


# NSMHPCN COMFORT & CARE CHRONICLES | MARCH 2026

## March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 <b>CAPCE</b> Winter 2026 Session - Mod #3	4	5 <b>Grief &amp; Bereavement</b> An Introductory Course	6	7
8 <b>International WOMENS Day</b>	9	10	11 <b>World Delirium Awareness Day</b>	12	13	14
15	16	17 <b>Social Work Day</b>	18 <b>St. Patrick's Day</b>	19 <b>Eid al-Fitr (End of Ramadan)</b>	20 <b>International Day for the Elimination of Racial Discrimination</b>	21 <b>World Down Syndrome Day</b>
22 <b>EPM</b> Spring 2026A Registration Deadline  Palm Sunday	23 <b>EPM</b> Winter 2026 Coaching Session	24 <b>CAPCE</b> Winter 2026 Session - Mod #4	25 <b>FHPC</b> Winter Registration Deadline	26	27	28 <b>Epilepsy Awareness Day</b>
29 <b>EPM</b> Spring 2026A Registration Deadline  Palm Sunday	30 <b>EPM</b> Winter 2026 Coaching Session	31 <b>National Indigenous Languages Day</b>	April 1 <b>FHPC</b> Spring 2026 A Registration Deadline	<b>This Month:</b> <ul style="list-style-type: none"> <li>• Epilepsy Awareness Month</li> <li>• National Colorectal Cancer Awareness Month</li> <li>• Social Work Month</li> <li>• Women's History Month</li> <li>• Social Work Week: Mar 2<sup>nd</sup> - 8<sup>th</sup></li> <li>• World Glaucoma Week: Mar. 8<sup>th</sup> - 14<sup>th</sup></li> </ul>		

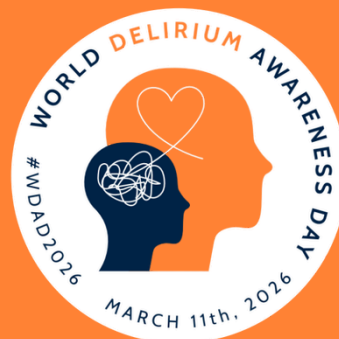
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WEDNESDAY, 11 MARCH, 2026

## WORLD DELIRIUM AWARENESS DAY

Voices of Delirium



[www.deliriumday.com](http://www.deliriumday.com)



**NSMHPCN**  
North Simcoe Muskoka Hospice Palliative Care Network

**Supporting Your Team  
through the  
Professional Palliative  
Education Portal**



<https://nsmhpcn.ca/ppep-login/>

**Professional Palliative  
Education Portal**

**Topics include:**

- A Palliative Approach to Care
- Advance Care Planning
- Breast Cancer
- Challenging Chats
- Chronic Renal Failure
- Colorectal Cancer
- Congestive Heart Failure
- Constipation & Diarrhea
- COPD and a Palliative Approach to Managing Dyspnea
- Edmonton Symptom Assessment System Revised (ESAS-r)
- End of Life Care for Alzheimer's Disease
- Ethics in Palliative Care
- Food and Fluid at End-of-Life
- Frailty and Dementia
- Frailty Scale
- Grief Happens
- Liver Disease
- Lung Cancer
- PAIN Assessment - Acronym Assessment
- Pain and Symptom Management Tools
- Palliative Care Emergencies
- Palliative Performance Scale (PPS)



**The Waiting Room  
REVOLUTION**

**A social movement  
designed to put the  
human back at the**



[waitingroomrevolution.com](http://waitingroomrevolution.com)



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PPSMC=Palliative Pain and Symptom Management Consultant

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# BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/)

**Air Date: 01-MAR-26**

## ***Palliative Care in the Mennonite Community***

In this episode, we explore the rich diversity and faith traditions of Mennonite communities—and how these shape experiences of illness, dying, and end-of-life care. Rooted in the 16th-century Protestant Reformation, Mennonites today live in both traditional and modern settings across Canada, including thriving communities here in Ontario.

You'll hear from community nurses and palliative care consultants who are partnering to provide compassionate, culturally aware care for Mennonite families who wish to receive support at home. Together, they share stories of collaboration, faith, and the deeply human connections that form when healthcare professionals meet patients where they are—honouring belief, family, and the continuity of life beyond death.

