



As healthcare providers (HCPs) one of our roles includes patient & family education. This is vital in palliative care as a common barrier to its initiation can often be due to a lack of knowledge. Families and patients sometimes misunderstand that palliative care is only for those who are actively dying and may not be aware of the many benefits of palliative care at any point in their life-limiting illness.

**Health
Education
Spotlight Series**
**Focus #2:
Palliative Care**

HPCs need to offer education to patients & families to help them understand what palliative care is and its many benefits. To do this, it is important to be aware of resources to support patient and family education. One useful resource is the Canadian Virtual Hospice: [What is Palliative Care?](#) page, which has information on the four Ws (what, when, who & where) of palliative care. Other palliative care sources for patients and families include:



- ❖ [What is Hospice Palliative Care?](#) (HPCO)
- ❖ [Defining Hospice Palliative Care](#) (CHPCA)

[Health Quality Ontario](#) highlights many palliative care topics to cover for patient and family education, such as, symptom management, grief/loss, coping strategies, community resources, system navigation, patient rights, decision-making, medication, practical and physical care, death/dying, vigil practices and care after death. Resources that could be useful in aiding patient and family education on these topics include:

- ❖ [Hospice Palliative Care Ontario](#) - is a useful resource for patients and families, as it provides information on many palliative care topics and direction on access to services.
- ❖ [Canadian Virtual Hospice](#)- provides information and support for loss & grief and palliative & end of life care.
- ❖ [Hospice Palliative Care Consultation Services](#)- offers information on caregiver guides and resources.
- ❖ [CaringTogether.life](#)- has education and supports for parents of seriously ill children and those who are experiencing pregnancy or infant loss.
- ❖ [Hospice Waterloo Region](#)- provides information on available regional supports (community & residential) in the Waterloo Region.
- ❖ [Hospice Wellington](#)- provides information on available regional supports (community & residential) in the Guelph and Wellington County area.

References:

[Canadian Virtual Hospice](#)
[Hospice Palliative Care Ontario](#)
[Canadian Hospice Palliative Care Association](#)
[Health Quality Ontario](#)
[Hospice Waterloo Region](#)
[Hospice Wellington](#)