



Lakehead  
UNIVERSITY

Centre for  
Education and Research  
on Aging & Health



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# Learning Essential Approaches to Palliative and End-of-Life Care: *Enhanced Education Delivery for Indigenous Communities*

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## CONTACT

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# THE CURRICULUM

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The Learning Essential Approaches to Palliative Care (LEAP) Core, developed by Pallium Canada, is targeted to registered health care professionals (including physicians, nurses, pharmacists, social workers, occupational therapists, physiotherapists, etc.) who provide care to patients with life-limiting illness, and whose primary focus is not palliative care. This Group Learning program has been certified by the College of Family Physicians of Canada for up to 28 Mainpro+ credits. LEAP Core is designed to teach participants the essential, basic competencies of the palliative approach to care. It is also a tool to develop teamwork, promote inter-professional collaboration, and provide mentorship. LEAP Core is a two-day (14 hour) course, offered in a workshop format for a maximum of 25 learners, with a ratio of 10:1 participants to facilitators. It provides a variety of learning activities including small and large group learning and discussions, case-based activities, and short videos.

There are 13 modules throughout the curriculum:

- Being Aware
- Taking Ownership
- Decision Making
- GI, Nutrition & Hydration
- Advance Care Planning
- Delirium
- Respiratory Symptoms
- Psychosocial & Spiritual Care
- Grief
- Essential Conversations
- Last Days & Hours
- Palliative Sedation
- Resources & Materials

# THE ENHANCEMENTS

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This enhanced education delivery has been designed in consultation with a curriculum advisory committee comprised of Indigenous and non-Indigenous palliative care providers and educators. The advisory committee worked to develop enhancements to the content and delivery of the LEAP Core course to ensure that the facilitation process is culturally relevant and appropriate for Indigenous communities. The advisory committee recognized the cultural diversity of Indigenous communities' experiences, knowledge, and teachings regarding death and dying. As a result, the process of delivering the training is not grounded in any one community's particular local traditions, values, and beliefs. The workshop is grounded in the teaching concepts of the Indigenous Wellness Framework that focuses on health and balance, and combined with the holistic focus of palliative care. The enhancements do not interfere with the Group Learning accreditation certified by the College of Family Physicians of Canada.

# THE FACILITATION PROCESS

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## Resources & Materials

For the workshops, each participant will receive:

- The latest edition of the LEAP Core curriculum (hard copy and electronic format)
- Pallium Palliative Pocketbook (hard copy)
- CERAH enhancement material (supplementary content and local resources in hard copy and electronic format)
- Additional Indigenous resources, including Canadian Virtual Hospice *Indigenous Voices: Stories of Serious Illness and Grief* vignettes and free online resources and support.

