

## Message from the Chairs

The COVID-19 pandemic has revealed significant gaps in our health care system, many of which were already known by those of us working with the frail elderly. But it has also revealed the importance of advance care planning, and why we do the work that we do.

Even in uncertain times, we need to keep moving forward. Our research and our mandate is even more relevant than before. If anything positive has come out of this time, it is the broader realization of the importance of having conversations to communicate wishes for future health care.

We've created a list of ACP resources that have been modified for COVID-19 for each sector to support conversations with colleagues, patients, family and friends.

As we move into our final year of the project, we would like to thank John You for his leadership of the iCAN-ACP project over the past three years. John's collaborative approach and vision have led to so many successes for our teams over the years, and we are all grateful for his hard work and dedication. He has been a role model to many of us on this project and shown us how to support one another in a true team effort. Best wishes as you focus on your hospital career, John!

Stay Healthy,  
Sharon Kaasalainen & Michelle Howard

## COVID-19 ACP Resources



**Ariadne Labs** has compiled a number of resources related to supporting seniors and vulnerable people. These resources can be found at: [covid19.ariadnelabs.org/areas-of-focus/seniors-vulnerable-people/](https://covid19.ariadnelabs.org/areas-of-focus/seniors-vulnerable-people/)

## Advance Care Planning Resources for Primary Care

**The Canadian Hospice Palliative Care Association (CHPCA)** has adapted their Speak Up Canada resources for COVID-19:

[www.advancecareplanning.ca/?\\_ga=2.57559725.608801675.1589979102-2087705341.1589979102](http://www.advancecareplanning.ca/?_ga=2.57559725.608801675.1589979102-2087705341.1589979102)



**Hospice Palliative Care Ontario (HPCO)** has developed Ontario specific tools and resources for Advance Care Planning, Health Care Consent and Goals of Care. These resources are available on the Speak Up Ontario website: [www.speakupontario.ca/](http://www.speakupontario.ca/)

**The BC Centre for Palliative Care** has developed and compiled a number of Advance Care Planning Resources for use during COVID-19 pandemic. These resources are available at: [bc-cpc.ca/cpc/all-resources/covid-19-resources/](http://bc-cpc.ca/cpc/all-resources/covid-19-resources/)

**PlanWell Guide.** PlanWell is a free patient-tool for values clarification and future goals of care decision making. [www.planwellguide.com](http://www.planwellguide.com)

**PREPARE for your Care** is an American web-based Advance Care Planning tool that has been evaluated and shown to be an effective tool for discussing personal planning with patients and their loved ones. PREPARE has developed some COVID-19 tools and resources for patients. For more information visit [prepareforyourcare.org/covid-19](http://prepareforyourcare.org/covid-19)

A **COVID-19 Advance Care Planning Toolkit** which includes patient handouts about substitute decision makers and discussing what matters most in cases of serious illness. Developed by the Department of Family Medicine at McMaster University for primary care physicians. The toolkit can be downloaded from: [hfam.ca/clinical-pathways-and-evidence/covid/advance-care-planning/](http://hfam.ca/clinical-pathways-and-evidence/covid/advance-care-planning/)

**Guide for Patients: How to talk to your loved ones & healthcare team about your wishes & goals if you become sick with COVID-19.** Developed by Dr. Amy Tan, a primary care and palliative care physician in Alberta: [amytanmd.ucalgaryblogs.ca/2020/04/01/acp-in-covid-19-times/](http://amytanmd.ucalgaryblogs.ca/2020/04/01/acp-in-covid-19-times/)



## Advance Care Planning Resources for Long-Term Care

**The Conversation Starter Kit** has been used to facilitate advance care planning with long-term care residents in three long-term care homes in Ontario in our iCAN-ACP study.

The Conversation Starter Kit can be found at:

[theconversationproject.org/wp-content/uploads/2015/09/TCP\\_StarterKit\\_Final.pdf](http://theconversationproject.org/wp-content/uploads/2015/09/TCP_StarterKit_Final.pdf)

An Alzheimer specific version of the Conversation Starter Kit can be found at

[theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf](http://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf)

The authors of the Conversation Starter Kit have developed a document:

**Being Prepared in the Time of COVID-19: Three Things You Can Do Now:**

[theconversationproject.org/starter-kits/](http://theconversationproject.org/starter-kits/)

## Webinar: Palliative Approach to Care in Long-Term Care during COVID-19.

In collaboration with Pallium Canada, Dr. Sharon Kaasalainen who co-leads the iCAN-ACP research in long-term care shared findings from her work with the Strengthening a Palliative Approach in Long-Term Care (SPA-LTC) program: [youtu.be/TVD69RN2o6w](https://youtu.be/TVD69RN2o6w)



## Serious Illness Conversation Resources



## Serious Illness Care Program COVID-19 Response Toolkit.

The evidence-based Serious Illness Care Program developed by Ariadne Labs has been implemented in General Internal Medicine units at four Canadian hospitals in the iCAN-ACP study. It has been adapted for COVID-19: [covid19.ariadnelabs.org/serious-illness-care-program-covid-19-response-toolkit/](https://covid19.ariadnelabs.org/serious-illness-care-program-covid-19-response-toolkit/)