Tune in to discover how understanding cultural values not only improves care but also enriches the experiences of everyone involved in the journey through palliative care.

## Scan to Listen

NSMHPCN.CA



Amazon Podcasts



Apple Podcasts



## Nursing Leadership in Palliative Care

Nursing leadership in palliative care plays a vital role in ensuring compassionate, patient-centered support for individuals with life-limiting illnesses and their families. Effective nurse leaders guide interdisciplinary teams to address not only physical symptoms such as pain and discomfort, but also the emotional, social, and spiritual needs of patients. They advocate for dignity, ethical decision-making, and clear communication, helping patients and families navigate complex choices at the end of life. Through mentorship, clinical expertise, and collaboration, nursing leaders in palliative care foster a culture of empathy, respect, and evidence-based practice that enhances quality of life and supports holistic care.

### READ

Promoting Nurse Leadership in Palliative Care



<https://bit.ly/RMAR26>

### WATCH

Strategic Leadership Skills for the Palliative Care or Geriatric Program Leader



<https://bit.ly/WMAR26>

### LISTEN

Leadership in Palliative Care



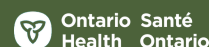
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**Supporting Your Team**

through partnerships, innovative programs and knowledge exchange.



[NSMHPCN.CA/EDUCATION](https://nsmhpcn.ca/education)

**NOT SURE WHERE TO BEGIN YOUR EDUCATION JOURNEY?**

**Recommended Order**

- Fundamentals of Hospice Palliative Care (FHPC) [nsmhpcn.ca/fhpc](https://nsmhpcn.ca/fhpc)
- Advance Palliative Practice Skills (APPS) [nsmhpcn.ca/apps](https://nsmhpcn.ca/apps)
- Comprehensive Advanced Palliative Care Education (CAPCE) [nsmhpcn.ca/education/capce](https://nsmhpcn.ca/education/capce)
- Learning Essential Approaches to Palliative Care (LEAP) [nsmhpcn.ca/leap](https://nsmhpcn.ca/leap)

**Available in No Particular Order**

- Grief & Bereavement: An Introductory Course [nsmhpcn.ca/education/grief-bereavement/](https://nsmhpcn.ca/education/grief-bereavement/)
- Canadian Serious Illness Conversation (CSIC) [nsmhpcn.ca/csic](https://nsmhpcn.ca/csic)
- Essential Pain Management (EPM) [nsmhpcn.ca/epm/](https://nsmhpcn.ca/epm/)
- A Palliative Approach to Care with Dementia [nsmhpcn.ca/apacd/](https://nsmhpcn.ca/apacd/)

**Advance Palliative Practice Skills (APPS)**

[nsmhpcn.ca/apps/](https://nsmhpcn.ca/apps/)



Building on the Fundamentals of Hospice Palliative Care program, the Advanced Palliative Practice Skills (APPS) program allows participants to learn and develop skills and strategies for enhancing communication with the person, family, and team members; effective team functioning; self-care and relieving common end-of-life symptoms.

This course will allow learners to have an enhanced understanding and respect for the role of PSWs and Health Care Aides in providing a palliative approach to care, be able to identify opportunities and strategies around symptom management and comfort measures at end-of-life, have an enhanced understanding of loss and grief, and be comfortable with actively contributing to a team approach.

**Course Description/Overview:**

- You will have 8 weeks to complete the course. To receive your APPS certificate, you must:
  - Complete all the online learning modules for the course (readings, interactive activities, case studies, self-checks and reflection) and achieve 100% on each module quiz (approx. 18 hours)
  - Attend the scheduled Culminating Session (2.5 hours)

Duration: Approximately 8 weeks

Fee: \$40.00

Pre-requisite: Fundamentals of Hospice Palliative Care

<b>UPCOMING SESSION:</b>	<b>Winter 2027</b>
<b>Start Date:</b>	Jan. 20 <sup>th</sup> , 2027
<b>Registration Deadline:</b>	Jan. 5 <sup>th</sup> , 2027
<b>Time:</b>	9:00 am - 11:30 am
<b>Required Session:</b>	Mar. 10 <sup>th</sup> , 2027



## Grief & Bereavement: An Introductory Course

<https://nsmhpcn.ca/education/grief-bereavement/>



The Grief & Bereavement: An Introductory Course half-day workshop is designed as an interactive exploration of grief, bereavement, mourning, and death and dying in our society today.

