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June Newsletter

Attention Palliative Care Innovators!

Innovation Challenge returns at the MIPCC Oct. 18

Join us on October 18, at the Canadian Virtual Hospice 2024 Innovation Challenge at the McGill International Palliative Care Congress! Be part of an innovation "powerhour" where you'll learn about the most groundbreaking work being done around the world in palliative care and participate in fast-paced, audience voting to help decide who will be named International Palliative Care Innovator of the Year! We're grateful to Dr. Cory Ingram of Mayo Clinic, for once again joining as emcee.

[Learn more](#)

DEADLINE for submissions EXTENDED to JULY 8!

Do you have a program, service, resource or research that has made a positive impact in hospice and palliative care? Take 15 minutes and submit your innovation by the deadline - extended to July 8, 2024 - to compete for the title of 2024 International Palliative Care Innovator and win the \$1000 CAN cash prize!

The submission process is quick and easy.

[Submit your innovation](#)

What's new

New study


People with opioid use disorder less likely to receive palliative care

21

Key Findings


16% ↓

People with opioid use disorder (OUD) were 16% less likely to receive palliative care at the end of their lives than people without OUD, especially in their homes and clinics.









People with OUD are dying young from many causes, not just opioid poisonings. The most common conditions for receiving palliative care were cancer, liver cirrhosis and sepsis.

These findings highlight the importance of healthcare providers receiving both palliative care and addictions medicine training to better support patients with OUD as they near the end of life.



This population-based cohort study used ICES data to identify patients who died between 2015 and 2021 and had emergency department visits, hospitalizations and/or pharmacologic treatments suggestive of opioid use disorder (OUD) in the three years prior to death. Researchers analyzed whether palliative care had been received in the last 90 days before death, including the treatment setting, initiation and intensity.

Lau et al. CMAJ, 2024.

Association between opioid use disorder and palliative care

People living with opioid use disorder are significantly less likely to receive palliative care at the end of their lives according to new research from Dr. Jenny Lau et al. Findings point to the need for healthcare providers to receive foundational training in palliative care and addictions medicine.

[Read more](#)

The Catch-Up on Kids Mental Health

In this episode, host Janet Morrison speaks with Colleen Mousseau of AWC Grief Support, about what distinguishes traumatic grief from other grief, the long-term effects for children if grief is not managed, and what markers to watch for in a child who is suffering from traumatic grief.

[Listen now](#)

National network focuses on palliative care research



The Pan-Canadian Palliative Care Research Collaborative (PCPCRC) is a national network of researchers, healthcare providers, community stakeholders, and patient and caregiver partners who are passionate about palliative care research. The network's vision is to improve palliative care by building infrastructure for good research ideas to be shared and executed. Since its inception in 2017, the PCPCRC has grown to over 150 members engaged in over 25 active programs of research, with more than \$5 million in contributions and peer-reviewed grant funding.

[Learn more](#)

The Terminal Diner



The Terminal Diner is an interactive installation that combines research and design to explore the topic of end-of-life experiences. This unique exhibit, developed by Dr. Sarina Isenberg of University of Ottawa, in collaboration with Dr. Michelle Howards from McMaster Family Medicine and funded by CIHR, invites people to explore end-of-life topics in an approachable way and to build public awareness around a universal experience.

[Learn more](#)

Award-Winning Advance Care Planning Program coming to Canada

St. Joseph's Hospice of London is bringing the No Barriers Here advance care planning program to Canada. This program - co-founded in 2019 by Gemma Allen of The Mary Stevens Hospice, Dr Jed Jerwood, and Dudley Voices for Choice - offers a unique framework that combines art-based methods with advance care planning to foster meaningful conversations and dismantle barriers.

[Read more](#)

In memoriam

Janet Dunbrack died peacefully on June 13, 2024 at the age of 79. Diagnosed with cancer 16 years ago, Janet remained free of any significant pain or suffering and continued to lead a joyous and productive life enriched by love and friendship. Much of her life's work was devoted to the cause of palliative

care. Janet was the Executive Director of Canadian Hospice Palliative Care Association and was integral to the formation of the quality End of Life Care Coalition (now the Palliative Care Coalition of Canada). If you would like to make a donation in her memory, it is her wish that it be made to Hospice Care Ottawa at <https://www.hospicecareottawa.ca/>

There will be no funeral or memorial event, so please remember Janet in any way that is meaningful to you.

