



# Waterloo Wellington Palliative Sedation Therapy Protocol

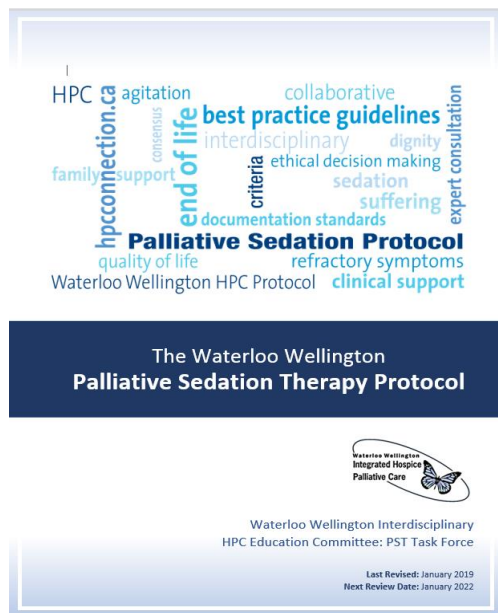
## 2019 Revised Version

Palliative Sedation Therapy (PST) is the intentional induction and continuous maintenance of a reduced level of consciousness to relieve a patient's refractory symptom(s), during their last days and weeks of life. The interprofessional team, guided by the use of evidence-based tools and techniques, and with palliative specialist support, is responsible for eliciting a patient's perception of their symptom experiences and treatment choices.

This may lead to the identification of refractory symptoms. *Refractory symptoms* are those that persist despite optimal symptom treatment (including the use of adjuvant therapies and consultation with a palliative care specialist).

Why is this **Protocol** so important for healthcare providers, patients and their families?

Healthcare providers have an accountability to understand and provide patients and their families with interventions grounded in evidence-based practice. To uphold the care and safety of patients and their families, facing life-limiting illness, the team must practice ethically and effectively as a team, aligning the care they provide with the informed goals and wishes of the patient.



The Revised **WW PST Protocol** includes:

- Quick reference guide for PST
- Enhanced glossary of key definitions
- Strengthened information to ensure support of patients, families and teams.
- Updated tools to support best practice

Source:

*The **WW PST Protocol**. WW Interdisciplinary HPC Education Committee: PST Task Force. Last revised: January 2019*  
*The Waterloo Wellington Interdisciplinary HPC Education Committee: PST Task Force*

*The **WW PST Protocol** is an interprofessional, peer-reviewed, and evidence-informed clinical resource. Informed by a palliative approach to care, the Protocol aims to ensure effective, safe, timely and appropriate use of PST in Waterloo and Wellington.*

## Learn More

There are a variety of ways to access and learn more about the 2019 revised version of the **WW PST Protocol**. Choose the option(s) that best suits your specific learning needs:

- [Read & Review the Protocol](#)
- Attend a PST Education Session (Available In-class or Via Webinar)
  - **Waterloo Region**  
January 27, 2020  
8:30-9:30 am  
[Online Registration](#)
  - **Guelph & Wellington**  
January 28, 2020  
12:15-1:15 pm  
[Online Registration](#)