This virtual course is designed to allow for self-reflection on our own experiences with grief, our inner and outer biases, and how they can impact us as friends, family members, peers and/or healthcare providers. Participants will explore contemporary grief theory, how to hold space for grieving people, and provide practical skills and knowledge on how to best support ourselves and others.

UPCOMING SESSIONS:	June 2026	September 2026	December 2026	March 2027
<b>Date:</b>	June 18 <sup>th</sup> , 2026	Sept. 15 <sup>th</sup> , 2026	Dec. 8 <sup>th</sup> , 2026	Mar. 11 <sup>th</sup> , 2027
<b>Registration Deadline:</b>	June 3 <sup>rd</sup> , 2026	Aug. 31 <sup>st</sup> , 2026	Nov. 23 <sup>rd</sup> , 2026	Feb. 24 <sup>th</sup> , 2027
<b>Time:</b>	9:00 AM - 1:00 PM	9:00 AM - 1:00 PM	9:00 AM - 1:00 PM	9:00 AM - 1:00 PM

## Canadian Serious Illness Conversation (CSIC)

[nsmhpcn.ca/csic](https://nsmhpcn.ca/csic)



This program equips health care professionals with the skills to have compassionate and effective conversations with patients, families, and caregivers facing serious illness. By focusing on person-centered values, goals, and wishes, these conversations help reduce confusion and ensure that care decisions align with what matters most to the individual. The training includes a self-learning module and a facilitated session, guiding professionals in the use of the Serious Illness Conversation Guide developed by Ariadne Labs and Pallium Canada.

### Course Overview

- Designed to provide health care professionals with the tools and knowledge needed to have compassionate and effective conversations with patients, families, and caregivers who are dealing with a serious illness
- Effective conversations between clinicians and individuals about values, goals and wishes in regards to health care treatment ease confusion and fear while ensuring decisions reflect what is most important to the individual
- Research shows that timely, person-centered serious illness conversations and care planning improve the care experience for both the clinician and the individual and their family/caregivers
- Provides a comprehensive understanding for healthcare professionals of the use and application of the Serious Illness Conversation Guide, developed by Ariadne Labs of Harvard Medical School and hosted through Pallium Canada
- Contains 2 parts: an online self-learning module (approximately 1.5-2 hours) and a 2 hour facilitated session led by certified facilitators to practice and refine the use of the guide through role-playing exercises

Duration: 2-hours  
Fee: FREE

UPCOMING SESSIONS:	Spring 2026	Fall 2026	Winter 2027	Sprint 2027
<b>Date:</b>	May 29 <sup>th</sup> , 2026	Sept. 11 <sup>th</sup> , 2026	Jan. 29 <sup>th</sup> , 2027	Mar. 26 <sup>th</sup> , 2027
<b>Registration Deadline:</b>	May 22 <sup>nd</sup> , 2026	Sept. 4 <sup>th</sup> , 2026	Jan. 22 <sup>nd</sup> , 2027	Mar. 19 <sup>th</sup> , 2027
<b>Time:</b>	9:00 AM - 11:00 AM	9:00 AM - 11:00 AM	9:00 AM - 11:00 AM	9:00 AM - 11:00 AM



## Comprehensive Advanced Palliative Care Education (CAPCE)

[nsmhpcn.ca/education/capce](http://nsmhpcn.ca/education/capce)



The CAPCE program is uniquely designed for nurses (RPN, RN, NP) to develop their leadership and expertise skills in hospice palliative care across all healthcare sectors.

All course components are mandatory, including attendance at all virtual in-class learning sessions.

Duration: Approximately 5 months

Fee: \$200

### Course Components:

- Nine two-hour virtual in-class coaching sessions over 18 weeks
- Self-directed reading and tasks
- Complete and submit three learning goals and attend a 1:1 review of goals with facilitator
- Three Peer-to-Peer exchanges
- Four discussion board postings
- End of module quizzes
- Complete a final assignment and application of knowledge in the final coaching session
- All course components are mandatory, including attendance at all virtual in class learning sessions.