Janet requested the words of this anthem, which she sang in a church choir, be included:

*There is so little time to be great
O may I just be kind
So when the creeping shadows
Soon or late, sweep o'er me
May they find
That tho I carved no lasting fame
I wait my summons
With a mind still tranquil
And my simple life by fate
In loving hearts enshrined.
There is so little time to be great
O may I just be kind.*

Mary O. Benedict 1940

IncludeMe™ - A Starting Point for Dementia Caregivers

A free, online training program, now allows Canadians to better understand the responsibilities surrounding dementia caregiving. The program will arm participants with necessary skills such as communication, developing comprehensive care plans and how best to care for themselves. Participants will engage in real-life scenarios and have opportunities for reflection. With an open course structure, caregivers can select modules based on where they are in their caregiving journey and can revisit modules whenever needed.

[Learn more](#)

Spring into action with flights of compassion!



Give A Mile is on a mission to provide 37 flights during their Spring Campaign. Why 37? Because Ryan Westerman, the inspiration for Give A Mile, died at the age of 37 of a brain tumour. His best friend, Kevin Crowe, founded Give A Mile in 2013 to provide free flights to reunite low-income families at the end of life by crowdfunding flight loyalty points. Since Give A Mile started in 2013, the organization has given away over 1100 flights and raised over 50 million flight loyalty points.

[Learn more](#)

New issue of [End-of-Life Care in the Prison Environment](#)

Presented by End-of-Life Care Behind Bars, the 2024 June issue of End-of-Life Care in the Prison Environment is now available. This issue includes topics such as the aging prison population, advanced care planning, dying in prison, grief and bereavement, and much more.

[Read more](#)

Caregiver's Compass

In this episode, host Stephanie Muskat speaks with Dr. Jasneet Parmar about her journey to change the landscape of caregivers in healthcare through

creating and distributing peer-reviewed, validated training for care providers to change the engagement between the healthcare team and caregivers.

[Listen now](#)

Articles

As the pandemic fades, ‘I continue to wrestle with the impact that visitation policies have had on my grief’

In this article published in *Canadian Nurse*, palliative care nurse specialist, Mahoganie Hines, reflects back on the collision of her personal and professional lives when she experienced the death of her grandparents amidst the ever-changing and restrictive visitation policies enacted during the COVID-19 pandemic. She shares how being subject to, and participating in these policies impacted her grief, and that of the nurses, patients and families she worked with.

[Read more](#)

Association of virtual end-of-life care with healthcare outcomes before and during the COVID-19 pandemic

The use of virtual care for people at the end-of-life significantly increased during the COVID-19 pandemic, but its association with acute healthcare use and location of death is unknown. This study by John M. Lapp et. al., measures the association between the use of virtual end-of-life care with acute healthcare use and an out-of-hospital death before vs. after the introduction of specialized fee codes that enabled broader delivery of virtual care during the COVID-19 pandemic.

[Read more](#)

‘How long do you think?’ Unresponsive dying patients in a specialist palliative care service

Predicting length of time to death once the person is unresponsive and deemed to be dying remains uncertain. Knowing approximately how many hours or days dying loved ones have left is crucial for families and clinicians to guide decision-making and plan end-of-life care. In this study, Tricia O'Connor PhD candidate of Clare Holland House, et al., aim to determine the length of time between becoming unresponsive and death, and whether age, gender, diagnosis or location-of-care predicted length of time to death.

[Read more](#)

Research

Grief in Canada

Susan Cadell at the School of Social Work at the University of Waterloo is leading a study to advance public health understandings of grief and grief support that involves many researchers in Canada and Australia.

Participants are invited to complete an online survey that takes about 20-30 minutes. To participate, you must be 18 years or older, a resident of Canada, and be grieving any kind of death 6 to 60 months earlier. There are questions about the person or people who died, your own grief and the supports that you did or did not access. A gift certificate is provided as a thank you if you take part in this survey.

