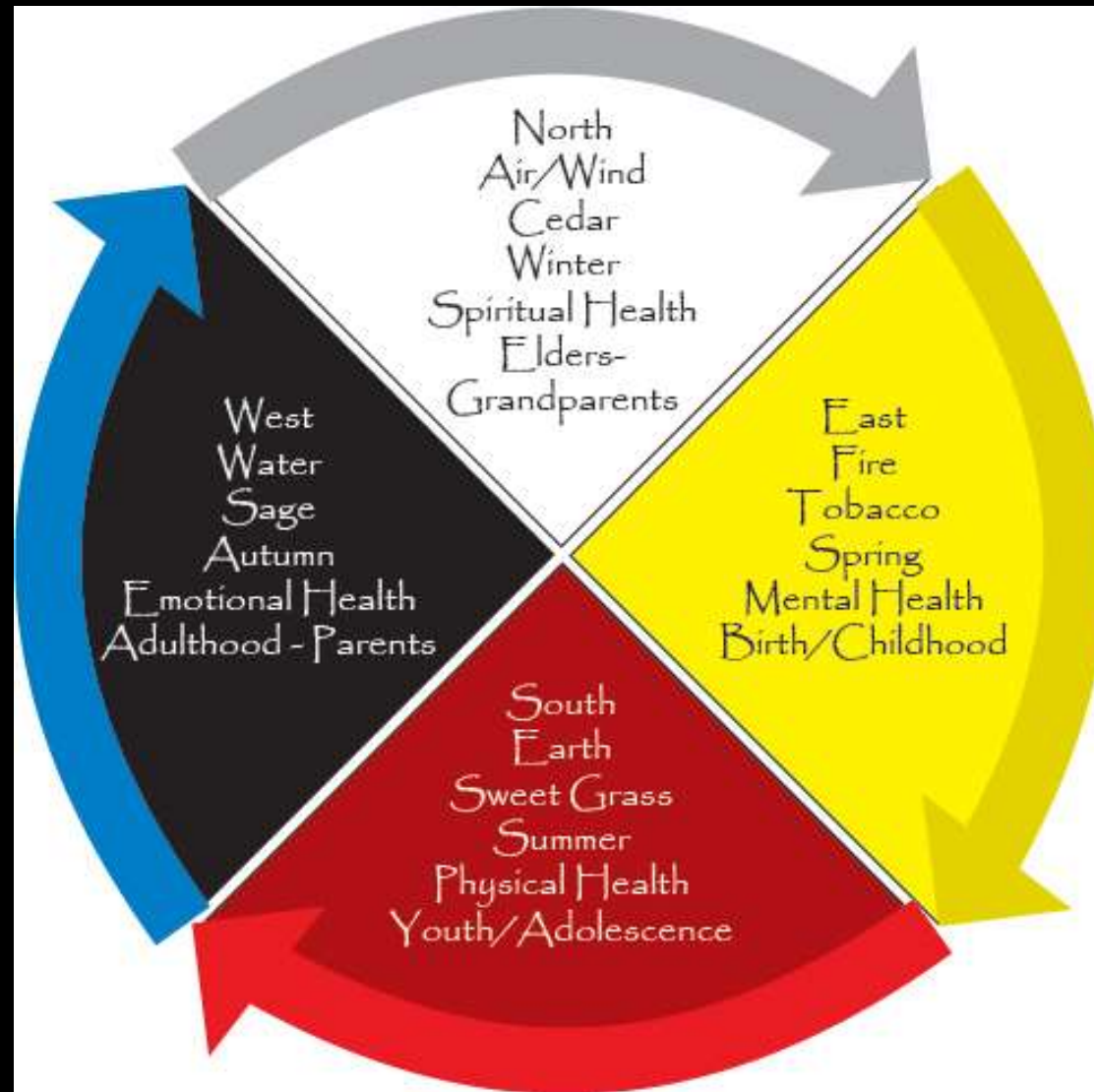


# Acknowledgement

- Traditional Territory of Anishinabek – Garden River First Nation



# INTRODUCTION



# What is palliative care?



THE THOUGHT

# Tools and Resources



PATH TOOL



PEOPLE ASSESSING THEIR  
OWN HEALTH



# PATH

- The People Assessing Their Health (PATH) Project was designed to provide a means for people in selected communities within Eastern Nova Scotia to become more involved in decision making within the province's emerging decentralized health system
- The 'People Assessing Their Health' (PATH) Project: Tools for Community Health Impact Assessment
- Community health impact assessment is used by community groups to examine any policy, program, project or service that will affect the health and well-being of the population.

