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## October Newsletter

### **2024 Innovation Challenge: Announcing the International Palliative Care Innovator of 2024!**



International Palliative Care Innovators of 2024 Terri Milton (left) and Sarah Scott (right).

From an initial pool of 57 submissions from 14 countries, Sarah Scott and Terri Milton, from the Valley Hospice Foundation in Nova Scotia, were awarded the coveted title of International Palliative Care Innovator of the Year last Friday, for their innovation, *Grief Library: Sending resources of healing to rural Nova Scotians*. They competed in a high-energy competition, emceed by the dynamic Dr. Cory Ingram of Mayo Clinic, against five other finalists from the US, Canada, and Kenya at the McGill International Palliative Care

Congress. They received the \$1,000 prize from Canadian Virtual Hospice. Congratulations to Terri and Sarah and to the runners up:

- 1st runner up: **Julia St Louis**, SickKids Hospital - *Reality Check: Using virtual reality social support for adolescents living with serious illness*
- 2nd runner up: **Dr. Andréanne Côté**, Université de Montréal - *Creation of the play "Si un jour je meurs" (If One Day I Die)*

#### Thank you to judges:

- **Holly Prince, HBSW, MSW, PhD(c)** & Division Lead - Indigenous Peoples' Health & Aging Division, Centre for Education & Research on Aging & Health, Lakehead University, Canada.
- **Bridget Johnston, FRCN**, Clinical Professor of Nursing & Palliative Care Director of Research School of Medicine, Dentistry & Nursing, University of Glasgow, Scotland, UK.
- **Erica G. Srinivasan, PhD**, Associate Professor of Psychology, & Lead Instructor, Grief Support Specialist Certificate Program, University of Wisconsin, USA.

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## What's new

### IMPORTANT!!: Help chart the future of palliative care

Statistics Canada is conducting a study called *Living with a Life-limiting Illness: Access to Care and Related Experiences*. If you are living with a life-limiting illness or care for someone who is, share your experiences. Results will help decision-makers assess the availability, accessibility, and use of supportive services and develop programs and policies that meet the diverse needs of Canadians living with life-limiting illnesses. This is important! Share with your patients, clients, residents and others to inform federal and provincial investments and policies.

#### Participate

### Space for Grief

*Space for Grief* is an internationally recognized public art installation that explores community bonding and healing through grief. Canadian Virtual

Hospice is proud to be a sponsor of their installation at Evergreen Brick Works in Toronto, Ontario, November 2 - 11, 2024.

[Learn more](#)

## Canadian Virtual Hospice welcomes new clinical team members

We're pleased to announce that child life specialist, Ceilidh Eaton Russell, PhD, and clinical nurse specialist, Mahoganie Hines, BScN, RN, MHSc, CHPCN(C), have joined the Canadian Virtual Hospice Clinical team.



### **Ceilidh Eaton Russell, PhD**

Ceilidh is a Certified Child Life Specialist and a Grief Counsellor with a PhD in Family Relations and Human Development from the University of Guelph. She is an Assistant Professor in Child Life and Paediatric Psychosocial Care at McMaster University, a Research Fellow with the Association for Child Life Professionals. Ceilidh has led the development of Youthgrief.ca, a series of kids activity books and other projects for CVH.

### **Mahoganie Hines BScN, RN, MHSc, CHPCN(C)**

Mahoganie is a Clinical Nurse Specialist at St. Peter's Hospital in Hamilton and professor at Georgian College, with extensive experience as an educator and palliative care consultant. She has a Master's degree in Bioethics and has contributed to various RNAO best practice guidelines. A cornerstone of her practice is advocating for equity and accessibility in palliative care and she has received several



awards for her work. She is currently the President of the Canadian Palliative Care Nursing Association.

[Learn more](#)

## Supporting children's grief in Iran

Virtual Hospice clinical team member and child life specialist, Ceilidh Eaton Russell, PhD, presented virtually at the 22nd National and the First International Pediatric Nursing Congress on Oct. 3-6, 2024. The event was hosted by Tehran University of Medical Sciences and the National Excellence Children's Center in Tehran, Iran. Ceilidh and Shaindy Alexander, MSc, Sick Kids, delivered "A taste of our own medicine" - an exploration of essential insights for providing psychosocial care to families facing serious illness, uncertainty, and grief.

