

**About Us:** The **Palliative Education and Care for the Homeless (PEACH)** team provides palliative care outreach for people experiencing homelessness in Toronto, Canada as part of ICHA. Our team consists of nurses, palliative care physicians, and psychiatrists.

**Contact our PEACH Coordinator, Sasha Hill (T: 647-289-2603) for more info about the PEACH Team**

**Who This Resource is For:** This physician resource focuses on unique palliative care needs of people experiencing homelessness during the COVID-19 pandemic. It is intended to be a living document that may be periodically updated as the COVID-19 pandemic evolves, and the needs of physicians and the patients they care for change.

**Introduction to Palliative Care:** Palliative care is a human right. It is a team approach to caring for clients facing life-limiting illnesses (i.e. illness that will foreseeably result in death). Palliative care includes, but is not limited to, end-of-life care. A palliative approach focuses on **quality of life** for clients and the people who matter to them. This approach affirms life and understands death as part of each person’s journey. Palliative care provides holistic care through:

- **Relief of symptoms** (e.g. pain, shortness of breath)
- **Helping to put extra supports in place**
- **Understanding, and attending to, what matters to the client** (wishes, expectations, values)

**Section 1 – COVID-19 Palliative Care resources for patients experiencing homelessness**

Resource and Link	Description
<a href="#">Vital Talk</a>	<ul style="list-style-type: none"> <li>• Provides general guidance on how to answer questions about COVID-19</li> <li>• Available in multiple languages</li> </ul>
<a href="#">Centre to Advance Palliative Care COVID-19 Toolkit</a>	<ul style="list-style-type: none"> <li>• A comprehensive toolkit that includes strategies for: Communication; Symptom Management; Patient &amp; Family Resources; Service Design; Telehealth &amp; Palliative Care</li> </ul>
<a href="#">CMAJ Article: Pandemic Palliative Care</a>	<ul style="list-style-type: none"> <li>• Provides overview of palliative issues to expect during the COVID-19 pandemic</li> <li>• <b>Helpful points:</b> Components of a palliative symptom management kit; Provides scripts for communication regarding triaging</li> </ul>
<a href="#">HPCO Speak-Up Ontario COVID-19 Goals of Care Discussion Clinician Guide</a>	<ul style="list-style-type: none"> <li>• A helpful approach to discuss the near future with seriously ill, frail or elderly people and substitute decision makers in diverse clinical settings, with specific language in the context of COVID-19.</li> </ul>

**Section 2 – General Palliative Care resources for patients experiencing homelessness**

Resource and Link	Description
<a href="#">Ontario Palliative Care Network (OPCN)</a>	<ul style="list-style-type: none"> <li>• Includes a palliative care tool kit targeted to providers.</li> <li>• <b>Helpful points:</b> Addresses identifying cases, conducting an assessment, creating a plan</li> <li>• OPCN have also compiled a specific guide for <a href="#">COVID-19</a></li> </ul>
<a href="#">Vital Talk</a>	<ul style="list-style-type: none"> <li>• Provides approaches to helpful communication strategies for “difficult” conversations</li> </ul>
<a href="#">Plan Well Guide</a>	<ul style="list-style-type: none"> <li>• Includes physician and patient resources for end-of-life planning</li> </ul>
<a href="#">St. Mungo’s Homeless Palliative Care Toolkit</a>	<ul style="list-style-type: none"> <li>• Specific to palliative care in the homeless population</li> <li>• <b>Helpful guides:</b> Communication strategies; Bereavement/grief; Self-care; Patient-centered resources available for download to help with palliative care planning</li> </ul>
<a href="#">Dr. Atul Gawande Video</a>	<ul style="list-style-type: none"> <li>• “How to talk End-of-Life Care with a Dying Patient”</li> <li>• 3-minute video on YouTube that guides clinicians through these discussions</li> </ul>

**Section 3 – Select Bereavement and Grief resources for physicians, patients and families**

Resource and Link	Description
<a href="#">Bereaved Families of Ontario</a>	<ul style="list-style-type: none"> <li>• <b>Target audience:</b> families</li> <li>• Blog posts on different topics surrounding bereavement and grief</li> </ul>
<a href="#">Royal College of Psychiatrists: Bereavement</a>	<ul style="list-style-type: none"> <li>• <b>Target audience:</b> patients and families</li> <li>• Overview of bereavement</li> </ul>
<a href="#">Grief and Loss: An Approach for Family Physicians</a>	<ul style="list-style-type: none"> <li>• <b>Target audience:</b> physicians</li> <li>• Resource addressing skills for guiding families, patients, and physicians through grief</li> </ul>

