



# Palliative Pathways

Prepared by the Sarnia-Lambton Palliative Care Association

April 2004

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SLPCA

**ANNUAL GENERAL MEETING**

**Monday, June 9, 2004  
McKenzie Blundy  
Funeral Home**

431 Christina Street N.  
7:00 p.m.

Guest Speaker:  
Sandra White

Music Therapist

Dr. Linda Bowring Essay  
Contest Presentation

**NEW MEMBERS  
WELCOME!**

**2004-2005 MEMBERSHIP  
FEES PAYABLE AT THE  
A.G.M. JUNE 9, 2004 OR  
SEND TO THE SLPCA c/o  
the CMHA.**

**See back page for more  
information.**

## NATIONAL PALLIATIVE CARE WEEK 2004

The dates for the 2004 National Palliative Care Week are Monday May 3rd to Sunday May 9th. This week is to celebrate, recognize, and share the achievements of hospice palliative care at the local and national levels.

The past years have given us a number of reasons to celebrate as well as reasons to continue to raise awareness of the need for quality end of life care for every Canadian who needs it. Locally, the Sarnia Lambton Palliative Care Association is working hard to increase awareness.

Current activities include The Dr. Linda Bowring Essay Contest, Seniors Information Fair, Bridges to Health fair exhibit, and community presentations.



**Canadian Hospice Palliative Care Association**

**Association canadienne de soins palliatifs**

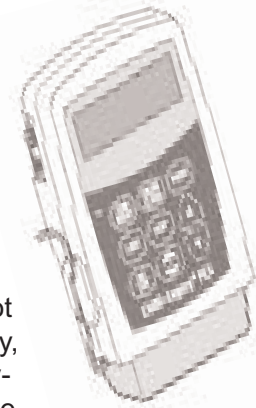
## Lambton County Palliative Pain & Symptom Management Program

***Ann Brignell, Pain & Symptom Management Consultant***

Spring always brings robins and Palliative Care Refresher Day! This year on March 31st Charmaine Jones and Jennifer Cordeiro shared their expertise with us. Currently there are over 30 participants in the Level I Introductory Palliative Care course that ends in May.

We had a very successful first Comprehensive Advanced Palliative Care Education (CAPCE) with 18 successful RNs/RPNs completing the course. One graduate stated "What counts in a course is the difference it makes for the patients/residents/clients we see every work day. CAPCE has helped with that vision of what could/should be." **BE SURE TO WATCH FOR THE CAPCE INFORMATION BOOKLET FOR NEXT YEAR...IT WILL BE ARRIVING IN APRIL.** There are 2 workshops scheduled for April and May on "Pain Assessment and Management" for nurses. There are still some seats in the May workshop. For more information, contact Ann Brignell at [ann@brignell.com](mailto:ann@brignell.com).

## EIGHT NEW CADD PUMPS FOR BLUEWATER HEALTH



**B**luewater Health has been using CADD pumps to deliver pain control to people with chronic pain for over ten years. The Sarnia Lambton Palliative Care Association donated three of the first pumps. These ambulatory pumps, weighing just over a pound, are used to deliver pain medication to patients who can not be controlled by the oral or rectal route. CADD, short for Computer Aided Drug Delivery, allows the patient to receive medication, via a needle into the subcutaneous tissue, giving them medication all the time. It is also called "patient controlled analgesia" because the patient or their family can administer a "demand dose" on top of the continuous infusion, when it is needed. The pump is programmed by the nurse so that the patient can not give themselves any more doses than are ordered. The number of attempts they make to give themselves a dose will be recorded on the pump. If they require more medication than they get, the nurse may ask the physician to increase the continuous dose. The pharmacy supplies a cassette which contains medications such as morphine or hydromorphone, and medications for nausea or severe agitation. It is replaced when empty, every four to ten days. Pumps are used by patients in the hospital and in the community.

The pharmacy had six pumps, but they were ten years old and could no longer be repaired. The Bluewater Health Foundation and the pharmacy department pooled their resources to purchase eight new pumps in 2003. Generous donations to the Hospital Foundation have provided the capital to purchase these pumps, each costing \$5200 before rebates. About twenty patients per year in Lambton County will use these devices. Their use will give patients independence and control - not having to wait for the nurse to come and give them something for pain. Research has shown that people with constant pain get the best pain control when their painkillers are taken around the clock. Continuous pain control means the pain is treated before it has a chance to return. Repeated episodes of pain can lower a person's quality of life. Patients who have no pain are much more alive. We are back in business for the next decade!

Debbie Kafford, Pharmacist,  
Bluewater Health

## COMPASSIONATE CARE BENEFITS

**M**any years of effort by provincial hospice palliative care associations, local programs and services and the Canadian Hospice Palliative Care Association (CHPCA) have started to show results.

On January 4th, 2004 the federal government launched the new Compassionate Care Benefit program.

The government changed Employment Insurance rules, providing up to six weeks of benefits for individuals taking time off work to care for a seriously ill family member.

