



23rd International Congress on Palliative Care



October
13-16,
2020

Palais des Congrès,
Montréal, Canada



www.pal2020.com

The International Congress

The longest-running congress in Palliative Care... since 1976!

Why attend?

- to share experiences and exchange ideas with fellow palliative caregivers from **60 countries**, representing **all disciplines** – nurses, physicians, social workers, researchers, educators, administrators, pharmacists, physical and occupational therapists, music and art therapists, psychologists, psychotherapists, pastoral caregivers, volunteers...
- to meet trail blazers and innovators from around the world
- the in-depth workshops and seminars covering all aspects of end-of-life care
- the opportunities for thoughtful interaction
- the 3 Rs: *Re-energize, Rejuvenate, Replenish*

What previous attendees have said:

- "This conference "centers me" and shows me there is hope for humanity."*
- "What a self nourishing and compassionate reframing of what we all do."*
- "There is the utmost respect for all disciplines and their contributions."*
- "The balance of science and inspiration"*
- "Enjoyed the mix of very down-to-earth talks I can immediately apply with presentations that opened new perspectives."*
- "I keep thinking about the energy of the Congress!"*

Inspiring Plenaries... Compassion and Impermanence



Cindy Blackstock, Executive Director, First Nations Child and Family Caring Society of Canada, Ottawa, ON; Professor, School of Social Work, McGill University, Montréal, QC, Canada



Sunita Puri, Medical Director, Palliative Medicine and Supportive Care Service, Keck Hospital and Norris Cancer Center of the University of Southern California, Los Angeles, CA, USA

Caring for Self



Éric Fiat, Assistant Director, Laboratoire Interdisciplinaire d'étude du politique / Hannah Arendt, Université de Paris-Est, Marne la Vallée, France



Christian Ntuzimira, Palliative Care Physician; City Manager, Kigali, City Cancer Challenge Foundation; Founder Member, Rwanda Palliative Care and Hospice Organisation, Kigali, Rwanda

Volunteerism: a Cornerstone of Palliative Care

This plenary will feature volunteers from around the world who are making a difference in their communities.

Palliative Care Looking Ahead



Lucas Morin, Department of Medical Epidemiology and Biostatistics and Aging Research Center, Karolinska Institutet, Stockholm, Sweden



Anna Collins, Research Fellow; Head, Public Health & Health Services Research – Palliative Medicine Research Group, St Vincent's Hospital Melbourne, University of Melbourne, Melbourne, Australia



Cory Andrew Labrecque, Associate Professor of Theological Ethics and Bioethics; Chair of Educational Leadership in the Ethics of Life; Director of Applied Ethics in the Faculty of Theology and Religious Studies, Université Laval, Québec, QC, Canada

All-Day Seminars

CLINICAL MASTER CLASS:

Management of End-Stage Non Cancer Diseases and Palliative Approach to Frailty in the Elderly

- **Nathan Goldstein**, Mount Sinai, New York, NY, USA
- **Amanda Brisebois**, University of Alberta, Edmonton, AB, Canada
- **Paige Moorhouse**, Dalhousie University, Halifax, NS, Canada
- **Romayne Gallagher**, Providence Health Care, Vancouver, BC, Canada
- **Mary Lynn McPherson**, University of Maryland School of Pharmacy, Baltimore, MD, USA

PEDIATRIC PALLIATIVE CARE:

Re-thinking the "Care" in Pediatric Palliative Care – An Interprofessional Examination of "Care" Through Research and Practice

- **Kimberley Widger**, University of Toronto, Toronto, ON, Canada
- **Mary Ellen MacDonald**, McGill University, Montréal, QC, Canada
- **Richard Hain**, All-Wales Paediatric Palliative Care Network, Wales, UK
- **Camara van Breeman**, Canuck Place Children's Hospice, Vancouver, BC, Canada
- **Pamela Hinds**, Children's National Health System, Washington, DC, USA

NURSING DAY:

Is It Time to Retire the Angel Metaphor? Reflections on Knowledge and Skill in Caregiving Work