**Section 4 – Health Care Worker Stress resources for physicians**

Resource	Resource Link and Description
Centre for Addiction and Mental Health	<ul style="list-style-type: none"> <li>• <a href="#">Mental Health and COVID-19 Resources for Health Care Workers</a></li> <li>• Resources for mental wellness during COVID-19 targeted to health care workers</li> <li>• Electronic self-referral form for health care workers wanting psychotherapy</li> </ul>
National Center for Post-Traumatic Stress Disorder	<ul style="list-style-type: none"> <li>• <a href="#">COVID-19 Resources for Managing Stress</a></li> <li>• Recommendations for stress-management during COVID-19</li> </ul>
Ontario Medical Association	<ul style="list-style-type: none"> <li>• <a href="#">OMA (Ontario Medical Association) Physician Health Program</a></li> </ul>
Canadian Society of Physician Leaders	<ul style="list-style-type: none"> <li>• <a href="#">Ensuring Our Own Wellbeing as We Care for Others During the COVID-19 Crisis</a></li> </ul>
Canadian Medical Association (CMA)	<ul style="list-style-type: none"> <li>• <a href="#">Maintaining your and your family's well-being during a pandemic</a></li> <li>• Page includes links to each province's physician health programs, how to talk to your children about COVID-19 and tips for managing stress and anxiety.</li> </ul>
Joule (A CMA Company)	<ul style="list-style-type: none"> <li>• <a href="#">A clinician's guide: managing COVID-19 stress and anxiety</a></li> </ul>
Well Doc Alberta	<ul style="list-style-type: none"> <li>• <a href="#">Physician Wellness during COVID-19</a></li> </ul>
Dr. Bob Maunder & Dr. Jon Hunter	<ul style="list-style-type: none"> <li>• <a href="#">Three steps to coping with anything (including COVID-19)</a>   Video (7:34 mins)</li> </ul>
University of Toronto	<ul style="list-style-type: none"> <li>• <a href="#">How are you staying well?</a>   UofT Medicine - Twitter thread</li> </ul>
Drop-In Sessions for Physicians	<ul style="list-style-type: none"> <li>• <a href="#">Free psychological services for front-line health service providers</a>   Canadian Psychological Association</li> <li>• <a href="#">Daily Zoom call for peer support</a>   Dr. Mamta Gautam, FRCPC (invitation via Twitter)</li> <li>• <a href="#">COVID-19 Women Physicians' Emotional Well-Being</a>   Private Facebook Group</li> </ul>
General Resources and Articles	<ul style="list-style-type: none"> <li>• <a href="#">Taking Care of your Mental Health (COVID-19)</a>   Government of Canada</li> <li>• <a href="#">MHCC Covid-19 Resources</a>   Mental Health Commission of Canada</li> <li>• <a href="#">Mental Health and the COVID-19 Pandemic</a>   Centre for Addiction and Mental Health</li> <li>• <a href="#">Coronavirus Sanity Guide</a>   Ten Percent Happier (app)</li> <li>• <a href="#">Take a deep breath</a>   Calm (app)</li> <li>• <a href="#">TED Connects: Community and Hope</a>   TED Live, daily conversation series with featured experts</li> <li>• <a href="#">Tips for managing anxiety during the COVID-19 pandemic</a>   The Globe and Mail</li> <li>• <a href="#">Coronavirus Creating Stress? Why You May Need Mental Distancing As Much As Social Distancing And 8 Ways To Get It</a>   Forbes</li> <li>• <a href="#">Coping with Fatigue, Fear, and Panic During a Crisis</a>   Harvard Business Review</li> <li>• <a href="#">Everyone is a leader now</a>   The Conference Board of Canada</li> </ul>

[Click Here](#) to provide feedback and suggestions for the PEACH Physician Resource FAQ Sheet in COVID-19

**Version 1 created April 20, 2020 by:**

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