### Course Pre-requisites:

- Fundamentals of Hospice Palliative Care Program
- A minimum of 1-year experience caring for people with a progressive, life-limiting illness
- Ability and interest to function as a Resource Nurse, providing primary level support and advanced level knowledge and skills for care team members in his or her organization
- Ability and interest to coach others, facilitate change and be a role model
- Sensitivity to the impact of attitudes, behaviours, life experiences, values, thoughts and feelings on the well-being and quality of life from the perspective of all partners in care

UPCOMING SESSIONS:	Fall 2026		Winter 2027	
<b>Registration Deadline:</b>	Aug. 31st, 2026		Jan. 4th, 2027	
<b>Start Date:</b>	Sept. 15th, 2026		Jan. 19th, 2027	
<b>End Date:</b>	Jan. 12th, 2027		May 25th, 2027	
<b>Required Sessions</b>				
<b>Intro to CAPCE</b>	Sept. 15th, 2026	1pm-3pm	Jan. 19th, 2027	9am-11am
<b>Module #1</b>	Sept. 29th, 2026	1pm-3pm	Feb. 2nd, 2027	9am-11am
<b>Module #2</b>	Oct. 13th, 2026	1pm-3pm	Feb. 16th, 2027	9am-11am
<b>Module #3</b>	Oct. 27th, 2026	1pm-3pm	Mar. 2nd, 2027	9am-11am
<b>Module #4</b>	Nov. 10th, 2026	1pm-3pm	Mar. 23rd, 2027	9am-11am
<b>Module #5</b>	Nov. 24th, 2026	1pm-3pm	Apr. 6th, 2027	9am-11am
<b>Module #6</b>	Dec. 8th, 2026	1pm-3pm	Apr. 20th, 2027	9am-11am
<b>Module #7</b>	Dec. 22nd, 2026	1pm-3pm	May 4th, 2027	9am-11am
<b>Module #8</b>	Jan. 5th, 2027	1pm-3pm	May 18th, 2027	9am-11am



## Essential Pain Management (EPM)



[nsmhpcn.ca/education/epm/](https://nsmhpcn.ca/education/epm/)

Over the course of eight weeks, NSMHPCN Palliative Pain and Symptom Management Consultants (PPSMCs) will work with EPM learners to provide foundational knowledge and skills in pain assessment, management, and evaluation from a palliative care approach. The focus of the course is on the pharmacological management of pain, which can then be applied to practice.

The focus of this course is on the pharmacological management of pain. Pain assessment, management, and evaluation are foundational skills for nurses working in any practice setting. EPM aims to equip nurses with a foundational knowledge base and skills around pain management, from a palliative care approach, that can be applied to your practice.

### EPM

You will have 8 weeks to complete the course. To receive your EPM certificate, you must:

- Complete all the online modules for Part 1 (EPM) and achieve 100% on each module quiz
- Attend the scheduled Part 1 (EPM) coaching session (3 hours)
- Complete the online module for Part 2 (AMP) and achieve 100% on the module quiz
- Attend the scheduled Part 2 (AMP) coaching session (3 hours)

Curriculum topics include:

- Part 1 Modules: Getting started, Laying the Foundation, Understanding Pain, Assessment, and Approaches to Pain Management
- Part 2 Module: AMP Preparatory Module (a more in-depth look at equianalgesia and additional application of pain management principles to specific skills and scenarios)

Coaching Sessions: Both sessions will provide case-based learning opportunities to apply knowledge and skills to practice.

