

Welcome to the HPCO On-Demand Learning Hub

for Interdisciplinary Staff of Long-Term Care Homes and Community Support Services (CSS) located within the Ontario Health Toronto region

HPCO's online Learning Hub offers self-paced, on-demand training for interdisciplinary staff of LTC homes and CSS organizations in Toronto.

The Learning Hub offers timely continuing education allowing flexibility for busy professionals and growing organizations. Learners can access high-quality, expert-led hospice palliative care education and training sessions from anywhere with an internet connection, and they can learn at a time and pace that suits their schedule.

The Learning Hub is offered free of charge for individuals working at a Long-Term Care Home or Community Support Service Organizations within the Toronto region. An account is required.

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Current Offerings:

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 - Integrating a Palliative Approach 101
 - Integrating a Trauma-Informed Approach to Care
 - Improving Care at End-of-Life Addressing the Need for Culturally Safe-r Care for Indigenous Peoples
 - Ethics in Palliative Care 3-Part Series

Lightning Talks

The Palliative Care Lightning Talks series includes 15-minute sessions on various palliative care topics for members of interdisciplinary teams working in long-term care or community support services organizations. The sessions are designed to provide brief, focused information that team members can immediately apply to their practice.

- [Understanding the Difference Between Palliative and End of Life Care](#)
- [Earlier Identification for the Palliative Approach to Care](#)
- [Dementia: A Terminal Diagnosis?](#)
- [Symptom Management – Dyspnea](#)
- [Symptom Management – Opioid Induced Neurotoxicity](#)
- [Terminal Secretions at End of Life](#)
- [When Families Say “Do Everything”](#)
- [Common Signs & Symptoms at End of Life](#)
- [Goals of Care](#)
- [Symptom Management: Pain](#)
- [Symptom Management: Pain Medications, and PRN Use](#)
- [Symptom Management: Decreased Appetite and Involuntary Weight Loss](#)
- [Palliative Approach and the Language we Use](#)
- [Early Identification/Gold Standards Framework](#)
- [Model of Care: Adults in Community and Palliative Care Competency Framework](#)
- [Caring for You!](#)

Palliative Talks Podcast Series

Hosted by Kath Murray, the Palliative Talks podcast invites guests to discuss palliative care and a palliative approach to care. Guests provide suggestions for small actions that front-line care providers can take to make a big difference in the lives of those they care for.

- [Ep 1: Introducing Kath Murray, the Host of Palliative Talks](#)
- [Ep 2: A Compassionate Conversation with Philip Larkin](#)
- [Ep 3: Relational Care and the Palliative Approach with Dr. Ben Robert](#)
- [Ep 4: Seeing the Whole Person: A Palliative Lens with Rami Shami](#)
- [Ep 5: Small Shifts, Big Impact with Dr. Daphna Grossman](#)
- [Ep 6: The Beautiful Work of Palliative Care: A Conversation with Mahoganie Hines](#)
- [Ep 7: Keys to Person-Centered Palliative Care with Nadine Valk](#)
- [Ep 8: Moments That Matter: Integrating a Palliative Approach in Long-Term Care with Nadine Persaud](#)
- [Ep 9: Talking About Death: Compassionate Care in Action with Kathy Kortez-Miller](#)
- [Ep 10: Integrating Lessons Learned in the Pandemic to a Palliative Approach to Care with Françoise Mathieu](#)
- [Ep 11: Sustaining Change: Practical Strategies for Palliative Care with Nadine Valk](#)
- [Ep 12: Caring for the Carer: Trauma, Healing, and the Power of Presence with Eugene Dufour](#)

On-Demand Webinars



Integrating a Palliative Approach 101

Facilitated by: Danielle Just, BSc, MHLP, PhD

Overview: Understanding the concept of the palliative approach to care is important to all health care workers in all sectors, particularly in Long Term Care (LTC) and Community. This session will help to introduce the palliative approach, and give practical suggestions as to how to integrate it into their own practice setting.

Learning Outcomes:

- Examine the philosophy of palliative care, and concept of the palliative approach to care for anyone with life-limiting illness
- Reflect on how this may or may not be currently incorporated into their practice settings
- Identify ways to champion a palliative approach to care in their setting



Integrating a Trauma-Informed Approach to Care

Facilitated by: Rami Shami, Palliative Care Consultant

Overview: This session will be beneficial for those who have some basic knowledge and experience with conversations with those who are dying and their families. The session will focus on responding to questions and initiating difficult conversations with patients/clients and families as they approach end-of-life.

Learning Outcomes:

- Identify some of the more difficult situations health care providers face when taking part in therapeutic conversations at end-of-life
- Discuss strategies, conversation starters and principles for accompanying clients and families at this time
- Identify resources for ongoing learning in this area, as well as self-reflection questions to consider in determining comfort, growth and learning needs for the participants



Improving Care at End-of-Life Addressing the Need for Culturally Safe-r Care for Indigenous Peoples

Facilitated by: Holly Prince, MSW, PhD

Overview: Indigenous peoples have long-standing cultural knowledge in caring for community members who are preparing to journey to the spirit world. However, over 150 years of colonization denigrated these practices and imposed Westernized Eurocentric health care systems. The ongoing effects of colonization, oppression and racism persist into the present day and impact the health and access to quality care for Indigenous peoples. This session explores the history and current state of Indigenous-specific racism within healthcare and challenges healthcare providers to examine their own positionality through the lens of cultural safety, cultural humility and trauma-informed care.

Learning Outcomes:

- Discuss structural vulnerability and the social determinants of health
- Identify how colonization impacts Indigenous people's health and access to equitable care
- Examine equity-oriented approaches, including cultural safety, cultural humility and trauma-informed care
- Discuss reconciliation and allyship as strength-based responses to moving forward together to address these needs



Ethics in Palliative Care 3-Part Series

This three-part on-demand webinar, facilitated by Mahoganie Hines, reviews ethical considerations in end-of-life care.

Facilitator: Mahoganie Hines, BScN, RN, MHSc, CHPCN(C)

Part 1 Learning Objectives:

- Define ethics and its importance
- Explore your own values, beliefs and morals
- Discuss ethical competencies for healthcare providers
- Identify ethical dilemmas and tensions

Part 2 Learning Objectives:

- Identify ethical dilemmas/tensions
- Identify considerations when dealing with ethical scenarios
- Approaches to navigate ethical dilemmas/tensions

Part 3 Learning Objectives:

- Discuss additional ethical considerations
- Understand cultural contexts
- Review definitions of ethical situations
- Approaches to address moral distress and burnout