

The Way Forward: An Integrated Palliative Approach to Care



96% of Canadians **SUPPORT** hospice palliative care.

96% BELIEVE it is important to have a conversation with loved ones about their wishes for care.

13% only, have **COMPLETED** an advance care plan to communicate their wishes.

73% want more **INFORMATION** from their doctors so they can plan and begin these important conversations.

Talking about Advance Care Planning (ACP)

Less than one quarter of Canadian general practitioners and family physicians (GP/FPs) and nurses are experienced and comfortable talking about planning for illness and end of life with their patients through advance care plans.

24% of GP/FPs and **32%** of nurses have **NO** experience and are not comfortable with conversations.

24% of GP/FPs and **18%** of nurses **ARE** experienced and comfortable with ACP conversations.



52% of GP/FPs and **51%** of nurses have **SOME** experience but are not very comfortable with conversations.

Perceptions of When People Should Start Advance Care Plans

41%
FP/GPs

61%
Nurses

Believe people should start Advance Care Plans when they are **healthy**.

31%
FP/GPs

13%
Nurses

Believe people should start Advance Care Plans when they are diagnosed with a **chronic illness**.

22%
FP/GPs

20%
Nurses

Believe people should start Advance Care Plans when they are diagnosed with a **life-threatening illness**.



WANTED: Tools and Resources

Based on the research, there are several gaps to fill with support, education and resources that would benefit family physicians, nurses and their patients:

- Overall comfort level in discussing palliative care and end-of-life issues;
- Providing end-of-life care independently and with confidence;
- Initiating discussions about a palliative approach and hands-on experience with advance care planning;
- Managing the non-medical needs related to end of life (e.g. accessing services; probing wishes after death);
- Managing challenging issues such as control of pain and depression; and
- Identifying resources in the community to provide support to patients and families.

Many of these resources are already available at the websites below:

To learn more about The Way Forward and the palliative approach: www.hcpintegration.ca

To learn more about Advance Care Planning including workbooks and tools by province: www.advancecareplanning.ca

To learn more about hospice palliative care: www.chpca.net

To learn more about palliative care education and resources: www.pallium.ca

@TWForward

All of the above statistics were drawn from the Harris/Decima opinion poll of Canadians and the Ipsos Reid survey on primary care nurses and general practitioners/family physicians. To read the full reports, please visit: www.hcpintegration.ca/resources.aspx

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