Duration: 8 weeks

Fee: \$40.00

UPCOMING SESSIONS:	Spring 2026 A	Spring 2026 B	Fall 2026	Winter 2027
<b>Course Dates:</b>	April 13th, 2026 – June 8th, 2026	May 25th, 2026 – July 20th, 2026	Sept. 14th, 2026 – Nov. 9th, 2026	Feb. 8th, 2027 – Apr. 5th, 2027
<b>Registration Deadline:</b>	March 29th, 2026	May 10th, 2026	Aug. 30th, 2026	Jan. 24th, 2027
<b>Independent Study:</b>	April 13th, 2026 – May 24th, 2026	May 25th, 2026 – July 5th, 2026	Sept. 14th, 2026 – Oct. 25th, 2026	Feb. 8th, 2027 – Mar. 21st, 2027
<b>Coaching Session #1:</b>	May 25th, 2026, 12:00 pm – 3:00 pm	July 6th, 2026 9:00 am – 12:00 pm	Oct. 26th, 2026, 9:00 am – 12:00 pm	Mar. 22nd, 2027, 5:30 pm – 8:30 pm
<b>Coaching Session #2:</b>	June 1st, 2026, 12:00 pm – 3:00 pm	July 13th, 2026, 9:00 am – 12:00 pm	Nov. 2nd, 2026, 9:00 am – 12:00 pm	Mar. 30th, 2027, 5:30 pm – 8:30 pm



## Fundamentals of Hospice Palliative Care (FHPC)

[nsmhpcn.ca/fundamentals-of-hpc/](http://nsmhpcn.ca/fundamentals-of-hpc/)



The Fundamentals of Hospice Palliative Care program is a highly interactive, introductory course for all healthcare providers, support workers, and volunteers interested in enhancing their knowledge of Hospice Palliative Care.

### Course Components:

- Three, 3-hour virtual in-class Case Based Learning sessions
- Self-directed online learning modules x 11
- Two Peer-to-peer exchanges
- One reflective Activity
- All course components are mandatory, including attendance at all virtual in-class learning sessions.

Duration: Approximately 9 weeks

Fee: \$40

Pre-requisites: None

UPCOMING SESSIONS:	2026										2027			
	Winter 2026		Spring 2026 A		Spring 2026 B		Fall 2026 A		Fall 2026 B		Winter 2027 A		Winter 2027 B	
Registration Deadline:	Mar. 25 <sup>th</sup> , 2026		Apr. 1st, 2026		Apr. 29th, 2026		Sept. 2nd, 2026		Sept. 16th, 2026		Jan. 6th, 2027		Jan. 20th, 2027	
Start Date:	Apr. 9 <sup>th</sup> , 2026		Apr. 16th, 2026		May 14th, 2026		Sept. 17th 2026		Oct. 1st, 2026		Jan. 21st, 2027		Feb. 4th, 2027	
End Date:	May 28 <sup>th</sup> , 2026		June 4th, 2026		July 9th, 2026		Nov. 12th, 2026		Nov. 26th, 2026		Mar. 18th, 2027		Apr. 1st, 2026	
<b>Required Sessions:</b>														
CBL #1	Apr. 9th	9am - 12pm	Apr. 16th	1pm - 4pm	May 14th	6pm - 9pm	Sept. 17th	1pm - 4pm	Oct. 1st	9am - 12pm	Jan. 21st	1pm - 4pm	Feb. 4th	9am - 12pm
CBL #2	Apr. 30th	9am - 12pm	May 7th	1pm - 4pm	June 11th	6pm - 9pm	Oct. 1st	1pm - 4pm	Oct. 29th	9am - 12pm	Feb. 18th	1pm - 4pm	Mar. 4th	9am - 12pm
CBL #3	May 14th	9am - 12pm	May 21st	1pm - 4pm	June 25th	6pm - 9pm	Oct. 29th	1pm - 4pm	Nov. 12th	9am - 12pm	Mar. 4th	1pm - 4pm	Mar. 18th	9am - 12pm



## A Palliative Approach to Care with Dementia

[nsmhpcn.ca/apacd/](http://nsmhpcn.ca/apacd/)



Taking a palliative approach to care improves the quality of care provided and enhances the overall well-being of the person with dementia and their family and caregivers. However assessing and managing symptoms and ensuring the plan of care for someone living with dementia maintains their dignity and follows their wishes, goals, and values can be difficult when the disease reaches the stage where the person is not able to speak for themselves.

