



You have helped...

Judy Ophel, MD, CCFP
Recipient of 2005 C. Robert Kemp
Palliative Care Scholarship
Goose Bay, Lab

"In November 2000, I was diagnosed with breast cancer. Prior to becoming ill, I had planned to do a sabbatical overseas; after experiencing cancer, however, I chose palliative care instead. I felt that I had looked death in the eye at the time of my diagnosis, and I wanted to have another look as a physician."

HIGHLIGHTS

- Recipient of the 2005 C. Robert Kemp Palliative Care Scholarship shares personal insights on the value she received from her palliative care training
- At Primary Care Today, \$1270 is raised for the CFPC Medical Student Scholarship Program
- Capital gains tax on donations of public securities to charities is eliminated
- Second annual Walk for the Docs of Tomorrow will be on Saturday, November 4, 2006, in Quebec city, Que



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Partners

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Using palliative care principles

In November 2000, Dr Judy Ophel was diagnosed with breast cancer and suddenly was transformed from physician to patient. During her ordeal she reflected a great deal on her work and its meaning, realizing that caring for patients is more involved than she had realized. After her own full year of recovery, she simplified her practice and began to learn what it means to provide palliative care to patients and their families.

Dr Ophel's palliative care education through the C. Robert Kemp Palliative Care Scholarship started in October 2004 and ended March 2005, with a schedule that would allow her to minimize time away from her husband and 2 children, aged 16 and 19. Within a short time she organized 2 blocks of training, each 4 weeks long, to give her experience using the end-of-life skills she was anxious to learn.

During her training she spent valuable time in the clinical traineeship program at Memorial University of Newfoundland in St John's; provided palliative care through the Temmy Latner Centre adjacent to Mount Sinai Hospital in downtown Toronto, Ont; and worked in the Palliative Care Unit at Princess Margaret Hospital in Toronto. Her goal was to gain skills from both a small and a large city unit. Her experience in St John's included working at the Palliative Care Unit where she admitted patients, participated in family meetings, and assessed and cared for patients.

The Princess Margaret Hospital provided her with an experience in palliative care different from that in St John's; Dr Ophel's training included the challenges of obtaining an

educational licence to practise in Ontario. She did not want to be just an observer, but wanted to participate in all levels of palliative care. With her drive and passion, she soon received her educational license.

While in Toronto, Dr Ophel worked with home palliative care teams in north and east Toronto. During this time, she primarily managed the care of cancer patients in patients' homes. This care involved a considerable amount of traveling from house to house. She met a variety of patients and families from many cultural and ethnic backgrounds whose homes ranged from luxury dwellings to public housing, and who had varying levels of financial and social support.

One of Dr Ophel's most memorable experiences was caring for a 43-year-old man who had metastatic renal carcinoma and who was bedridden with a spinal cord compression. His wife was pregnant with their second child and having great difficulty dealing with his illness. Dr Ophel assumed his care while training at Princess Margaret Hospital and monitored him closely until his death on her last afternoon on the unit. He died surrounded by his family after finally having an open conversation with his wife about what was happening to him. Because Dr Ophel had more time than she would in her family practice, she was able to remain with this patient and family for most of his final hours, which gave her a more intimate look at the actual process of dying.

Since her initial palliative care training, Dr Ophel has helped to found a palliative care committee at her local hospital and has been invited to 2 provincial conferences in palliative care. She has enjoyed working with a variety of people—chemotherapy and inpatient

registered nurses, mental health counselors, home care nurses, and pastoral care workers—who are committed to improving the delivery of cancer care and palliative care to the community and region.

Dr Ophel is grateful to Dr C. Robert Kemp and the Research and Education Foundation of the College of Family Physicians of Canada for supporting scholarships in palliative care. The scholarships are awarded to practising family doctors to support their participation in continuing professional development programs intended to help them gain or enhance their knowledge and skills in hospice or palliative care.

\$1270 raised at Primary Care Today 2006



The Research and Education Foundation organized a spare change apple appeal at Primary Care Today 2006 and raised \$1270.81 for the medical student scholarship fund.

Primary Care Today is an educational conference providing professional development to family physicians, internal medicine generalists, international medical graduates, nurse practitioners, residents, and medical students. The Research and Education Foundation Board thanks Primary Care Today and Diversified Business Communications for donating the coin bins and space for the appeal. We offer special thanks to Mr Brian Trevail, Manager of Loblaws in Etobicoke, Ont, and Mr Joe Ebron, Manager of Dominion in Etobicoke, for donating the apples.



Bring a friend and participate in the second annual Walk for the Docs of Tomorrow fundraising walk on Saturday, November 4, 2006, in Quebec city, Que (during Family Medicine Forum). For more information visit www.cfpc.ca.



Volunteers promote the REF walk at Primary Care Today

Elimination of capital gains tax: good news!

The federal budget, released on May 2, 2006, announced the elimination of capital gains taxes on gifts of publicly listed securities to charities. In this way, gifts create both tax credits toward annual income taxes and reductions in capital gains taxes. An official receipt would be issued for the value of the securities at the end of the day in which they are transferred into the foundation account.

To donate securities to the Research and Education Foundation, call Sandra Hollingsworth at 800 387-6197, extension 244, or e-mail REF@cfpc.ca. For more information on the legislation regulating elimination of capital gains tax on donated securities, visit www.cra-arc.gc.ca or www.cfpc.ca.

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