## Methadone4Pain

*Date: November 13, 2024 | Location: Virtual*

Canadian Virtual Hospice is hosting a free webinar with Dr. Pippa Hawley, PhD, BC Cancer, from 5:00-6:00 pm PT. Methadone4Pain is a free online course on Methadone for Analgesia in Palliative Care that has been certified by the Royal College of Physicians and Surgeons and the College of Family Physicians of Canada. This webinar may be of interest to anyone considering taking the course and those who have completed the course and would like further information or to share their experience.

[Register](#)

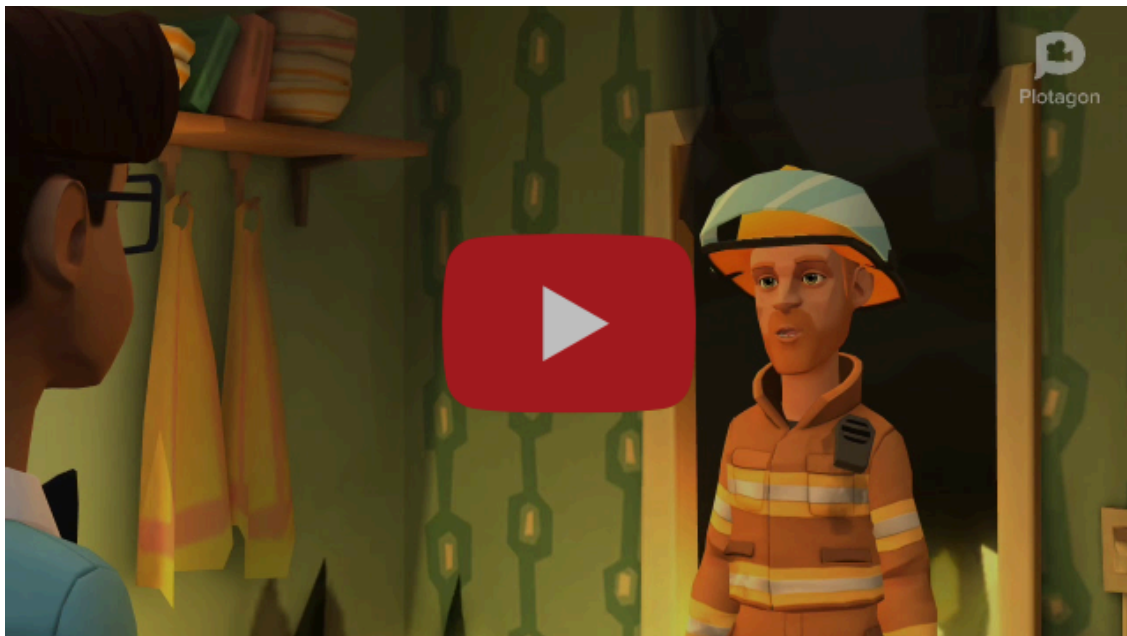
## VIDEO: The art and science of compassion: A conversation on compassion

In this interview on CBC's Tapestry, Virtual Hospice team member, Dr. Shane Sinclair, PhD, provides an overview of the evidence on compassion, including findings from the Compassion Research Lab - that critically appraises, recognizes, and enhances the power of compassion. This conversation weaves in storytelling, humour, and challenges listeners to re-evaluate some of the commonly held beliefs related to compassion.



## **VIDEO: Palliative Care PSA - We're the fire department, not the fire**

In this video created by Dr. Jared Rubenstein, misconceptions about how palliative care looks to some families is explained using a metaphor about fire rescue.



## **Dementia Education for Care Partners – Free course**

The McGill Dementia Education Program has launched a free online course to support care partners of people living with dementia. The 10 self-paced e-

learning modules are now available to the public in both English and French.

[Learn more](#)

## **Canadian Medical Association takes steps toward accountability and reconciliation**

The Canadian Medical Association (CMA) apologized for its role, and the role of the medical profession, in past and ongoing harms to First Nations, Inuit and Métis Peoples in the health system.

