

## Introduction

This document was created through research conducted by the Quality Palliative Care in Long Term Care (QPC-LTC) Alliance that includes four long term care homes, 30 researchers & knowledge brokers and 50 community organizational partners. We would like to thank the managers and staff at Bethammi Nursing Home and Hogarth Riverview Manor for their enthusiasm and commitment to creating this palliative care program innovation.

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[www.palliativealliance.ca](http://www.palliativealliance.ca)

This brochure was created by the  
Bethammi Nursing Home and  
Hogarth Riverview Manor  
Palliative Care Teams  
with the assistance of the  
Quality Palliative Care in Long Term Care  
Alliance



# Palliative Care Definitions



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## Palliative Care

### What is a Palliative Approach?

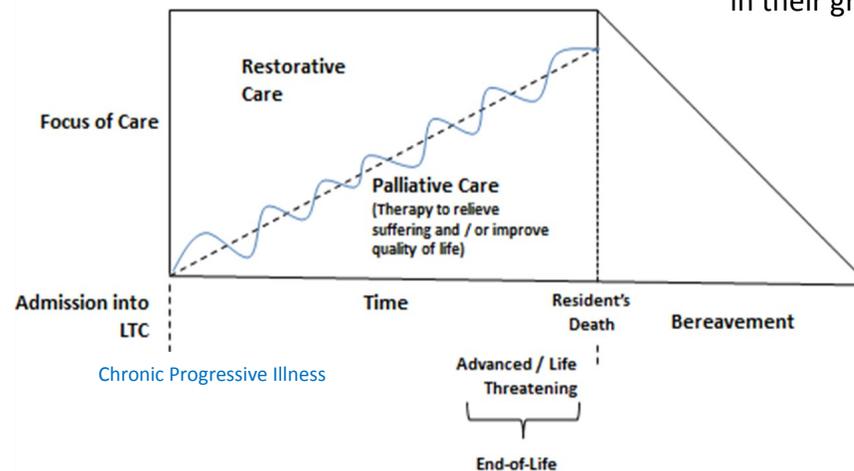
A *Palliative Approach* is resident-centred care, within the long-term care home, that aims to relieve suffering and improve the quality of life for a resident and his or her family. A *palliative approach* should be implemented when death of a resident would be expected within the next year. A plan of care that has a *palliative approach* would address the physical, psychological, social, spiritual and practical issues of both the resident and family and continues to provide support into bereavement.

Generally, palliative care:

- begins when a resident has a chronic or an illness that cannot be cured
- emphasizes quality of life of the resident and symptom control
- requires an interdisciplinary approach
- focuses on resident centered care and holistic care

### When can a Resident benefit from Palliative Care?

All residents can benefit from the philosophies of palliative care. However, residents that family and staff would not be surprised if they die within the next year, have a greater need for this type of care. A palliative approach can be implemented along with restorative care. The graphic shows that when a resident enters long term care he / she could begin to form palliative goals of care. As the resident continues to live in long term care, the focus of the care becomes more palliative until the resident's death.



## End-of-Life Care

### What is End-of-Life Care?

*End-of-Life Care* is the final stage of the palliative approach. It is considered to be the final stage of the journey of life. The resident is expected to die within the near future (months, weeks, days).

End-of-Life Care occurs when:

- death is inevitable
- there is a short expectancy (months/weeks/days)
- care is focused on supporting patient and family choices
- families, residents, and staff are supported in their grief and loss