- **Mike Villeneuve**, Canadian Nurses Association, Ottawa, ON, Canada
- **Kelli Stajduhar**, University of Victoria, Victoria, BC, Canada
- **Jamie Penner**, University of Manitoba, Winnipeg, MB, Canada
- **Elizabeth Peter**, University of Toronto, Toronto, ON, Canada

REFLECTIVE PRACTICE:

Know Thyself: A Whole Person Care Self-reflective Journey

- **Tom Hutchinson**, McGill Program in Whole Person Care, McGill University, Montréal, QC, Canada
- **Edvin Schei**, Department of Global Public Health and Primary Care, University of Bergen, Norway

PSYCHOSOCIAL ISSUES:

Topic and speakers to be announced on the website

THE TERESA DELLAR COMMUNITY DEVELOPMENT SEMINAR: Caregiving, Community, Advocacy and Volunteers

- **The Honourable Sharon Carstairs**, PC, CM, Former Senator, Ottawa, ON, Canada
- **Shelly Cory**, Canadian Virtual Hospice, Winnipeg, MB, Canada
- **Naheed Dosani**, PEACH, Inner City Health Associates, Toronto, ON, Canada
- **Pamela Grassau**, Carleton University, Ottawa, ON, Canada
- **Suzanne O'Brien**, Council on Palliative Care, Montréal, QC, Canada
- **Holly Prince**, Lakehead University, Thunder Bay, ON, Canada
- **Isabelle Szasz**, Caregiver, Montréal, QC, Canada
- **West Island Palliative Care Residence**, Kirkland, QC, Canada

Taking Care of YOU

Caring for ourselves is key to being able to care for others. The Congress offers many opportunities to restore our inner tranquility and help us achieve a sense of well-being.



- Welcome Reception
- Self-Care Activities
- Moments for Introspection
- Live Music
- Reflections
- Memorial Service
- Networking Lunches
- Thursday Evening Social Event



Special Seminars & Symposia

PALLIATIVE CARE NURSING

Making a Difference: Critical Reflections on the Nursing Role in Palliative Care for Diverse Populations

- **Nikki Johnston**, Clare Holland House, Calvary Public Hospital Bruce, Canberra, Australia
- **Kelli Stajduhar**, University of Victoria, Victoria, BC, Canada
- **Stephanie Avery**, The Montreal Children's Hospital, Montréal, QC, Canada
- **Brandi Vanderspank-Wright**, University of Ottawa, Ottawa, ON, Canada

PHARMACOTHERAPY

Best Practices for the Relief of Mental and Physical Suffering

Management of depression; psychotropic meds; antipsychotics and delirium; medication tips; new drugs; update on pain and symptom management

- **Mary Lynn McPherson**, University of Maryland School of Pharmacy, Baltimore, MD, USA
 - **Soham Rej** and **Dominique Elie**, McGill University, Montréal, QC, Canada
- and other speakers (TBC)

RESEARCH METHODOLOGY

Studying Compassionate Communities

- **Libby Sallnow**, St Christopher's Hospice, and Central and North West NHS Trust, London, UK
- **Kelli Stajduhar**, University of Victoria, Victoria, BC, Canada
- **Debbie Horsfall**, Western Sydney University, Sydney, Australia

PSYCHOTHERAPY IN PALLIATIVE CARE

Constructive Approaches for Accompanying Patients and Families at the End of Life

- **Johanne de Montigny**, Psychologist, and **Christopher MacKinnon**, Psychologist, Montréal, QC, Canada

SCIENTIFIC DAY OF THE RQSPAL (Québec Palliative and End-of-Life Care Research Network)

A day of reports on the advancement of research being carried out by RQSPAL members on palliative and end-of-life care in Québec.

PLUS... Research fora, exhibits, a student forum, trainee poster awards, and over **250 oral presentations and 450 posters**

INTRODUCTION to Palliative Care

For generalist healthcare professionals working in home care, long-term care and hospital, who wish to improve basics elements required to provide quality palliative and end-of-life care. Topics to be explored:

- Recognizing and caring for the imminently dying person;
- Dispelling common myths and improving communication;
- Advanced care planning;
- Caring for caregivers and ourselves.

