

ADVANCING PALLIATIVE MEDICINE IN CANADA

CANADIAN SOCIETY OF PALLIATIVE CARE PHYSICIANS

JULY 30, 2013

Vancouver was wonderful! It was great to spend time with so many fabulous colleagues and friends, new and old. The large number of conference attendees were treated to an unparalleled Keynote by Dr. Diane Meier, which challenged all to continue to push the boundaries of Palliative Care. There were multiple high-caliber educational sessions, and a thought-provoking panel that featured the Honourable Sharon Carstairs, Sharon Baxter from CHPCA, and Dr. Kent Stobart representing the Association of Faculties of Medicine of Canada.

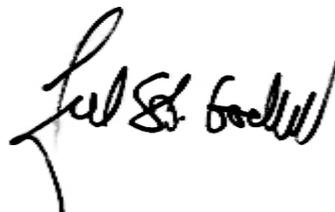
The facility was tremendous, the refreshments and meals hearty, healthy, and plentiful; and the gala was a great evening of socializing and dancing.

Kudos to the organizing committee! Way to go, and way to set the bar high for next year's event.

There were many high-points, and one could not help noticing the passion with which so many discussions were being undertaken.

In his animated talk, Fraser Health's Dr. Bashir Jiwani suggested that one's integrity is commensurate with the degree to which he or she "walks his or her talk," and that the way to know one's "talk" is to engage in dialogue, to converse with others, and thereby open oneself to other viewpoints, and thus to change.

We are privileged to be part of this organization, and should take pride not only in the work we do, but in the incredible ongoing conversations in which we remain engaged, as we each in our own ways, aspire to walk our respective "talks."



Ted St. Godard, Editor

HIGHLIGHTS, JUNE 15 AGM, & BOARD MEETINGS JUNE 11—13, 2013

The urgent need for CSPCP to articulate who we are and what we represent came into sharper focus for us during our Board Meetings as on June 12, 2013, Bill 52 was tabled in the Quebec legislature. With its proposal that "medical aid in dying" (euthanasia) is part of the continuum of good palliative care and is the right of all Quebecers who have a terminal illness it will, if this Bill is passed, substantially change the context in which the work and the implications for Palliative Care physicians are huge. This led to an important debate about the role of CSPCP. As an outcome we contributed to a press release with the CHPCA, wrote a press release of our own and also hosted a press conference. Essentially our message was that :

- Euthanasia is NOT part of palliative care.
- We need to address lack of access to palliative care services and the fears of the public in relation to dying; and
- Education for physicians and other health care providers regarding end of life care is an urgent priority.

A huge thank you to Carolyn Schulz (of Edelman Public Relations) and Vanessa Sherry, CHPCA Communications Officer for helping us through our first major "media" exposure. Looking ahead we plan to continue to contribute to this important discussion with representation on the CHPCA Working group on this topic; improved linkages with our members in Quebec; and participation in the Special Session on End of Life Care at the Canadian Medical Association (CMA) meetings in August.



STRATEGIC PRIORITIES

Here is an overview of our strategic priorities for this next year. Our strategic plan will be posted on the new website when it is available but here are some highlights:

Priority #1: Education

Advancing the quality and value of palliative medicine education in Canadian medical schools at the undergraduate and postgraduate level and for the practicing physicians is “core business” for the Society.

