



Kath Murray

RN, BSN, CHPCN(C), FT

Kath Murray, RN, BSN, CHPCN(C), FT, is passionate about education that increases the capacity of the individual, and community, to provide excellent care for the dying and the bereaved. As a Hospice Palliative Care Nurse, a Fellow in Thanatology, and an author, her strength lies in synthesizing current knowledge, research and best practice into easy-to-understand language and conveying it with warmth and humour.

Kath wrote and published the text book *Essentials in Hospice Palliative Care* and companion multi-media resources. She recently published a new text with companion workbook, *Integrating a Palliative Approach: Essentials for Personal Support Workers*. Kath's resources are integrated into over 100 Health Care Assistant / Personal Support Worker and Practical Nurse programs across Canada.

"It is amazing—we have an increased number of people aging and dying. People require care for longer periods of time, and there are fewer family caregivers to provide this care. We cannot care for them if we continue to provide care as we are doing so now. We cannot build and staff enough residential or hospital care beds to address the needs. And we do not want to provide care using the same models that we have been using. We need to change.

It is time to acknowledge the work of the Personal Support Workers, Health Care Assistants, Nursing Assistants, Practical Nurses and family caregivers who provide the majority of direct care. It is time that we better equip them to do the work that they are called upon to provide."

—Kath Murray

List of Topics:

Unprecedented! We Have Never Died Like This
Celebrating the Hearts and Hands of Personal Support Workers
The Role of the Personal Support Workers
Integrating a Palliative Approach
Respect the Individual and Individualize The Care
Team Communication: Listening and Being Heard
Enhancing Physical Comfort: The Role of the Front Line Caregiver
Comfort Basket – What's in yours?
Dyspnea – Difficult breathing
Decreased Appetite and Involuntary Weight Loss

Past Speaking Engagements Include:

Alzheimer's Society of Canada
College of License Practical Nurses of British Columbia (CLPNBC)
Canadian Association of Practical Nurse Educators (CAPNE)
First Nations Health Authority (BC) – First Nations Inuit Health Branch
Home Support Summit – "Celebrating Hearts and Hands of Health Care Workers: Reflections and Learning in Hospice Palliative Care" Keynote address
Manitoba Alzheimer's Association
Niagara Community College Faculty of Nursing – "Hospice Palliative Care: The Essentials"
NORQUEST Health Care Assistants Conference
Prince Edward Island Hospice Palliative Care Association
Personal Support Network of Ontario Annual Conference – "Celebrating Personal Support Workers – Reflections in Hospice Palliative Care" – Keynote address

Workshop Presenter:

Canadian Hospice Palliative Care Association
British Columbia Hospice Palliative Care Association
Manitoba Hospice Palliative Care Association
Hospice Palliative Care Ontario
BC Home Support Summit
Continuing Care Educators Conference
Continuing Education School Board Administrators Conference
BC Health Authorities including:
Island Health (Vancouver Island), Fraser Health, Northern Health, Interior Health
Canadian Dementia Resource and Knowledge Exchange (webinar presentation)

Consulting:


Consultancy with a variety of hospices, colleges and provincial health authorities

Affiliations / Memberships

- Canadian Hospice Palliative Care Association
- Nurses Group (CHPCA)
- Association of Death Education and Counseling
- BC Hospice Palliative Care Association
- BC Career College Association

 @LDMatters

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