[Learn more](#)

## **BOOK: Pediatric Palliative Care**

Written by Betty Davies, RN, PhD, Rose Steele, RN, PhD, and Jennifer Baird, MD, *Pediatric Palliative Care: A Model for Exemplary Practice* lays out a road map for healthcare providers interested in optimizing care for seriously ill children and their families.

[Learn more](#)

Betty and Rose have shared their expertise with Canadian Virtual Hospice in insightful videos about pediatric care and children's grief.

[Watch Betty's videos](#)

[Watch Rose's videos](#)

## **A bride holds her wedding at the side of her mother's hospital bed**

Newlywed Renata Russell held her long-awaited wedding at the side of her mother, Sabrina Hunter's hospital bed, to honor her mother's final wish. Sabrina was able to witness her daughter's wedding before she died, only days later.

[Learn more](#)

## Research articles

### Telehealth vs in-person early palliative care

Dr. Joseph Greer, PhD, et al., evaluated whether delivering early palliative care via secure video vs in-person visits has an equivalent effect on the quality of life in patients with advanced lung cancer in their research *Telehealth vs In-Person Early Palliative care for Patients With Advanced Lung Cancer*.

[Read more](#)

### End-of-life decision-making among AYAs

Dr. Melissa Cousino, PhD, et al., research survey, *Medical and End-of-Life Decision-Making Preferences in Adolescents and Young Adults with Advanced Heart Disease and Their Parents*, examined decision-making preferences of AYAs with advanced heart disease and their parents and determine factors associated with these preferences.

[Read more](#)

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## Research recruitment

### Participants needed: OUTLOUD study

The OUTLOUD study (Observing, Understanding, and Telling stories at the end of Life for patients with Opioid Use Disorder) is recruiting patients, caregivers, and bereaved caregivers. The purpose of this research study is to understand the end-of-life experiences of people who have had both life-limiting illness and opioid-related health harms, and the experiences of those who have cared for them. Eligible participants will complete a 5-minute demographic questionnaire, take part in a 1-hour virtual interview, and will receive a \$50 gift card.

[Learn more](#)

### National Survey: Priorities for AYA cancer research

# Pick your priorities

for Adolescent and Young Adult (AYA) cancer research in Canada

**Start the survey now: [tinyurl.com/AYACancerSurvey2](https://tinyurl.com/AYACancerSurvey2)**

Friends Patients Survivors

Support network Clinicians Loved ones

AYA CAN James Lind Alliance Priority Setting Partnerships

This study was approved by the Health Research Ethics Board of Alberta - Cancer Committee - HREBA.CC-23-0156

The Adolescent and Young Adult (AYA) Cancer Priority Setting Partnership's second national survey for the priority setting partnership is now live. Members of the AYA cancer community are asked to pick which priorities are most important for future research to study. The results will be used to establish a new, national research agenda for AYA cancer in Canada.

Participate

## Awards

### 2024 Arthur M. Sutherland Award and Memorial Lecture

Congratulations to Dr. Harvey Max Chochinov on receiving the 2024 Arthur M. Sutherland Award and Memorial Lecture from the International Psycho-

Oncology Society (IPOS) in Maastricht, The Netherlands. The award recognizes his work pioneering Dignity Therapy and other patient-centred approaches to caring for the dying.

[Learn more](#)

## Dr. Hsien Seow, honoured by Royal Society of Canada

The Royal Society of Canada has named palliative care leader Dr. Hsien Seow, PhD, a College Member of New Scholars, Artists and Scientists. The College recognizes mid-career leaders who are helping Canada and the world address major challenges and seize new opportunities, including those identified in emerging fields. Hsien's holds the Canada Research Chair in Palliative Care and Health System Innovation.

[Learn more](#)

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## Upcoming Webinars

### Grief Chats Q&A

*Date: November 12, 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 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.

Please register below to attend (or to receive the recording even if you are unable to attend).

*Financial contribution from*



Health Canada Santé Canada

[Submit question](#)

Register

## KidsGrief Q&A November

*Date: November 12, 2024 | Location: Virtual*

Join children’s grief specialists Andrea Warnick, Colleen Mousseau, and Nicola Elbro as they answer your questions. Please submit your questions for discussion in advance via the link below.