- **Undergraduate Education:** To follow-up on our very successful pre-conference forum hosted by Dr. Bernard Lapointe and including Dr. Sharon Carstairs, Sharon Baxter (Executive Director CHPCA) and Dr. Kent Stobart from the Association of Faculties of Medicine of Canada (AFMC), CSPCP has submitted a motion to the Canadian Medical Association General Council meeting in August to suggest we need a strategy urgently to address gaps in undergraduate education. A report summarizing the recommendations from the Forum will be circulated shortly. Dr. Anne Boyle is the new Chair of this Committee. Thank you to Bernard Lapointe for leading this Committee so ably.
- **Postgraduate Education:** Also thanks to Dr. Leonie Herx for chairing this Committee and to Dr. James Downar for agreeing to take it on for the future. Drs. Cori Schroder and Deb Dudgeon continue to lead the charge at the Royal College as Co-Chairs of the Conjoint Advisory Committee and CSPCP Subspecialty Working group regarding the subspecialty application and Dr. Romaine Gallagher and now Dr. Dori Seccareccia provide leadership at the College of Family Physicians of Canada (CFPC), chairing the Palliative Care Committee. There have been many setbacks but we continue to be hopeful that the Royal College subspecialty will be approved. We are also continuing to work with the CFPC to develop and promote the Certificate of Added Competency.
- **Continuing Professional Development (CPD):** A huge thank you to the Planning Committee for the Vancouver Conference. Great job! We look forward to another great conference next year. Thanks to Dr. David Henderson who has done a stellar job leading this Committee with Dr. Romaine Gallagher as co-chair; to Dr. Ted St. Godard for taking on the Board the Board Co-Chair role and to Dr. Jeff Myers who will be the Co-Chair to plan next years Toronto Conference.

Priority #2: Member Engagement and Communication

We have talked about the creation of interest groups to increase opportunities for collaboration and networking among members with more defined interests—e.g. rural/remote physicians, physicians working in ICU or Critical Care settings, International Palliative Care, Pediatric Palliative Care, academic physicians, researchers, to name a few. Dr. Jessica Simon is starting a group for FRCP grads and Dr. Leonie Herx, Hal Siden and others have brought together a Pediatric group. We value your feedback on how to make CSPCP more responsive and relevant to your needs. Building a broader membership base will also help ensure that we have the revenue we need to finance the work of the Society. **Contact us if you want to start an INTEREST GROUP.**

Priority #3: Building infrastructure and developing partnerships

We are exploring funding and partnership opportunities to ensure our administrative, communication and coordination needs are met to support the Board in its governance functions.

Priority #4: Advocacy

Currently we have effective partnerships with the Canadian Hospice Palliative Care Association (CHPCA) in the area of advocacy around the issues of Euthanasia/Physician Assisted Suicide and Palliative Sedation and are also active in the Quality End of Life Care Coalition (QELCC) as well as the *Way Forward Initiative* promoting new community-integrated palliative care models across Canada. We are exploring more active partnerships with the Canadian Medical Association, Canadian Virtual Hospice and Pallium Canada. *(continued on next page)*

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This was the twentieth year of the Canadian Society of Palliative Care Physicians (CSPCP). **Dr. Larry Librach** as the **recipient of the 2013 Eduardo Bruera award** is an example of those who pioneered and laid foundations in the areas of clinical practice, service delivery, research and education. Thank you for your example, your advocacy, and for your leadership. We honor you. Next year at the Annual Conference we hope to celebrate our “Coming of Age” (21 years) and the many people who have contributed to the Society over the past 20+ years. A small “Legacy Committee” has been established to coordinate this. Mike Harlos is leading this—if you are interested in being involved please contact him: mikeharlos@me.com.

In closing, we have a dynamic and committed Board from across Canada representing different practice settings. Thank you to exiting Board members Drs. Ingrid de Kock (Edmonton); Ken Stakiw (Saskatoon); and Geoffrey Spry (Nanaimo) and welcome to Drs. Leonie Herx (Calgary); Jeff Myers (Toronto) and welcome back to Paul Daeninck. There is huge demand for our knowledge and skills. CSPCP is committed to being a credible voice for the needs of physicians as well as the patients and families we serve. Our leadership and commitment will ensure that the right care is delivered to the right people at the right time and that all physicians caring for these patients have the knowledge, skills and attitudes required to ensure a quality patient centered outcome. Our practice wisdom, our skills, our philosophy of care are sorely needed within our health care system at this time. We have been successful in making people aware of the needs of this population in just one generation and we look forward to a future in which we can truly say that we built capacity for quality care and that every person caring for the dying will have the competencies required to ensure appropriate supports for the journey as well as a quality finish. Margaret Mead: *“Never doubt a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”* Join us—it will require the best we all have to offer.

