



CAOT · ACE

Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

Easy Choice: Practice Bundle

Palliative Care

This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:

Relationships in end-of-life care: An occupational perspective

Presented by Laura Nimmon & Laura Yvonne Bulk on March 6, 2018

Occupation is vital to health, throughout the entire lifespan. There are increasing numbers of people in Canada who require access to high quality palliative and end-of-life care. Occupational therapists are well positioned to contribute to the care team by providing opportunities for meaningful occupational engagement to continue during life's end stages. This webinar will provide opportunities for OTs to learn about ways in which quality of life can be enhanced at the end of life through being attune to relationships and its role in quality care, as well as meaningful occupation. Using case examples from research conducted in a hospice setting, participants will gain greater insight into the dying experience and how quality of life is impacted by relationships at this life stage.

After watching this webinar, you will be able to:

1. Understand the role of relationships in hospice, palliative, end-of-life care.
2. Understand how relationships impact quality of life for the patient and loved ones.
3. Apply their knowledge of end-of-life experiences to their practice settings as a result of increased awareness.

A mindful occupational therapy practice

Presented by Dr. Stephen Liben on October 10, 2017

Being fully mindful is to be aware of what is happening from moment to moment including what is going on inside and outside, seeing clearly what is happening, and then making good/wise decisions. Mindfulness is "a type of awareness that emerges by paying attention in a particular way (e.g. non-judgmentally) moment to moment". Sounds simple doesn't it? And yet there are so many possibilities for misunderstanding what mindfulness is (and is not).

This webinar will:

1. Outline what mindfulness is and is not.
2. Describe how a mindful occupational therapy practice can be helpful.
3. Learn by doing - One specific awareness practice.

After watching this webinar, you will be able to:

1. Define what mindfulness is not.
2. List the benefits of a mindfulness-based clinical practice.

Integrating a palliative approach into everyday occupational therapy practice

Presented by Julie Wilding, Isabella Cheng, Catherine Dirks, & Kevin Reel on April 4, 2017

By embracing occupational therapy values to always help people engage in what is important to them, occupational therapists can play a vital role in end-of-life experiences. The Canadian Association of Occupational Therapists is represented on the Quality End-of-Life Care Coalition of Canada and supports adopting "The Way Forward" National Framework (Canadian Hospice Palliative Care Association, 2015) to integrate a palliative approach into end-of-life care across practice settings. This webinar will engage occupational therapists in understanding why it is time to integrate a palliative approach to care into occupational therapy practice and to know how to do it every day.

After watching this webinar, you will be able to:

1. Be aware of "The Way Forward" National Framework.
2. Appreciate the vital role for occupational therapists in end-of-life experiences.
3. Identify the possibilities for integrating palliative approaches into client-centred care.

Occupational therapy influencing positive outcomes in a death experience: A quality-integrated palliative approach

Presented by Julie Wilding on April 22, 2014

There is a potential to develop the occupational therapist's role in the experience leading to death, in order to make the experience the best it can be.

To develop our role, we need to familiarize ourselves with and identify links to the Quality End-of-Life Care Coalition of Canada national strategy and current initiatives in end end-of-life care in the practice of occupational therapy. As we come into line with other professions, we can promote our role by implementing best practice and evidence-based interventions. An occupational therapist is perfectly positioned to make a difference by bringing meaning and purpose to life, even in the face of death.

After watching this webinar, you will:

1. Be able to identify the relevance of the Quality End-of-Life Care Coalition for Canada national strategy/initiatives and the potential to develop the practice of occupational therapy based on the foundation of the work that has been done.
2. Be able to recall and employ tools and resources early on in the disease trajectory to promote quality-integrated palliative approach to care.
3. Be able to recognize the extent of the value of the occupational therapy role from diagnosis to death in order to influence positive outcomes in a death experience.

24-Hour Pressure Management: A Functional Perspective

Presented by Jennifer Birt on June 18, 2013

When addressing pressure ulcer prevention and treatment, being aware of and understanding and clinical best practice guidelines is only the first step. Applying this information practically in a clinical setting can be challenging. Therapists have a large role to play in the functional application of pressure management practices and as a result need to approach pressure-related interventions in a systematic way. This session will explore the concept of functional pressure management evaluations, which allow therapists to assess the tasks that individuals carry out (and have the potential to learn) within their environmental context over the course of 24 hours and the impact those tasks have on the extrinsic factors related to pressure ulcer development.

After watching this webinar, you will:

1. Understand the concept of 24-hour pressure management from a functional perspective.
2. Identify a minimum of three common red flags that contribute to pressure ulcer development from a functional perspective.
3. Describe a minimum of three practical assessment techniques that can be used to evaluate these red flag issues.
4. Describe a minimum of three functional recommendations guided by best practice to address these red flag issues.

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