

Palliative Care Clinical tools and Resources for Health Care Providers

Common Palliative Care Assessment/Screening Tools:

The Canadian Problem Checklist

The Screening for Distress Toolkit Working Group developed The Canadian Problem Checklist to screen for distress; including psychosocial, practical, and physical concerns. It can be used with the ESAS-r to ensure a more comprehensive screening for distress.

<https://www.cpd-umanitoba.com/wp-content/uploads/2016/12/ESAS-Canadian-Problem-Checklist.pdf>

Edmonton Symptom Assessment System – Revised (ESAS-R)

The ESAS-r is a validated assessment tool designed to assess nine common symptoms experienced in advanced life-limiting illness. The ESAS-r uses a numerical scale to capture the patient's subjective experience of a symptom, at a specific point in time. The ESAS-r adequately screens for emotional and physical concerns but does not capture practical concerns. Therefore, it is recommended to include The Canadian Problem Checklist for a more comprehensive distress screening.

<https://yukon.ca/en/edmonton-symptom-assessment-system>

YGLearn learning tutorial:

Copy and past the following URL into google chrome: <https://yglearn.gov.yk.ca/palliative-care#/>

O-V Symptom Assessment Acronym

New or changing symptoms identified using the ESAS-r screening tool can be further assessed using the O-V symptom assessment acronym

https://www.fraserhealth.ca/-/media/Project/FraserHealth/FraserHealth/Health-Professionals/Professionals-Resources/Hospice-palliative-care/SymptomAssessmentRevised_Sept09.pdf

Pain Assessment in Advanced Dementia (PAINAD)

The PAINAD was developed to assess pain in patients who are cognitively impaired, non-communicative, or suffering from dementia and unable to use self report methods to describe pain. Observation of patients during activity records behavioral indicators of pain: breathing, negative vocalization, facial expression, body language, and consolability. The primary

population for use of the PAINAD is the adult patient with dementia who is unable to self report pain level.

https://www.northernhealth.ca/sites/northern_health/files/health-professionals/palliative-care/documents/painad-assessment.pdf

Palliative Performance Scale version 2 (PPSv2)

The Victoria Hospice Palliative Performance Scale (PPS, version 2) is a communication tool designed to allow health care professionals to measure functional status in advanced life limiting illness based on five observable parameters: ambulation, ability to do activities, self-care, food/fluid intake, and consciousness level. The PPS provides a framework for measuring progressive decline over the course of illness and appears to have some prognostic value.

<https://victoriahospice.org/wp-content/uploads/2019/12/PPSv2-English-Sample.pdf>

YGLearn learning tutorial:

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Psychosocial Assessment in Palliative Care

The psychosocial assessment is focused more on the significance and functioning of the patient in relationship to themselves, others and their environment. The assessment should ascertain how quality of life is defined and experienced by the patient. Ideally it should identify their goals, barriers to achieving those goals and strengths available to overcome and/or adapt in the presence of constant change. See The Victoria Hospice Psychosocial Assessment for an example

https://victoriahospice.org/wp-content/uploads/2019/07/psychosocial_assessment_tool_sample.pdf

Supportive and Palliative Care Indicators Tool (SPICT)

The SPICT is a simple screening tool used to help health care providers identify who may benefit from palliative care early in their illness. The SPICT does this by screening for general indicators of poor or deteriorating health and clinical signs of life-limiting conditions.

<https://www.spict.org.uk/the-spict/>

Resources for Health Care Providers

Palliative Care Interdisciplinary Competency Framework & skills self-assessment

The Canadian Interdisciplinary Palliative Care Competency Framework was developed by an extensive network of palliative care experts and stakeholders, Health Canada and the Canadian Partnership Against Cancer to help health care providers build palliative care capacity and competency across Canada. The framework includes discipline-specific self-assessment tools and education resources to help care providers and policy-makers assess competencies, identify learning needs and monitor progress toward providing high-quality palliative care in multiple settings.

<https://www.partnershipagainstcancer.ca/topics/palliative-care-competency-framework/self-assessments/>

B.C. Inter-Professional Palliative Symptom Management Guidelines

These best practice guidelines are intended for inter-professional clinicians working with adults living with advanced life-limiting illness. Available in both interactive and printable versions.

<https://bc-cpc.ca/cpc/publications/symptom-management-guidelines/>

Canadian Home Care Association Community-Based Palliative Care

<https://cdnhomecare.ca/operational-excellence-in-home-based-palliative-care/>

Canadian Virtual Hospice

https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

Canadian Hospice Palliative Care Association Standards and Norms of Practice

<https://www.chpca.ca/resource/norms>

Living my Culture <https://livingmyculture.ca/culture/>

National Framework on Palliative Care <https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html>

Strengthening a Palliative Approach in Long-Term Care (SPA-LTC Project)

<https://www.chpca.ca/knowledge/strengthening-a-palliative-approach-in-long-term-care-spa-ltc-project/>

Advance Care Planning:

Advance Care Planning Canada

Information for individuals and health care providers about advance care planning, including toolkits, workbooks, guides and resources. Affiliated with the Canadian Hospice Palliative Care Association, <https://www.advancecareplanning.ca/>

Advance Care Planning in Canada: Resource Guide for Home and Community Care Providers

<https://www.advancecareplanning.ca/resource/acp-resource-guide-for-home-and-community-care/>

Coming Full Circle: A booklet developed by and for indigenous people about Advance Care Planning.

<https://livingmyculture.ca/media/3831/planning-for-your-care-large-print.pdf>

<https://livingmyculture.ca/media/3831/planning-for-your-care-large-print.pdf>

Essential Conversations: A Guide to Advance Care Planning in Long-Term Care Settings, including webinar <https://www.advancecareplanning.ca/resource/essential-conversations-a-guide-to-advance-care-planning-in-long-term-care-settings/>

Serious Illness Conversation Guide <https://www.bc-cpc.ca/all-resources/hcp-resources/serious-illness-conversations-resources/>

Adapted Serious Illness Conversation Guide (Adapted version by First Nations Health Authority and the BC Centre for Palliative Care to reflect cultural safety) <https://www.bc-cpc.ca/wp-content/uploads/2021/03/FNHA-BC-Centre-for-Palliative-Care-Preparing-for-a-Serious-Illness-Conversation-Guide.pdf>

Yukon Advance Directives

A legal tool designed to help individuals appoint a health care proxy and record their health care wishes should they become incapable of expressing them. Phone: 456-6800, email: advancedirectives@yukon.ca or information and forms are available online at <http://www.hss.gov.yk.ca/adultdecisionmaking.php>.

2SLTBTQ+ Resources

Virtual Hospice: Online resources, information and tools for people who identify as Two-Spirit and LGBTQ+ (2SLGBTQ+) and who are facing advanced illness, frailty, caregiving, and grief. This information is also helpful for allies, people working in healthcare and education and communities. <https://www.virtualhospice.ca/2SLGBTQ>

Information about Medical Assistance in Dying (MAiD)

Thinking about a medically assisted death (MAiD) can bring up questions and deep feelings for everyone involved: the person considering MAiD, family, friends, and healthcare providers. Find answers to common questions, plus information about how MAiD works, and about its emotional impacts. <https://www.virtualhospice.ca/maid/>

<https://yukon.ca/en/health-and-wellness/find-information-about-medical-assistance-dying>



Looking for more resources?

Contact the Yukon Palliative Care Resource Team at palliativecare@yukon.ca or (867)667-9380 for current education offerings, resources and tools.