



Palliative Care Delivery in Rural Newfoundland and Labrador

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Statement of the Problem

There exists considerable need for palliative care (PC) specialty in rural Newfoundland and Labrador (NL) where the population is aging and provision/accessibility to PC and hospice services is inadequate.

Background/Literature Review

Barriers to PC care in rural NL:

- Decreased financial and limited resources
- Insufficient medical supplies
- Inadequate cell phone service
- Travel concerns
- Isolation

Identifying the needs of these rural communities will improve quality and accessibility of services.

Purpose/Objectives

Purpose: Examine current PC program delivery in rural areas, and identify gaps and areas needing improvement which will facilitate in the development of an evidence-based practice model for the provision of PC services in the rural regions of NL.

Objectives:

- Assess PC awareness, activity, barriers, and available resources in rural regions
- Administer the needs assessment to healthcare providers
- Analyze needs assessment results
- Use the results to inform the development of an evidence-based practice model

Methods

- **Design or Project Type:** Needs Assessment
- **Sample:** Health care workers
- **Setting:** 2 hospitals and 2 long term care homes on the Avalon Peninsula of NL
- **Evaluation (Measures):** Descriptive survey that was distributed by hand
- **Data Collection and Analysis:** Quantitative and open-ended questions that were analyzed using a comparison chart
- **Timeline:** October 2019 - February 2020

Findings

- 150 surveys were distributed
- Response rate was 59%
- 76% of respondents were dissatisfied with current PC services
- 81% of respondents expressed interest in receiving more PC education
- Preferred to receive education by: webinar (72%), attending a workshop (68%) and bring in a PC consultation (84%)



Implications

- Results indicate regions most in need of improved PC education and inform the development of an evidence-based practice model to deliver end-of-life services and PC education in rural NL.

Limitations

- Information may be limited due to confidentiality, availability and/or interest
- Lack of funding



Acknowledgements/References

Mentor: Nancy Robertson, MSN, ANP-BC, ACHPN

References: Fink, R.M., Oman, K., Youngwerth, J., & Bryant, L. (2013). A palliative care needs assessment of rural hospitals. *Journal of Palliative Medicine*, 16(6), 638-644.