



The New Brunswick Hospice Palliative Care Association hosts:

Palliative Care Potpourri: A Mix of Everything

Thursday May 4th & Friday May 5th, 2023

Delta Beauséjour Moncton
75 Main Street
Moncton, NB, E1C 1E6
1-844-496-8551

Registration: <https://nbhpca-aspnb.ca/nbhpca-2023-conference/>
Registration fee: **\$350**. Registration deadline: **Thursday, April 27th, 2023**
Target audience: Nurses, physicians, other healthcare providers, volunteers and others with an interest in palliative care.

Thursday May 4, 2023	Friday May 5, 2023
<p>08:00-08:30 REGISTRATION – NETWORKING – EXHIBITS</p> <p>08:30-08:45 WELCOME AND OPENING REMARKS – INCLUDING MI'KMAQ WELCOME AND PRAYER FROM PEGGY CLEMENT, ELSIPOGTOG FIRST NATION</p> <p>08:45-10:15 UPDATED OPIOID CONVERSIONS! NOT YOUR MAMA'S EQUIANALGESIC CHART! (E) VIRTUAL PRESENTATION Dr. Mary Lynn McPherson, PharmD, MA, MDE, FAAPM. At the end of this presentation the participant will be able to:</p> <ul style="list-style-type: none"> List three reasons why a patient may need to be switched from one opioid regimen to a different opioid regimen. Describe a five-step process for switching a patient from one opioid regimen to a different opioid regimen. Given a simulated patient receiving opioids, calculate an equivalent regimen using a different opioid, and/or route of administration. Recommend a starting dose of methadone for both opioid-naïve and opioid tolerant patients. <p>10:15-10:45 BREAK</p> <p>10:45-11:45 LIVING A QUALITY LIFE WITH ALS: ESSENTIAL ROLE OF PALLIATIVE CARE (E) Dr. Colleen O'Connell, MD FRCPC Objectives:</p> <ul style="list-style-type: none"> Recognize the value of interprofessional palliative care across the continuum of ALS management. Describe the Canadian best practice recommendations for palliative care and end of life supports in ALS. Identify strategies to optimize ALS best practices implementation in New Brunswick. <p>11:45-13:00 LUNCH</p> <p>13:00-14:00 CARE PLANNING AND DECISION MAKING IN FRAILITY: TIPS FOR CLINICIANS (E) Dr. Paige Moorhouse MD MPH FRCPC. Objectives:</p> <ul style="list-style-type: none"> To review central challenges to optimal care planning in frailty. To review the identification and measurement of frailty. To introduce a stepwise approach to decision making in frailty. To introduce the PATH (Palliative and Therapeutic Harmonization) model of care. <p>14:00-14:30 BREAK</p> <p>14:30-15:30 DYSPNEA IN PALLIATIVE CARE (F) Dr. Cynthia Savoy MD, CCFP Objectives:</p> <ul style="list-style-type: none"> Recognize and assess a patient complaining of dyspnea. Establish a treatment plan that addresses underlying causes and symptoms. <p>15:30-16:30 THE ULTIMATE GIFT: ORGAN DONATION FOLLOWING A MEDICALLY ASSISTED DEATH (E) Dr. Colleen O'Connell, MD FRCPC Objectives:</p> <ul style="list-style-type: none"> Review the literature on the emerging practice of organ donation following cardiorespiratory death. Discuss the opportunities, challenges and realities of programs for organ donation following cardiorespiratory death. Reflect on patient and family experiences with planning organ donation with medically assisted death (MAID). <p>16:30-16:45 CLOSING REMARKS</p>	<p>08:30-09:00 REGISTRATION – NETWORKING – EXHIBITS</p> <p>09:00-10:15 LIVING WITH A FATAL DISEASE (E) Sickboy – Jeremie Saunders, Taylor Macgillivray and Brian Stever This presentation will explore:</p> <ul style="list-style-type: none"> How to have a fulfilling life experience with a terminal diagnosis. The reality of life and mortality. A different perspective on communication with patients. <p>10:15-10:45 NBHPCA MEETING</p> <p>10:45-11:15 BREAK</p> <p>11:15-12:15 THE MAPS & TERRITORIES OF GRIEF IN NEW BRUNSWICK: SUPPORTING THE COMPLEXITIES IN 2023 (E) Serena Lewis, BSW, MSW, RSW. This presentation will explore:</p> <ul style="list-style-type: none"> The current territory of grieving in New Brunswick-strengths & challenges. An understanding of how the past few years has impacted patient/ family care. Consideration for mapping our way forward. <p>12:15-13:15 LUNCH</p> <p>13:15-14:15 WHO'S MASK FIRST? – SUPPORTING SELF AND TEAM WELL-BEING (E) Serena Lewis, BSW, MSW, RSW. This presentation will explore:</p> <ul style="list-style-type: none"> The cumulative toll of fatigue, moral distress, and empathic weariness. What does trauma informed practice & psychological safety in our teams mean? Making strides towards a psycho-social-spiritual team approach. <p>14:15-15:15 HOW HAS IMMUNOTHERAPY CHANGED THE LIVES OF ONCOLOGY PATIENTS? (F) Dr. Nicholas Finn BSc, MD, FRCPC This presentation will explore:</p> <ul style="list-style-type: none"> What is immunotherapy, how is it different from chemotherapy. What side effects are common from immunotherapy. What do palliative care providers need to know about immunotherapy? <p>15:15-15:30 CLOSING REMARKS</p> <p style="text-align: center;">Note: (E) – presentation in English (F) – presentation in French Simultaneous translation offered for all sessions</p> <p style="text-align: center;"><i>Evaluations will be accessible through the entire conference. Please remember to save & submit!</i></p> <p><i>In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers through an unrestricted educational grant.</i></p> <p>Educationally approved/co-sponsored by Dalhousie University Continuing Professional Development and Medical Education</p>



CONTINUING PROFESSIONAL DEVELOPMENT & MEDICAL EDUCATION

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Dalhousie University Continuing Professional Development and Medical Education for up to 9.75 MAINPRO+ credits.

