



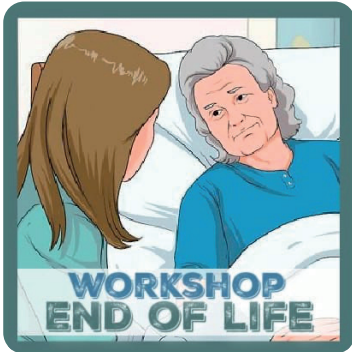
Winnipeg: Monday, October 26, 2026

Canad Inns Destination Centre Polo Park

Physical & Emotional Suffering at the End of Life



Valerie Cooper
MN, NP-Adult, CHPCN[C]



Pain: Real and Present

- The Prevalence & Causes at End of Life
- Classification & Assessment; Barriers to Effective Pain Control

Management of Pain

- Principles, including the WHO ladder
- Use of opioids: How to choose, Effectiveness, Dosing & Adverse Effects
- How to Deal with Breakthrough Pain
- Administration Routes Considerations
- Non-pharmaceutical & Non-opioid Adjuvants

The Concept of Total Pain

- The Social and Emotional Context of Pain
- The Four Domains of Suffering
- How should we respond to suffering?

Having Difficult Conversations

- Assessing Readiness & What Not to Say
- Understanding Legacy; Dealing with Emotions
- The Patient Dignity Question & Dignity Therapy

Medical Assistance in Dying (MAiD)

- Why do People ask for MAiD & How to respond
- The history of MAiD – What it is & is not
- The C7 amendment: our Current Law; Exclusion & Sunset Clauses
- Procedural Safeguards for Track 1 & Track 2 Patients
- MAiD statistics in Canada



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- Coffee & Tea
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