In March of 2004, the province will introduce compassion legislation to allow Ontarians to take advantage of this extended leave and making them eligible for the new benefit.

As with any new benefit program, issues and concerns will arise and the CHPCA is planning to continually monitor the program and has called for a one year review to address issues that come forth.

For further information contact your local employment office or [www.hrdc.gc.ca](http://www.hrdc.gc.ca).

**NEW!**

## PRESENTATIONS

If your group or organization would like to know more about the Sarnia-Lambton Palliative Care Association, contact Barb Frayne, Education Facilitator, at 519-869-2747 or via e-mail [bfrayne3@cogeco.ca](mailto:bfrayne3@cogeco.ca).

## WHAT ARE ADVANCE DIRECTIVES?

**A**dvance Directives are designed to be used only if a person is unable to make his or her wishes known.

Advance directives are written statements that express in advance a person's wishes about their health care or property. A very common example of an advance directive is a Will. With a will, a person is able to leave specific instructions about what is to be done with his or her possessions or estate after their death. Another type of advance directive is a Power of Attorney, which allows another person to act or make financial decisions on our behalf if we are unable to do such things ourselves. To leave directions about the type of health care we would like in case we are unable to make our wishes known ourselves, we can make an advance health care directive, sometimes referred to simply as an advance directive.

Ideally, each person should make his or her own health care choices. Medical crises do happen, however, and there are times when a person in such a crisis is unable to make his/her decisions known about the kinds of treatment they want or don't want, or, they can lose the capacity to understand the nature and consequences of proposed medical treatment. At this point, critical decisions have to be made by doctors, family members or friends. Without prior knowledge of the patient's wishes, conflicts can arise.

In order to avoid this as much as possible, advance health care directives have come into existence.

There are two important elements about advance health care directives that need to be emphasized:

1. The directive is not meant to substitute an individual's choice if he or she is still competent and able to make their wishes known. It comes into effect only when an individual is incompetent or unable to communicate his or her wishes;
2. Directives will not guarantee that a patient will get whatever he or she requested; it indicates what their choice is if they could speak for themselves.

For more information call 1-888-910-1999 for your copy of A Guide to Advance Care Planning or [www.gov.on.ca](http://www.gov.on.ca).

## HUGS

There's something in a simple hug  
That always warms the heart;  
It welcomes us back home  
And makes it easier to part.

A hug's a way to share the joy  
And sad times we go through,  
Or just a way for friends to say  
They like you 'cause you're you.

Hugs are meant for anyone  
For whom we really care.  
From your grandma to your neighbour --  
Or a cuddly teddy bear.



A hug is an amazing thing --  
It's just the perfect way  
To show the love we're feeling  
But can't find the words to say.

It's funny how a little hug  
Makes everyone feel good;  
In every place and language,  
It's always understood.

And hugs don't need equipment,  
Special batteries or parts -  
Just open up your arms  
And open up your hearts.

Author Unknown

Sarnia-Lambton  
Palliative Care  
Association

c/o  
Canadian Mental Health  
Association  
210 Lochiel Street  
Sarnia ON  
N7T 4C7

For any questions or comments  
about the Palliative Pathways  
Newsletter  
Contact the SLPCA's  
Education Facilitator  
Barbara Frayne  
519-869-2747  
or via e-mail  
bfrayne3@cogeco.ca

We're on the Web!

See us at:  
[www.sarnia.com/groups/slpca](http://www.sarnia.com/groups/slpca)

## A BIG THANK YOU TO:



For demonstrating their support of  
palliative care in Lambton County by  
generously providing the printing of  
this issue of Palliative Pathways.

## MEETINGS

SLPCA

Meetings are open to all SLPCA members and  
members of the community. New members welcome!  
Help make palliative care in our community even  
better - plan to attend!

WHEN: 2nd Monday of every month  
WHERE: VON Sarnia-Lambton  
1705 London Line, Sarnia  
TIME: 4:00 p.m.



COMING SOON!

On-line donations made easy!  
Watch our web site for a link to CanadaHelps.  
[www.sarnia.com/groups/slpca](http://www.sarnia.com/groups/slpca)

## MEMBERSHIP RENEWAL OR NEW MEMBER REGISTRATION

NAME/AGENCY \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
POSTAL CODE \_\_\_\_\_ PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_  
FEE ENCLOSED: \$10.00 (Individual) \_\_\_\_\_ \$20.00 (Agency) \_\_\_\_\_  
RENEWAL MEMBERSHIP \_\_\_\_\_ NEW MEMBERSHIP \_\_\_\_\_

Membership fees are due on June 1st of each year.

*FEES MAY BE PAID BY CHEQUE OR MONEY ORDER AND FORWARDED TO:*

Sarnia-Lambton Palliative Care Association  
c/o Canadian Mental Health Association  
210 Lochiel Street, Sarnia ON N7T 4C7

Please detach and mail to the above address.