Dr. Doris Barwich, President, CSPCP

BOARD OF DIRECTORS & EXECUTIVE 2013/2014



Dr. Doris Barwich CCFP, President

Doris started in Palliative Care initially in St. Luke’s Hospice in Cape Town, South Africa after several years as a family physician. Returning to Canada she completed her fellowship in Palliative Care in Ottawa and then moved out to BC in 1993. Since 2001 she has been the Program Medical Director for End of Life Care and Hospice Palliative Care services in Fraser Health, BC. She has been involved in various regional, provincial and national initiatives in Palliative Care and Advance Care Planning. She enjoys travel and time with grandchildren and friends.



Dr. Susan MacDonald, CCFP, President-elect

Susan started in Palliative Care as a Public Health Nurse in 1985. Subsequently she completed her medical degree, family medicine training and two fellowships in Palliative Care. Since 1998 she has worked as a Palliative Care Consultant in St. John’s Newfoundland. Currently she is the Medical Director of Palliative Care for Eastern Region. She has been an active member of the Board since 2006. In her spare time she is an award winning author of Young Adult Science Fiction.

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Dr. Bernard Lapointe, CCFP, Secretary

Bernard is the Eric M. Flanders Chair of Palliative Medicine at McGill University, and the Chief, Palliative Care Division at St. Mortimer B. Davis Jewish General Hospital in Montreal. He is past-President of the Palliative Care Association of Quebec, and of the Canadian Palliative Care Association, and a member of the International Hospice and Palliative Care Association. In 2012, Bernard was awarded The Diamond Jubilee Medal in recognition of his contribution to Canada. He is a voracious reader, a gastronome, and he has had successful showings of his photography.



Dr. David Henderson CCFP, Treasurer

The Medical Director of Colchester East Hants Palliative Care Program, Truro, Nova Scotia since January 2004, Dave grew up in Saint John, New Brunswick, and went through medical school and residency at Memorial University in Newfoundland. American Board certified in Hospice Palliative Care, Dave has worked in both the United States and Canada. He is a father of four, and enjoys kayaking and fishing with his family.



Dr. Valerie Schulz FRCP

Valerie is an anesthesiologist, intensivist, and Palliative Care Consultant at London Health Science Centre. Her consultant work sees her active on the wards, in the Cancer Clinic, in the community, and in the ICU and dialysis units. She places a great emphasis on education, and is active locally and nationally on this front. Her current foci are palliative care on heart failure teams, and palliative care as a public health issue. A recipient of the Award of Excellence from the OMA Section on Palliative Medicine, 2013, Valerie adores her family, and when not working enjoys water related activities.



Dr. Ted St. Godard CCFP

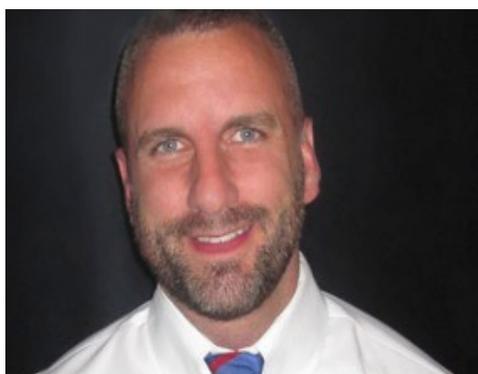
Ted is a Consulting Physician with the Winnipeg Regional Health Authority Palliative Care Program. A relative late-corner to medicine, he has a background in Religious Studies and Psychology. He has a wife, a son, and two Wheaten terriers. Ted loves reading and writing, and listening to and making music. Although he prefers Neil Young to Bob Dylan, the Stones to the Beatles, and Starbucks to Time Hortons, he generally abhors binaries.

