

# Curiosity, Frailty & Palliative Care Project

## *Strategic Tools*

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### What Matters To You? Movement

**HQBC:** <https://healthqualitybc.ca/patient-community-voices/what-matters-to-you/>

**TEDx:** [https://www.youtube.com/watch?app=desktop&v=H\\_Z1ZvjIKDE](https://www.youtube.com/watch?app=desktop&v=H_Z1ZvjIKDE)

“What Matters to Me” – a new vital sign | Jason Leitch | YouTube



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### Training & Courses

Here are some of our suggested learning opportunities to build your skills and confidence:

**Serious Illness Conversation Workshops:** A half-day course valuable to everyone with science backed methods that equip health care professionals with the tools and knowledge needed to have compassionate and effective conversations with patients and their families. Contact your Health Authority or BC Center for Palliative Care to find an opportunity near you.

<https://www.bc-cpc.ca/serious-illness-conversations/>

**Learning Essential Approaches to Palliative Care (LEAP) Core:** An interprofessional course that focuses on the essential competencies to provide a palliative care approach. Online & in person options available, check with our Health Authority for local options.

<https://www.pallium.ca/course/leap-core/>

**Taking Ownership Module by Pallium Canada:** A free, online, 40 min introductory overview of the palliative care approach and how health care professionals from different disciplines can make primary-level palliative care a part of their daily work.

<https://www.pallium.ca/resource/taking-ownership/>

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### Clinical Frailty Scale

The Clinical Frailty Scale (CFS) was introduced as a way to summarize the overall level of fitness or frailty of an older adult after they had been evaluated by an experienced clinician. It quickly evolved for clinical use, and has been widely taken up as a judgement-based tool to screen for frailty and to broadly stratify degrees of fitness and frailty. Used around the world, there are many resources listed on the Dalhousie University website.

<https://www.dal.ca/sites/gmr/our-tools/clinical-frailty-scale.html>

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### Articles

A couple of related articles:

BC Medical Journal: <https://bcmj.org/articles/palliative-care-therapy-living>

UBC's This Changed My Practice: <https://thischangedmypractice.com/palliative-care-conversations/>