This workshop’s learning objectives:

- Describe the prevalence and pathophysiology of the various types of dementia
- Better support the person living with dementia and their family/caregivers through end of life
- Understand some of the commonly used medications in dementia
- Understand specialized tools available for symptom assessment and management in dementia

Education specific to dementia for health care professionals allows for:

- Better symptom management as symptom assessment and management is more complex in the context of cognitive impairment
- Improved communication between family/caregivers and health care professionals by giving health care professionals strategies for facilitating open and honest discussions about condition, prognosis, and end-of-life preferences
- Effective interdisciplinary collaboration to tailor the plan of care to the unique needs of each patient and their family/caregivers living with dementia
- Increased caregiver support by better recognizing their unique needs and providing resources, education, and support during an extended illness journey that can place a significant burden on family caregivers
- Improved coping skills for health care professionals to promote resiliency and minimize the risk of burnout

UPCOMING SESSIONS:	Spring 2026	Fall 2026	Winter 2026	Winter 2027
<b>Date:</b>	June 3 <sup>rd</sup> , 2026	Oct. 7th, 2026	Dec. 2nd, 2026	Feb. 24th, 2027
<b>Registration Deadline:</b>	May 19th, 2026	Sept. 22nd, 2026	Nov. 17th, 2026	Feb. 9th, 2027
<b>Time:</b>	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm





## FNIMUI RESOURCE COLLECTION

[NSMHPCN.CA/FNIMUI-RESOURCES/](https://NSMHPCN.CA/FNIMUI-RESOURCES/)

Resources include:

- Community Resource Directory
- First Nations Communities Directory
- Illness Specific Resources



## GRIEF & BEREAVEMENT RESOURCES

[NSMHPCN.CA/GRIEF-BEREAVEMENT/](https://NSMHPCN.CA/GRIEF-BEREAVEMENT/)

Resources tailored to:

- Children's Grief
- Healthcare Workers
- Patients & Families
- Pregnancy and Infant Loss
- Educational Resources



## Resource Library for Patients, Family Members and Caregivers

[NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/](https://NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/)

- Advance Care Planning
- Hospice Directory
- Illness Specific Resources
- Palliative Care Myth Busting
- Supporting Children
- Resources for Following Death



## NSMHPCN DIGITAL RESOURCE BINDER

***Hospice Palliative Care resources at your finger tips!***

[NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE](https://NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE)

The dedicated team of PPSMC's have carefully curated the NSMHPCN Virtual Resource Binder which includes a wealth of resources for all staff of any discipline providing palliative, or end-of-life care, to residents and families in NSM. This includes links to gold standard assessment tools and client/family handouts, regardless of where you work in NSM (Retirement and Long-Term Care Homes and acute care, and community) you have access to these resources and to the services of the Palliative Pain and Symptom Management Consultants (PPSMC's) with the NSMHPCN. Resources includes but not limited to:

- A Palliative Approach to Care for LTC
- Advance Care Planning
- Consent and Capacity
- Emergencies in the Home - Conversation Guides
- Food & Fluid at End of Life
- Norms of Practice
- Ontario Palliative Care Competency Framework
- Palliative Care Approach for Primary Care
- Palliative Care Health Services Delivery Framework
- Patient Dignity Inventory CancerCare
- Power of Attorney
- Preferred Earlier Identification Tools
- Recommended Tools for Assessment
- Service Provider Resources for IDD
- Symptom Assessment and Screening
- What to Expect When Someone Close to You is Dying



# Wellness Corner

## March Into Wellness: Refresh and Reconnect

As March arrives, it brings a sense of renewal —the days grow longer, the air softens, and nature begins to wake up. It’s a wonderful time to refresh your routines and invest in your well-being. Try weaving a few of these simple practices into your month:

**Recharge:** Step outside for a few minutes of natural light each day. Fresh air and sunshine help lift energy and improve focus.

**Reconnect:** Reach out to a friend or loved one you haven’t spoken to lately. Connection strengthens emotional resilience.

**Rebalance:** Revisit your self-care goals. What small habit can you rekindle this month— better sleep, more movement, or mindful breaks?

Just as the season shifts, so can we. A little intention and kindness toward yourself can make March a month of true renewal.

*Remember, self-care is not selfish,  
it is how we stay whole.*

### If you feel like this today



### it’s time for a wellness break!

Cut me out and place me on your fridge for a quick Self Check-In reminder