## Recent Publications

Ethical issues in nursing home palliative care (Sharon Kaasalainen): [spcare.bmj.com/content/early/2018/12/18/bmjspcare-2018-001643](https://spcare.bmj.com/content/early/2018/12/18/bmjspcare-2018-001643)

Effect of an interactive website to engage patients in advance care planning in outpatient settings (co-authored by Michelle Howard, Doris Barwich, Amy Tan, Rebecca Sudore, Neha Arora, Doris Barwich, Carrie Bernard and Dawn Elston, Doug Klein, and Marissa Slaven): [www.annfamned.org/content/18/2/110.full](https://www.annfamned.org/content/18/2/110.full)

Influence of clinical context on interpretation and use of an advance care planning policy: a qualitative study (co-authored by Jessica Simon): [cmajopen.ca/content/8/1/E9.full](https://cmajopen.ca/content/8/1/E9.full)

Association between Chinese or South Asian ethnicity and end-of-life care in Ontario, Canada (co-authored by Robert Fowler): [www.cmaj.ca/content/192/11/E266](https://www.cmaj.ca/content/192/11/E266)



Advance care planning among older LGBT Canadians: Heteronormative influences (co-authored by Brian de Vries, Gloria Gutman, Jaqueline Gahagan and Shima Soheilipour): [journals.sagepub.com/doi/abs/10.1177/1363460719896968](https://journals.sagepub.com/doi/abs/10.1177/1363460719896968)

Process mapping to examine how goals of care discussions and decisions about life-sustaining treatments occur on medical wards: A multi-center observational study (co-authored by Dev Jayaraman, Jessica Simon, Peter Dodek, and John You): [www.cjgim.ca/index.php/csim/article/view/344](https://www.cjgim.ca/index.php/csim/article/view/344)

Primary care clinicians' confidence, willingness participation and perceptions of roles in advance care planning discussions with patients: a multi-site survey (co-authored by Michelle Howard, Carrie Bernard, Amy Tan, Doug Klein, Marissa Slaven, Doris Barwich, Dawn Elston and Neha Arora): [www.ncbi.nlm.nih.gov/pubmed/31536615](https://www.ncbi.nlm.nih.gov/pubmed/31536615)

"Supporting shared decision-making about cardiopulmonary resuscitation using a video-based decision-support intervention in a hospital setting: a multi-site before-after pilot study" (John You, Dev Jayaraman, Marilyn Swinton, Xuran Jiang, Daren K. Heyland): [cmajopen.ca/content/7/4/E630.short?rss=1](https://cmajopen.ca/content/7/4/E630.short?rss=1)

Exploring patient-reported barriers to advance care planning in family practice (Carrie Bernard, Amy Tan, Marissa Slaven, Dawn Elston, Daren K. Heyland, Michelle Howard): [bmcfampract.biomedcentral.com/articles/10.1186/s12875-020-01167-0](https://bmcfampract.biomedcentral.com/articles/10.1186/s12875-020-01167-0)

The relationship between caregivers' perceptions of end-of-life care in long-term care and a good resident death (co-authors Tamara Sussman, Sharon Kaasalainen): [www.cambridge.org/core/journals/palliative-and-supportive-care/article/relationship-between-caregivers-perceptions-of-endoflife-care-in-longterm-care-and-a-good-resident-death/35FF5C78421AC86FDB0D4E1BC62D8E27](https://www.cambridge.org/core/journals/palliative-and-supportive-care/article/relationship-between-caregivers-perceptions-of-endoflife-care-in-longterm-care-and-a-good-resident-death/35FF5C78421AC86FDB0D4E1BC62D8E27)

## Related Articles

Moral distress: let's take this time to help the helpers during Nurses Week (Sharon Kasaalainen): [www.pressreader.com/article/281741271606617](http://www.pressreader.com/article/281741271606617)

"Goal-concordant care – searching for the holy grail" a perspective article by Scott Halpern published in the New England Journal of Medicine, October 24, 2019: [www.nejm.org/doi/full/10.1056/NEJMp1908153](http://www.nejm.org/doi/full/10.1056/NEJMp1908153)

## iCAN-ACP Podcasts

**The Diversity Access Team:** Dr. Brian de Vries discusses evaluating advance care planning tools for ethnic and social minorities. (December 20, 2019)

**Advance care planning in primary care:** Dr. Carrie Bernard presents a family doctor's perspective. (January 20, 2020)

**The Serious Illness Care Program:** Dr. Jess Simon and Dr. Fiona Dunne talk about working in palliative medicine and how the Serious Illness Care program is helping clinicians have better conversations with patients and families. (March 3, 2020)



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[icanacp.ca](http://icanacp.ca)

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**Canadian  
Frailty  
Network**

**Réseau canadien  
des soins aux  
personnes fragilisées**

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