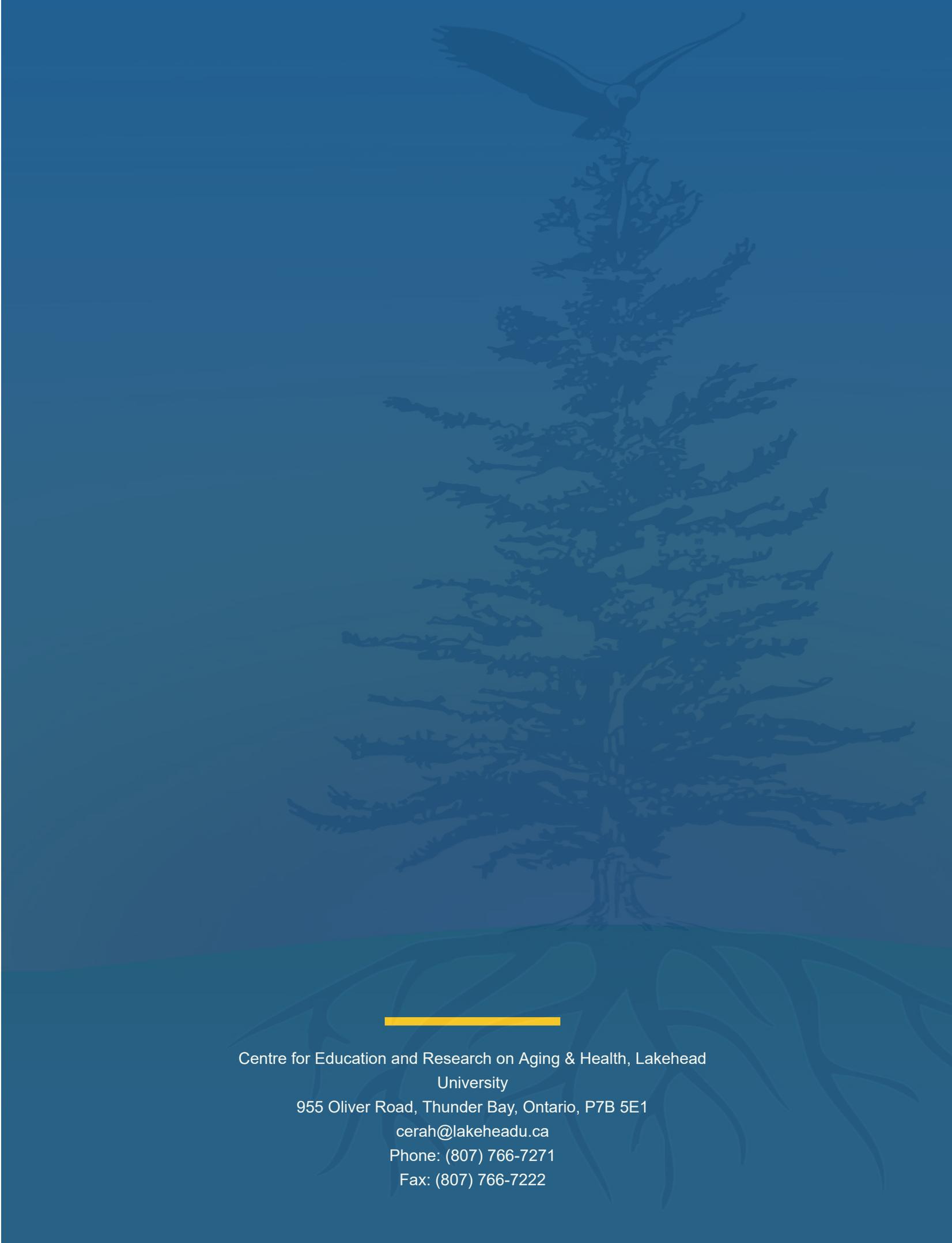
## Facilitation Teams

Similar to other Centre for Education and Research on Aging & Health (CERAH) led LEAP education, facilitation teams of three are responsible for delivering the curriculum. Generally the teams will include a physician, a nurse, and a social worker, and at least one member of the facilitation team will be Indigenous. Each workshop also includes a local Elder/Knowledge Carrier as part of the facilitation team, who is knowledgeable about the traditional ceremonies, history, and needs of the area. They can provide teachings throughout the two days and additionally offer support to participants as they engage in the education. The Elder/Knowledge Carrier provides an opening and closing to each day of education. A Knowledge Broker from CERAH will also be present during the workshop to act as a resource to the facilitators and participants.

## Community Engagement

Before the workshop is delivered the CERAH education team meets with the community/organization lead(s). This engagement focuses on introducing the education team to the community(ies) as well as situating the training within the context of the larger goal of enhancing capacity. These meetings provide the community(ies) with the opportunity to discuss values, cultural and spiritual beliefs and practices, and educational needs as well as any additional resources, tools, and strategies that could be used to tailor the education to respond to unique community needs.

**If your community or organization would like to schedule a workshop, or receive more information about this training, please contact CERAH at (807) 766-7271 or [cerah@lakeheadu.ca](mailto:cerah@lakeheadu.ca)**



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