NEW BOARD MEMBERS



Dr. Jessica Simon FRCP

Jessica is a Palliative Consultant and works part-time as a physician consultant to Advance Care Planning: Goals of Care in the Calgary Zone of Alberta Health Services. She is also a research and interim Division Head for the Division of Palliative Medicine, University of Calgary. Hailing from the UK, she has lived in Canada since 2001 and still begrudges the long winters. She and her husband Greg have two wonderful kids in elementary school.



Dr. Jeff Myers CCFP

Newly elected to the Board, Jeff is Head of Sunnybrook Health Science Centre's Palliative Care Consult Team as well as the Toronto-Central Regional Lead for Cancer Care Ontario's Provincial Palliative Care Committee. In 2012 he was appointed Head of University of Toronto's Academic Division of Palliative Care within the Department of Family and Community Medicine in addition to being named the W. Gifford-Jones Professor in Pain and Palliative Medicine.



Dr. Paul Daeninck FRCP

Re-elected to the Board, Paul is a long-serving member of the CSPCP, and is a past-President. A medical oncologist with CancerCare Manitoba, and a Consultant with the Winnipeg Regional Health Authority's Palliative Care Program, Paul has authored multiple research papers and textbook chapters, and when not working he and his wife are pleasantly occupied these days visiting their two children, each of whom is a speed skater training at Calgary's Olympic Oval.



Dr. Leonie Herx CCFP

Leonie is newly elected to the Board. She is a Consultant in pediatric and adult palliative care in Calgary, Alberta. Her areas of interest are education, professional development and palliative medicine for children, youth and young adults. Leonie did her MD-PhD program in Calgary and is originally from Nova Scotia. Leonie, her husband and five children love to spend their free time hiking, kayaking and skiing the slopes around Fernie, BC.

STANDING AND AD HOC COMMITTEES

Communications

Ted St. Godard, Chair

Continuing Professional Development

Ted St. Godard, Chair

David Henderson

Subspecialty Working Group

Co-Chairs: Deb Dudgeon and Cori Schroder

Post-grad Education Committee

Chair James Downar

Under-grad Education Committee

Chair Anne Boyle

PAS/Euthanasia Committee

Co-Chairs: Susan MacDonald and David Henderson

HAVE A SPECIAL INTEREST?

Jessica Simon has enthusiastically begun a Special Interest Group for FRCP trained Society members. Let's think of other such collectives of like-minded folks, and see what we can develop.

Obvious other "SIGs" might be, for example, rural docs, those with a strictly part-time focus, those who do paediatrics, those with a particular interest in non-malignant disease. These are of course just ideas. Any other thoughts?

KEEP IN TOUCH

Let us know of interesting activities related to your work and that of the Society. Suggestions for e-brief items are welcome.

Contact: Ted St. Godard— tstgodard@gmail.com

SUMMER READS....

Whole Person Care: A New Paradigm for the 21st Century, ed. Tom Hutchinson. 2011. With a forward by Balfour Mount, this little book encapsulates what we now mean when we say Palliative Care. (See McGill's Programs in [Whole Person Care](#))

The Nature of Healing. Eric Cassell. 2013. An elaboration upon themes Cassell has been writing about for decades. Not a lot new, but worth reading.

Past-president and outgoing board member **Ingrid de Kock**, with **Bernard La Pointe** at the Vancouver gala.




Organization

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PALLIATIVE CARE PHYSICIANS

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Our thoughts are with members and families affected by the recent flooding in Calgary and Southern Alberta.

Donate at 1-800-418-111 or at:

www.redcross.ca

WATCH FOR THE NEW WEBSITE!!!

IT HAS TAKEN AN INCREDIBLE AMOUNT OF WORK, AND WE ARE PROUD TO ANNOUNCE THAT THE NEWLY REVAMPED CSPCP WEBSITE WILL BE OPERATIONAL SOON. THANK-YOU FOR YOUR SUPPORT AND PATIENCE.



Next year our Society turns 21! 10th Annual Advanced Learning in Palliative Medicine Conference in Toronto, 2014. We will have an exciting program and hope to see you all there! Stay tuned...

"Lego" on the sea wall; Vancouver