As an accredited provider, Dalhousie University Continuing Professional Development and Medical Education, designates this continuing professional development activity for up to 9.75 credit hours as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at: <https://edhub.ama-assn.org/pages/applications>.

Speaker Biographies

Mary Lynn McPherson, Pharm.D., MA, MDE, FAAHPM.

Dr. Mary Lynn McPherson is Professor and Executive Director, Advanced Post-Graduate Education in Palliative Care in the Department of Pharmacy Practice and Science at the University of Maryland School of Pharmacy in Baltimore. is the Executive Program Director of the Online Doctor of Philosophy, Master of Science and Graduate Certificate Program in Palliative Care at the University of Maryland, Baltimore. Dr. McPherson has maintained a practice in both hospice (local and national) her entire career. Dr. McPherson is particularly interested in the safe and effective use of medications in patients with a life-limiting illness, ranging from drug selection, deprescribing, and risk mitigation.

Colleen O'Connell, MD, FRCPC Physical Medicine and Rehabilitation.

Colleen is a specialist clinician researcher in Physical Medicine and Rehabilitation, Director of the Stan Cassidy Centre for Rehabilitation in New Brunswick Canada where she leads the ALS Clinics. She is a past co-chair of the Canadian ALS Research Network where she works with her colleagues in the development and dissemination of best practices in ALS and in building the capacity and accessibility of ALS research in Canada.

Paige Moorhouse MD MPH FRCPC (Internal Medicine and Geriatrics).

Dr. Paige Moorhouse is a Professor of Medicine at Dalhousie University and Senior Medical Director for the Integrated Episodic and Acute Care Network at Nova Scotia Health.

Dr. Moorhouse completed residency training in Internal Medicine and fellowship in Geriatric Medicine at Dalhousie University in 2007. She completed a Master's of Public Health at the Johns Hopkins School of Public Health in 2008. Dr. Moorhouse draws on her clinical experience to inspire her research in clinical care delivery in frailty, end-of-life care, and technology solutions for team-based care.

Dr. Moorhouse is author of several peer reviewed publications on dementia and frailty and is the co-founder of the Palliative and Therapeutic Harmonization Program (PATH), a multi award winning program dedicated to helping patients and their essential care partners make health care decisions that reflect individual values and quality of life. In 2016 she was awarded the Meritorious Service Medal by the Governor General for her work in frailty.

Serena Lewis, BSW, MSW, RSW.

Serena Lewis is a Health & Social Wellness Consultant, Educator and Counsellor living in Nova Scotia.

With over twenty years' experience working in the fields of health- palliative care & mental health, long-term care, education, corrections, and non-profit sectors, Serena provides diverse consultation that helps lead individuals, teams, organizations, and communities in capacity building. A facilitator, and national/ international speaker, she is committed to evidence-informed progress for staff, person and family directed care.

Committed to improving literacy and voice to difficult topics, she engages in compassionate and thought-provoking processes with groups. She believes in starting with the end in sight, both personally and in her professional approach to sustainable change.

Serena holds a master's in social work, is a Registered Social Worker and loves to spend time frolicking on beaches with her Bernese buddy, Loukie.

Dr. Cynthia Savoy MD, CCFP.

Dr. Savoy has been a family doctor for the past 25 years but dreams of doing palliative care full time. She was born in Tracadie NB, moved to BC as an infant then back to Fredericton to meet the family. She did her med school at Université Laval and family medicine through Université de Sherbrooke. She teaches palliative care curriculum to local med school students as well as at the Université de Moncton in nursing. Even in med school Dr. Savoy developed a desire for travel, doing rotations in NB, Quebec, Alberta and in Africa.

One of her greatest joys is to discover new places and cultures with her 2 daughters by her side. Her daughter proofread her bio and added « with her 2 wonderful, amazing daughters »...and Dr. Savoy agrees!

Sickboy.

The trio who makes up Sickboy – Jeremie Saunders, Taylor Macgillivray and Brian Stever – are hilarious, ridiculously insightful and determined to break down the stigmas associated with illness and disease. Sickboy began with the realization that when faced with difficult situations pertaining to health, people tighten up. They tend to get awkward and simply don't know what to say. Taking the lead from Jeremie's lifelong battle with Cystic Fibrosis, the trio helps people understand that sometimes the best way to deal with illness, disease and life is merely laughter. Through the therapy of laughter, we can begin to understand whether sick or healthy, we're all human, and we're all dying. So, let's talk about it.

The podcast was born in a public library recording room. Eventually, it moved into a recording studio, which was funded by a hugely successful Kickstarter campaign. Within a few weeks, Sickboy was among the top-rated podcasts in the country. Five years later, they are a CBC Podcast, using their voices to start conversations and create change in healthcare systems and homes around the world. Their talks are engaging, forward-thinking and hilarious. Let them inspire your audience and blow the conversation wide open today!

Nicholas Finn BSc, MD, FRCPC.

Dr. Nicholas Finn was born in Moncton and grew up in Fredericton NB. He trained in Sherbrooke QC where he earned his medical degree, internal medicine fellowship, and hematology specialization. He then went on to further his studies and earned his fellowship in medical oncology in Halifax NS. He is heavily involved at the Royal College of Physicians & Surgeons within the hematology department. He also plays a strong role in clinical research. He enjoys teaching medical students and residents as a clinical professor for the University of Sherbrooke. In his spare time, he enjoys playing hockey and golf as well as being involved in his children's activities.