

TR TALK TUESDAY – Palliative Care Key Takeaways and Resources

Thank you to everyone who joined us for our TR Talk Tuesday – Palliative Care video conference!

This document includes the key takeaways and all the great resources and ideas that were shared by our TR attendees.



TR Talk Tuesday – Palliative Care
April 28, 11:30 am
Meeting login info at
www.trontario.org

Link to video recording

transcripts.gotomeeting.com/#/s/84d99e421add4d8c53e32038998afbcf55bbe5e514e22004164a3e61b8a85d00

You might also want to check out resources from our past sessions:

[TR Talk Tuesday Long Term Care \(March 31\) – Tips and Resources](#)

[TR Talk Tuesday Mental Health – Tips and Resources](#)

[TR Talk Tuesday Children & Paediatrics – Tips and Resources](#)

[TR Tuesday Community-based TR & Dementia Care – Tips and Resources](#)

[TR Talk Tuesday LTC \(Apr 21\) – Tips and Resources](#)

More information about future TR Talk Tuesday sessions [here!](#)

#Weareallinthistogether #TRforAll #TRTalkTuesdayPalliativeCare

KEY TAKEAWAYS

Program/service delivery that has changed in response to COVID-19

- Smaller program sizes to adhere to social distancing rules
 - Most facilities use groups of 4-5 residents accompanied by 1 supervisor
- Programming changes: [Skype](#) calls, 1 to 1 visits, poster making, letter writing, etc.
- Family mail program (family can drop off non-perishable items that sit for 72 hours and are then able to be given to the residents)

Challenges/changes to TR roles

- Taking over new duties as needed (i.e. monitoring feeding, conducting [Skype](#) calls, 1 to 1 visits, front-door screening and monitoring, cleaning shared equipment, hair/nail care)
- Some facilities are experiencing reduced staff and others have doubled their staff

Strategies to maintain social distancing rules

- Tray tables in dining room set up 6 feet apart
- Security personnel to enforce distancing rules
- Window visits – trouble with too many families coming at once and can be confusing for residents
- Car parades – can be good at some facilities but can cause residents and staff to cluster near windows, creating an issue. Check to see what your facility recommends

Mother's Day

- Check to see what your facility recommends!
 - Some facilities are asking families not to send flowers, conduct window visits, or parades
- Letters sent ahead of time (wait 72 hours before being brought into home)
- Recommendations: virtual visits, letters, emails (can be printed and read to residents)
- TRO will be creating an infographic to be distributed online to demonstrate best practices for Mother's Day celebrations during this time

Pleasant surprises

- TRs are coming together as a team during this time
- Generous donations are being made (i.e. technology, meals, etc.)
- Learning new technologies that can be used in the future

TR self-care

- Accept your emotions whatever they may be
- Activities: yoga, nature walks, deep breathing, spiritual practice, connect with family, virtual painting

RESOURCES

Video call platform

[Skype](#)

Self-care

[GGSC Self-compassion break](#)

[CLRI mini-webinars](#)

Words for communication at end-of-life in LTC

[Journal of Palliative Medicine](#)

COVID-19 articles

[HPCO](#)

Psychosocial and spiritual support for healthcare workers

[TRO's COVID-19 Resources page](#)

Includes self-care resources