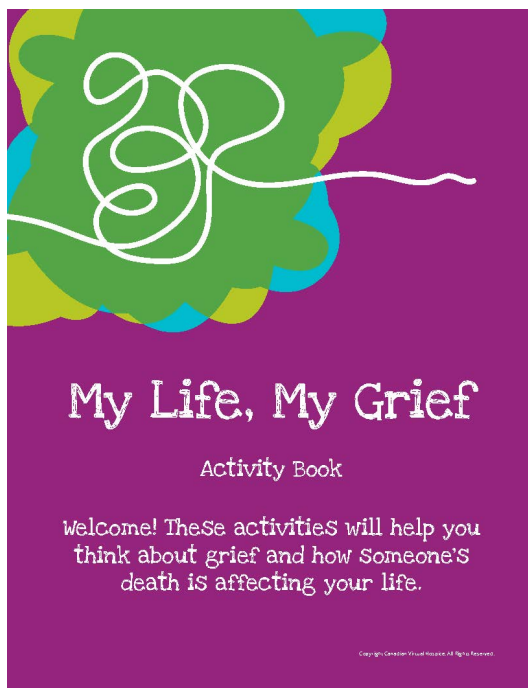


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November Newsletter

CVH launches new children's workbook: *My Life, My Grief*



On November 21st, National Grief and Bereavement Day, Canadian Virtual Hospice launched the third in a series of workbooks for supporting grieving children. *My Life, My Grief* was developed for children ages 5-12 who have experienced the death of someone close to them. Written by nationally respected Child Life Specialist Ceilidh Eaton Russell, this free activity book is an important resource for parents and those supporting grieving children and families.

[Learn more](#)

Groundbreaking funding will advance grief literacy

The Hon. Mark Holland, P.C. Minister of Health for the Government of Canada announced a \$1 million investment over two years to the Canadian Grief Alliance (CGA) to improve support for grieving Canadians.

Despite grief being a natural, universal experience, many Canadians are uncomfortable talking about it and struggle to respond to others' grief in helpful ways. The investment will enable CGA to engage grief specialists and people

who have experienced various kinds of loss, including serious illness or death, relationship breakdown, job and business losses to name a few, to develop resources, learning opportunities and launch an awareness campaign. This watershed investment will help people understand and live with their grief, connect them with resources and services, and assist those around them to provide meaningful support. The CGA will deliver a National Grief Action Plan to the government in 2025.

- [CGA Media Release](#)
- [HC Media Release](#)

Contribute to this work by taking 10 minutes to complete this [short survey](#). Your experiences – what helped, and what didn't – will inform future work by the CGA. Your responses are anonymous and confidential. The survey closes December 7, 2023. Please share with your networks, family, friends, and colleagues.

[Complete survey](#)

[Text for social media and newsletters](#)

Grief and the Holidays

December 6th, 2023 at 8:30pm ET/5:30pm PT

Are you carrying sorrow this holiday season? The Canadian Grief Alliance offers this free virtual gathering with grief specialists Marney Thompson (MA, RCC), Chris MacKinnon (PHD, OPQ), and Maxxine Rattner (MSW, RSW) to talk about grief, and find understanding, hope, and community as we gather to honour and reflect on our losses. Whether you are mourning a death, a relationship or anything else meaningful to you – your grief is welcome here. We hope you will join us.

You can submit questions in advance to canadiangriefalliance@virtualhospice.ca

A recording will be posted.

Financial contribution from



Health Canada Santé Canada

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contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.

[Register](#)

Grief Chats launches January

This January, the Canadian Grief Alliance launches a monthly webinar with grief specialists Maxxine Rattner (MSW, RSW) and Marney Thompson (MA, RCC) who will respond to your questions about loss and grief.

Grief Chats will be held at 8:30pm ET/5:30pm PT, on the second Monday of each month. There is no charge to attend.

Financial contribution from



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[Register](#)

Emily Drake receives Research Training Award

The Research arm of the Canadian Cancer Society awarded Emily K. Drake with the Atlantic Canada inaugural PhD award for her cancer-related research. Emily is a health leader skilled in leading multi-modal research programs and translating evidence into health programs, policies, system innovation, digital content, and impactful science communication focusing on adolescents and young adults.

News and Updates

Report shows lack of hospice beds

Canadian Hospice Palliative Care Association released its report on the number of hospice beds in hospice residences in Canada.