[Learn more](#)

2SLGBTQ+ Poverty in Canada

The 2SLGBTQ+ Poverty in Canada: Improving Livelihood and Social Wellbeing Project is launching the first-ever national study aimed at addressing poverty among 2SLGBTQ+ communities. If you identify as 2SLGBTQ+, are 16 years of age or older, and live in Canada, consider taking part in the national survey.

[Survey](#)

How caregiver-friendly is your workplace?

Dr. Allison Williams and Brooke Chmiel, of McMaster University, invite participants to take part in this 5-minute survey to help evaluate the level of implementation of Carer-Friendly Workplaces (CFWP) across Canada through the uptake of these publications: CSA B701, Carer-inclusive and accommodating organizations, and the handbook CSA B701-18, Helping worker-carers in mobilization activities geared towards increasing the uptake of the CAOS and HWO across organizations in Canada.

Survey

Participants needed for research of young widow(er)s and grief

Kathryn Kazoleas RN of the University of Saskatchewan, invites young widows and widowers from across Canada to participate in a study exploring how grief is experienced several years following the death of a spouse. If your spouse (legal marriage or common-law) died when you were 45 years old or younger, died of cancer or a progressive illness/disease, died two or more years ago, and if you lived in Canada when they died and currently live in Canada please consider participating in this study. Participation will involve two to three interviews over Zoom and a creative journal activity, with a total time commitment of 2.5 to 4 hours over up to approximately 4 months.

Learn more and participate

Call for former ICU patients, family members, caregivers or healthcare providers

This study, led by Dr. Kirsten Fiest of the University of Calgary and Dr. Srinivas Murthy of the University of British Columbia, aims to work with children, young people, their families and friends, and healthcare professionals to identify uncertainties about admission to, care in, and outcomes after ICU stays.

Survey

Awards

Elder Mae Louise Campbell awarded Order of Manitoba

Congratulations to Elder Mae Louise Campbell on receiving the 2024 Order of Manitoba. Elder Mae Louise's image graces many of our Indigenous Voices documents. We are grateful for her contributions to our work. The Order of Manitoba was established in 1999 to honour Manitobans who have demonstrated excellence and achievement, thereby enriching the social, cultural or economic well-being of the province and its residents. Elder Campbell's work is centred on restoring and protecting Indigenous spiritual values and principles. For 45 years she has worked with Indigenous women and two-spirit peoples, and currently, at the age of 90, she shares her knowledge around traditional women's healing practices.

Palliative Care Nursing Leadership and Lifetime Achievement Award

Congratulations to Theresa Downing RN, from British Columbia and Jeanne Weis RN, MN, LPN, CHPCN from Alberta, the 2024 Palliative Care Nursing Leadership and Lifetime Achievement Award Winners respectively. These awards were presented by the Canadian Palliative Care Nursing Association.

Dr. Megan Doherty appointed palliative care consultant for WHO

Congratulations to Dr. Megan Doherty on her appointment as a palliative care consultant for the World Health Organization in Switzerland. Her role with the WHO Integrated Health Services in Geneva will focus on developing palliative care training to support the development and integration of palliative care services for countries where this compassionate care is not readily accessible.

[Read more](#)

Congratulations to HPCO award winners

HPCO 2024 recognized leaders in hospice and palliative care from across Canada. We celebrate the deserving recipients:

- [Mount Pleasant Group Hospice Innovation Award Winner: Kensington Hospice](#)

- [Outstanding Philanthropist Award: Henry and Lina Iacobelli and the Iacobelli Family](#)
- [The Dorothy Ley Award of Excellence Winner: Dr. Graham Burke](#)
- [Award of Excellence In Paediatric Palliative Care: Amanda MacLennan](#)
- [S. Lawrence Librach Award for Palliative Medicine in the Community: Dr. Naheed Dosani](#)

Congratulations to CAPO award winners

CAPO 2024 recognized leaders in hospice and palliative care from across Canada. We celebrate the deserving recipients:

- **Clinical Excellence** - Dr. Pamela Mosher
- **Education Excellence** - Andréa Maria Laizner, RN, PhD
- **Research Excellence** - Dr. Sylvie Lambert

[Learn more](#)

Congratulations to CSPCP award winners

CSPCP 2024 recognized leaders in hospice and palliative care from across Canada. We celebrate the deserving recipients:

- **CSPCP Lifetime Achievement Award** - Dr. Robin Love
- **Eduardo Bruera Award** - Dr. Leonie Herx
- **CSPCP Humanitarian Award** - Dr. Kevin Bezanson

[Learn more](#)

Upcoming Webinars

Grief Chats Q&A

Date: July 8, 2024 | Location: Virtual

Join grief specialists Maxxine Rattner (MSW, PhD) and Marney Thompson (MA) as they host Grief Chats Q&A – a free monthly Canadian Grief Alliance webinar where they will respond to your questions about loss and grief. Please submit your questions for discussion via the link below. Please note that while we do our best to respond to everyone's questions, there may not be time to

get through them all. Thank you for your understanding.

Grief Chats Q&A are held at 8:30 pm ET / 5:30 pm PT, on the second Monday of each month.

Financial contribution from



Health Canada Santé Canada

[Submit question](#)

[Register](#)

In the news

[My daughter's life was abruptly ending. How does a mother prepare for this?](#) - **The Globe and Mail**

[Cracked bundt pan, chapati bowl, stilettos and Ayurvedic journals: I'm unboxing my Mum](#) - **The Globe and Mail**

[B.C. program uses video game Minecraft to help children process grief](#) - **Global News**

Webinar recordings

Canadian Grief Alliance presents...

Grief Chats Q&A

Free Webinar and Facebook Live event

Visit www.canadiangriefalliance.ca for more information and to register for future sessions.

SPEAKERS:

- Marney Thompson, MA**
Victoria Hospice
Bereavement Services
- Maxxine Rattner, PhD, RSW**
Canadian Grief Alliance

Logos: CANADIAN VirtualHospice, Canadian Grief Alliance, Health Canada, Santé Canada, canadiangriefalliance.ca

The recording of the Canadian Grief Alliance’s May Grief Chats Q&A is now available. Grief specialists Maxxine Rattner (PhD, RSW) and Marney Thompson (MA) hosted this live event on May 13, 2024.

Canadian Grief Alliance presents...

Grief Chats Q&A

Free Webinar and Facebook Live event

8:30 pm ET
Jun. 10

Visit www.canadiangriefalliance.ca for more information and to register for future sessions.

SPEAKERS:

- Marney Thompson, MA**
Victoria Hospice
Bereavement Services
- Maxxine Rattner, PhD, RSW**
Canadian Grief Alliance

Logos: CANADIAN VirtualHospice, Canadian Grief Alliance, Health Canada, Santé Canada, canadiangriefalliance.ca

The recording of the Canadian Grief Alliance’s June Grief Chats Q&A is now available. Grief specialists Maxxine Rattner (PhD, RSW) and Marney Thompson (MA) hosted this live event on June 10, 2024.

Canadian Virtual Hospice webinar series

8:00 pm EST
May 24

Methadone for Pain in Palliative Care



Dr. Pippa Hawley
Medical Director
Provincial Pain & Symptom Management/
Palliative Care Program at BC Cancer

 CANADIAN VirtualHospice

virtualhospice.ca

In this webinar, Dr. Pippa Hawley from BC Cancer provided an overview of the Methadone4Pain course and led an insightful discussion addressing participants' questions about methadone prescribing.

Events, workshops, and calls for abstracts

35th Annual Palliative Education and Research Conference

Date: October 21, 2024 | Location: TBD

The Covenant Health Palliative Institute will host the 35th annual Palliative Education and Research Conference on Monday, October 21 with the theme Compassion and Hope. We are pleased to be joined by plenary speakers Dr. Harvey Chochinov and Dr. Maxxine Rattner.

[Learn more](#)

Compassionate Care 2024 Workshops

Date: January 17, 2025, and more | Location: Virtual

The following virtual workshops are available for health and service professionals who are either employed by a government-funded organization or who are members of a licensed, regulated profession in Ontario. Students of these professions are also welcome to attend.

- January 17, 2025 - [Register](#)

- **Password:** PAILCCW
- February 7, 2025 - [Register](#)
 - **Password:** PAILCCW
 - *Must work in the Emergency Department to attend.

We'd love to hear from you!

[Place an order](#) for free printed materials, bookmarks, and tissues

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