Now

Enroll

1 month

3-6  
months

Dream

Goal

Pathway Concepts

# Plan & Implementation



Budget



Workshops



2 months



Youth

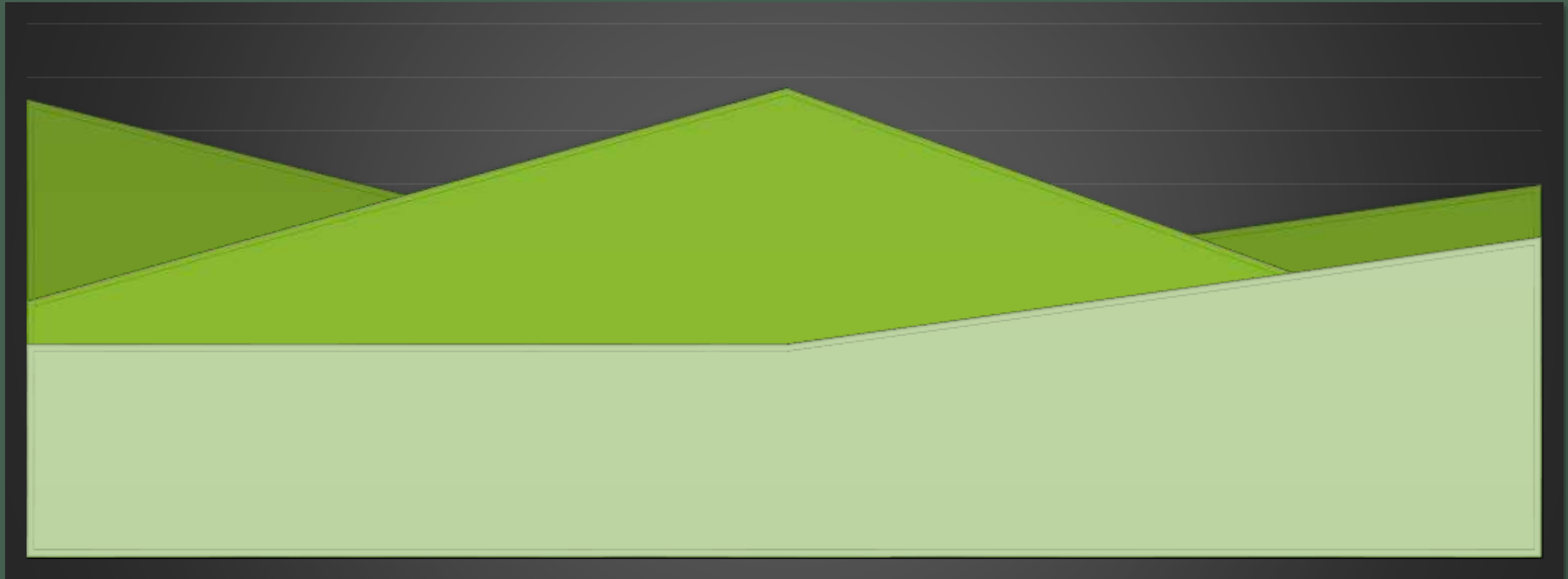


Adults/Family  
Male/Female



Elders

# Data collection



# Workshops

- No one knew what palliative care was
- Grand ideas – hospice suite, palliative care unit



# REWORKING THE QUESTION

- How do I teach people what palliative care is?
- How do I support my community?
- How do I meet program requirements?
- Is this feasible?
- Tangible?
- Outcomes?



# RETHINK THE PATHWAY TOOL







# GIVEN 3-6 MONTHS TO LIVE

<http://sr.photos2.fotosearch.com/bthumb/CSP/CSP992/k13560408.jpg>



WHAT DOES THAT LOOK  
LIKE?

# Goal of Palliative Care

- World Health Organization (2019)
- To provide the best possible Quality of Life for patients and their families



<https://www.who.int/cancer/palliative/definition/en/>

# The Dream

- What does the “ideal” death look like



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Future workshops – ask participants to talk about the now.

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What would we expect to see?

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From a provider point of view and

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From a client/patient/family point of view



The Now

# Enroll

- Resources in the community
- Existing services
- Referral services
- Family
- Natural helpers
- Holistically

# Next Step

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Who do you call

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How would do you prepare as a provider?

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The first visit?

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Changes that a family can expect to see happening

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Teaching that the provider may be sharing with the family

1 month



- Changes that may occur
- Equipment
- Physical, mental, emotional & spiritual changes
- Progression of illness
- Family responsibility
- Health Care provider involvement
- Death

3 to 6 months

# Amendments to PATHWAY

 Pain assessment – fluid and will change throughout pathway

 Add daily/weekly visits (what those would entail)

 Palliative Care NP/Physician

 Connecting with specialists (Oncology, Pain and Symptom management)

 CADD pump PCA & Training for staff (Nurses)

 Wound care and access to wound care nurse specialists

 Addictions

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Trauma informed care

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Mindfulness

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Discuss medicine wheel –  
losses throughout the lifespan

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Reconciliation (with  
ourselves)

Future  
thoughts

MIIGWETCH,  
THANK YOU,  
MERCİ

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Hali Pitawanakwat, BScN, RN, MEd, MScN PHCNP

[hali73@hotmail.com](mailto:hali73@hotmail.com)