Key findings:

- As of May 31, 2022, there are 142 hospice residences with 1,530 hospice beds.
- There are 3.97 beds per 100,000 people, with provincial rates that range from 1.15 in Manitoba, to 8.47 in British Columbia.
- 86 beds are dedicated to pediatric palliative care.

[Read more](#)

Canadian Cancer Society publishes report on palliative care in Canada

The Canadian Cancer Society has published a report titled *Analyzing Hospice Palliative Care Across Canada: A report on federal, provincial, territorial and community actions*. This report uses data from CHPCA's report as well as a survey data from 9 provinces, 3 territories, 4 departments of the federal government and 13 community organizations.

[Read more](#)

Palliative Care Awareness campaign by Government of Canada

Health Canada's public awareness campaign seeks to dispel myths about palliative care, to help the public understand what it is and how it can benefit anyone living with serious illness. The campaign also encourages early implementation of a palliative approach to care for individuals with a life changing diagnosis. The campaign includes public education and resources for easy sharing.

[Learn more](#)

Spiritual Care added to the Palliative Care Competency Framework

For many patients, spiritual issues are a significant part of their experience. In recognition of the important role that spiritual care plays in palliative and end-of-

life care, a new spiritual care competencies section has been added to the Canadian Interdisciplinary Palliative Care Competency Framework.

[Read more](#)

Give A Mile Holiday Campaign

Give A Mile is a registered charity that believes strongly in the power and importance of being with family at end-of-life. Through crowdfunded flights purchased with donated travel loyalty points, and cash, Give a Mile aims to connect 75 people, nearing end of life, with their loved ones this holiday season.

If you have a patient or family member who could benefit from a flight of compassion, refer them to this [online application](#). Donations cover round-trip flights, travel fees, and taxes.

[Learn more](#)

Newfoundland and Labrador's first residential hospice

Lionel Kelland Hospice, is the first family-centred, community-based residential Hospice in Newfoundland and Labrador. This 10-bed hospice is being developed in the St. Catherine's Renewal Centre in Grand Falls-Windsor, donated by the Presentation Sisters in 2016.

[Learn more](#)

Young Adult Cancer Canada Chats are live

YACC Chats provide a confidential and secure way for young adults (18-39) affected by cancer to connect and support one another. These peer-led virtual conversations are offered over Zoom by a team of trained and compassionate YACC leaders who prioritize creating a safe and supportive environment.

[Learn more](#)

Awards

Dr. Harvey Chochinov receives Research Alliance Award

The Canadian Cancer Research Alliance (CCRA) awarded Dr. Harvey Max Chochinov, MD, Distinguished Professor of Psychiatry, University of Manitoba and Senior Scientist, CancerCare Manitoba Research Institute with the Outstanding Achievements in Cancer Research award for the transformative and international impact of his research in the fields of psycho-oncology and palliative care.

[Learn more](#)

Articles, Videos, and Podcasts

ARTICLE: From Cultural Safety to Anti-Racism: Reflections on Addressing Inequities in Palliative Care

Kensington Health's Health Equity Lead, Dr. Naheed Dosani PhD, and Medical Director, Amit Arya, speak to the successes and ongoing gaps in providing culturally safer and anti-racist palliative care in this commentary. Proposed interventions include advocating for a palliative approach to care that is grounded in equity, justice, and human rights.

[Read more](#)

PODCAST: Chasing Life featuring Wendy Lichtenthal

In this episode of Chasing Life, host and Emmy award-winning chief medical correspondent for CNN Dr. Sanjay Gupta talks to Center for the Advancement of Bereavement Care director Wendy Lichtenthal about what to say when someone is grieving a loss and how to co-exist with grief.

[Listen in](#)



A short video, animated by Emily Downe, and voiced by acclaimed author, speaker and former palliative care physician Dr. Kathryn Mannix, guides viewers gently on a step-by-step journey through the process of dying.

ARTICLE: The Delivery of Palliative and End-of-Life Care to Adolescents and Young Adults Living with Cancer: A Scoping Review

In this scoping review, Emily Drake, MA and PhD candidate, et al., provide an overview of the existing evidence on the delivery of palliative and end-of-life care to adolescents and young adults (AYAs) living with cancer. They identify knowledge gaps and discuss the key characteristics and types of evidence in this field.