SYMPOSIUM:

The End of 'Natural Death'?

Impact of Medical Aid in Dying (MAiD) on Palliative Medicine

- **Anna Towers**, McGill University Health Centre, Montréal, QC, Canada
- **James Downar**, University of Ottawa, Ottawa, ON, Canada
- **Leonie Herx**, Queen's University, Kingston, ON, Canada
- **Golda Tradounsky**, Mount Sinai Hospital, Côte Saint-Luc, QC, Canada

Call for Submissions

Innovation Challenge 2020

Celebrating Innovation That Is Leading Progress in Palliative Care

Are you an innovator? Do you have compelling research, a best practice, an approach, a tool or a resource that's making a difference in palliative care?

Submit your innovation **by April 1, 2020**, for the chance to be one of 6 innovators chosen to present in a fast-paced innovation hour to our own palliative care "shark tank". Visit www.pal2020.com for details.

The winner will be named **International Congress Innovator of the Year for 2020** and will receive the "Canadian Virtual Hospice Prize" of \$1,000 CAN to support the ongoing development of their innovation.

Call for Abstracts

Abstract Categories:

- Acute and Critical Care
- Aging / Geriatrics
- The Arts and Arts-based Therapies
- Bereavement, Loss, Grief
- Children and Youth
- Clinical Nutrition at the End of Life
- Communication
- Community-based Palliative Care & Home Care
- Compassionate Communities
- Complementary Therapies / New Natural Analgesics
- Education, Training and Supervision
- End-of-Life Issues for People with Disabilities (mental or physical)
- Ethical issues
- Family and Informal Caregivers
- HIV/AIDS
- Humanitarian Crises (Palliative Care during)
- Indigenous Health
- Innovative Technology
- Interprofessional Collaborative Practice
- Leadership, Program Development and Evaluation

- LGBTQ2+ Community
- Long-term Care (Palliative Care in)
- Low- and Middle-Income Countries (Palliative Care in)
- Methodological Issues in Research and Quality Improvement
- Neuropalliative Care
- Non-cancer Care
- Nursing Issues
- Gastronomy at the End of Life
- Pain and Symptom Management
- Psychosocial Interventions and Issues
- Public Health Initiatives and Policy Development
- Self-care and Wellness
- Social, Cultural and Political Issues
- Spirituality
- Suffering, Healing and Whole Person Care
- Survivorship
- Underserved Populations
- Young Adults
- Volunteers
- Other

Deadlines for Abstract Submission:
Oral Presentations: January 24, 2020
Posters: May 31, 2020

We would like to thank the following organizations for their support:

Canadian Hospice Palliative Care Association

Canadian Society of Palliative Care Physicians

Canadian Virtual Hospice

www.pal2020.com

Congress Secretariat

O'Donoghue & Associates Event Management Ltd.

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Registration Information

Register online at www.pal2020.com or download the registration form and send it to the Congress Secretariat. For inquiries, please contact the Congress Secretariat (see back panel).

	Before March 31, 2020	Before August 1, 2020	After August 1, 2020
Full Congress 4 days	\$875	\$980	\$1,080
Individual Days	\$280	\$330	\$355
STUDENT RATE			
Full Congress 4 days	\$420	\$450	\$515
Individual Days	\$190		\$230

Fees include access to all sessions, Welcome Reception, access to the Exhibit Hall, Congress publications, and all taxes.

If you are a Palliative Care Volunteer, or from a low- or middle-income country, please visit the Congress website for discounted rates available to you.

Visit the web site at www.pal2020.com to find out how to submit an abstract for Workshop, Proffered Paper, Research Forum Paper, or Poster.

Congress Venue

Palais des Congrès

(Montréal Convention Centre)
 Montréal, QC, Canada

Wheelchair access available.

www.congresmtl.com



Hotel Accommodation

Please visit www.pal2020.com for a list of hotels offering special rates and reservation procedures.

VISIT OUR WEBSITE FOR ONGOING UPDATES TO THE PROGRAM: www.pal2020.com