

Project Information

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Project Background

- By the year 2020, it is estimated that as many as 39% of LTC residents will die each year in a LTC home.
- These people represent one of society's most frail and marginalized populations who often struggle with managing multiple chronic conditions and social isolation.

Background

- Palliative care is a philosophy and a unique set of interventions that aim to enhance quality of life at the end of life in order to provide a “good death” for people, and their family, when death is inevitable.
- Quality of life at the end of life is understood to be multidimensional and to consist of physical, emotional, social, spiritual and financial domains.
- Most long term care homes do not have a formalized palliative care program that address these needs.

Project Background

- Funded by Social Sciences and Humanities Research Council (SSHRC) for a five year Community-University Research Alliance called: *Quality Palliative Care in Long Term Care Alliance (QPC-LTC)*.
- Includes 30 organizational partners and more than 20 researchers nationally and internationally.
- Involves 4 LTC homes in Ontario;
 - Hogarth Riverview Manor & Bethammi Nursing Home, St. Joseph's Care Group, Thunder Bay;
 - Allendale Long Term Care Home, Milton; and
 - Creek Way Village, Burlington

Overall Goals of the Project

- Improve the quality of life for residents in LTC
- Develop interprofessional palliative care programs
- Create partnerships between LTC homes, community organizations and researchers
- Create a toolkit for developing palliative care in LTC Homes that can be shared nationally
- Promote the role of the Personal Support Worker in palliative care

QPC-LTC Alliance Methods

- Comparative Case studies in each of the LTC Homes
- Quantitative and qualitative research methods: Surveys, Interviews, Focus Groups, Participant Observations, Document Reviews



- Sample Population: Residents, Family members, Physicians, PSWs, RNs, RPNs, Support Services (ie Spiritual Care, Dietary, Housekeeping, Maintenance etc.), Administration, and Community Partners

Alliance Methods

Participatory Action Research

- Rooted in Social Action theory
- Empowers participants to be a part of the change
- The LTC Homes are making their palliative care programs and the research team is there to facilitate and help provide additional resources



Project Progress

- Environmental Scan has been completed in all four LTC homes
- Surveys and interviews are being analysed
- The results have been shared with PSWs, RNs and RPNs
- Interventions are now taking place in all four LTC Homes



Research Timelines

- Year 1 –Environmental Scan in each home to create baseline understanding using CHPCA norms of practice (PC delivery, PC processes, LTC/PC policies, LTC resources).
- Year 2 –Create interprofessional PC teams and identify initial interventions based on evidence
- **Year 3 –4 Develop PC program with PSW and community partners. Ongoing initiation and evaluation of PC interventions (PDSA cycle).**
- Year 5 –Evaluate change and sustainability of changes (repeat environmental scan) . Create evidence based toolkit of successful interventions
- Year 5 onwards –Promote change in policy, practice and education.

This Mornings Agenda

- We will explore:
 1. New LTC Act's implications on PC delivery
 2. Environmental Scan Finding Results in 4 Ontario LTC homes
 3. Possible Interventions LTC homes can Undertake to Enhance PC Delivery