[Read more](#)

ARTICLE: Healthcare professional experiences providing care to dying patients during COVID-19

COVID-19 has affected healthcare in profound and unprecedented ways, distorting the experiences of patients and healthcare professionals alike. One area that has received little attention is how COVID-19 affected healthcare providers caring for dying patients. This was the focus of research published recently by Lily Pankratz MA, Dr. Harvey Max Chochinov MD, et al., from the University of Manitoba.

[Read more](#)

ARTICLE: *It's good to remember: We are all on borrowed time*

Written by American novelist and nonfiction writer, Anne Lamott, this opinion piece recounts her thoughts on aging and death. She speaks of her self-consciousness with aging through the decades, as well as her eventual self-acceptance.

[Read more](#)

ARTICLE: *Social injustice is moral suffering*

Written by William Rosa PhD, and Richard Leiter MD, this editorial talks about the correlation between social injustice and moral suffering and its impacts on healthcare practitioners, contributing to burnout and professional dissatisfaction which compromises clinician's abilities to provide care for increasing numbers of seriously ill patients.

[Read more](#)

Research

CALL TO ACTION: CanMEDS public consultation

The [CanMEDS Physician Competency Framework](#) is being updated and are inviting participants to contribute to this important project by completing the [CanMEDS Open Call for public consultation on the physician training and practice](#) by December 31, 2023.

CALL TO ACTION: Is There Room for Hope in Today's Healthcare Study

If you or someone you cared about in New Brunswick has received a life-limiting diagnosis, Horizon Health Network would like to hear from you about your experience. The Horizon Health Network is researching how people with a life-limiting illness and their families think about hope.

Email

SURVEY: Digital Health Technologies in Nursing Practice

The Canadian Nurses Association and the Canadian Nursing Informatics Association, in collaboration with Canada Health Infoway, invite nurses to complete a 15-25-minute online survey on the use of digital health technologies in nursing practice.

The 2023 survey aims to track progress and explore advancing areas of digital health in nursing practice across care settings.

[Start survey](#)

SURVEY: The Caring Forward Study

Researchers at the IWK Health Centre in Halifax are conducting research to learn more about the experiences of unpaid caregivers of acquired brain injury survivors living in Canada. The goal is to use this information to create resources and programs that support caregivers and improve well-being.

[Learn more](#)

[Start survey](#)

Upcoming Webinars

KidsGrief Q&A October

December 19, 2023

Join children's grief expert Andrea Warnick as she answers your questions.

[Register](#)

Events

Compassionate Communities Forum

November 30, 2023

Covenant Health's Palliative Institute hosts the 2023 Compassionate Communities Forum. "Growing and Sustaining Compassionate Communities" this free online event will bring together key stakeholders and partners in Alberta's Compassionate Communities movement, to network and share ideas. Dr. Shane Sinclair, Director of the Compassion Research Lab and professor at the University of Calgary, and palliative care physician and health justice activist, Dr. Naheed Dosani will present keynotes.

[Register](#)

The Role of Nurses in Recognizing & Addressing Oncologic Emergencies in Leukemia & Lymphoma

Presented by the Leukemia and Lymphoma Society of Canada, this series of webcasts on the complications arising from blood cancer or its treatment are free to attend.

- Syndrome of Inappropriate Antidiuretic Hormone Secretion (SIADH) - November 29, 2023 | [Register](#)
- Febrile Neutropenia - December 13, 2023 | [Register](#)

Forever Changed: a series of conversation cafes

Join Nightingale Centre for Grieving Children, Youth, and Families for a series of conversations about different losses. Attend a free, in-person conversation at the Guelph Public Library East Branch and take an opportunity to talk about the impact that grief has had on your life. Hear from and connect with people who share a similar lived experience and learn where others found support, how they coped, managed, and grew in their grief.

- December 13, 2023 – Preparing for the holidays
- January 10, 2024 – Death by overdose
- February 21, 2024 – Child loss
- March 13, 2024 – Young adults living with loss
- April 10, 2024 – Death of a parent

Register

PAIL: New online support groups starting in November

PAIL Network will be starting two new support groups this November!

- Support for Grandparents (Bi-monthly, second Sunday of the month at 10 a.m.)
- Trying to Conceive (monthly, fourth Thursday each month at 8 p.m.)

Register

We'd love to hear from you!

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[Update us](#) on palliative care news in your region

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