Submit question

Register

## Webinar recordings

Canadian Grief Alliance presents...  
**Grief Chats Q&A**  
 Free Webinar  
**PET LOSS**  
 8:30 pm ET  
 Oct. 22

**Special guest:**  
**Dr. Vanessa Papiernik, BSc, DVM**  
 Resting Paws In-Home Veterinary Hospice Services

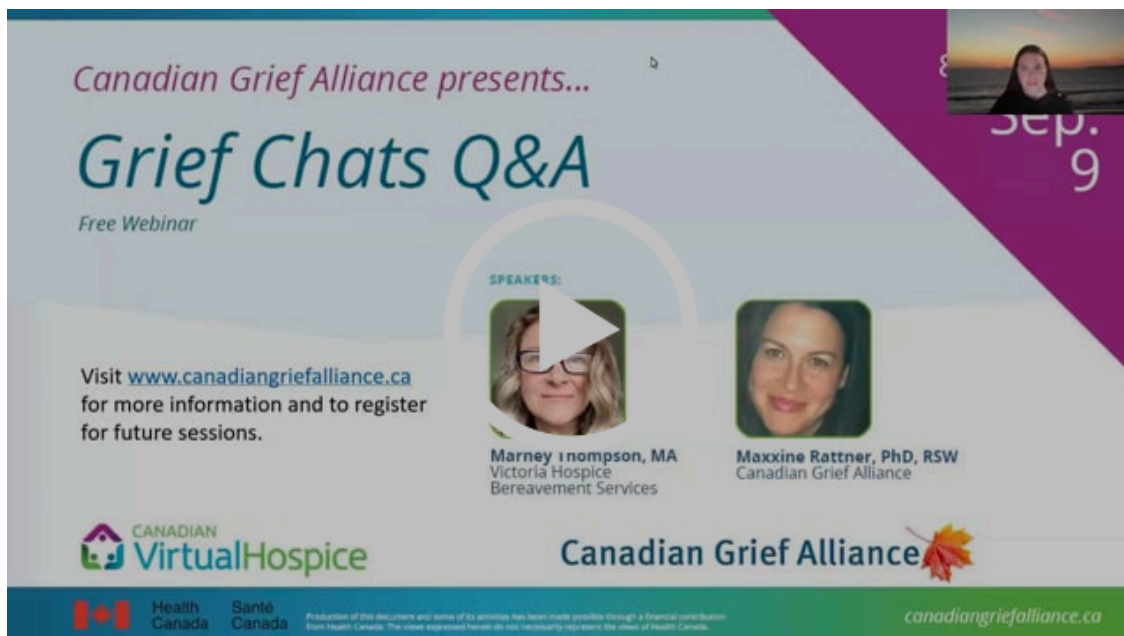
**Moderators:**  
**Maxxine Rattner, PhD**  
 Canadian Grief Alliance  
**Marney Thompson, MA**  
 Victoria Hospice Bereavement Services

CANADIAN VirtualHospice  
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 Production of this document and some of its activities has been made possible through a financial contribution from Health Canada. The views expressed herein do not necessarily represent the opinions of Health Canada.  
 canadiangriefalliance.ca

The recording of the Canadian Grief Alliance’s Special Topics Grief Chats Q&A - Pet Loss is now available. Grief specialists Maxxine Rattner, PhD, and Marney Thompson, MA, were joined by Dr. Vanessa Papiernik, BSc, DVM for this live event on October 22, 2024.



The recording of the Canadian Grief Alliance’s October Grief Chats Q&A is now available. Grief specialists Maxxine Rattner, PhD, and Marney Thompson, MA, hosted this live event on October 15, 2024.



The recording of the Canadian Grief Alliance’s September Grief Chats Q&A is now available. Grief specialists Maxxine Rattner, PhD, and Marney Thompson, MA, hosted this live event on September 9, 2024.

## Support groups

### Lumara's Fall Programs - Registration Open!

Kids Support Group (Virtual):

- Minecraft Groups (age 7-12): November 16 and December 7 at 9:30-11:30 am PST / 12:30-2:30 pm EST

#### In-Person Programs in BC:

- Circles of Strength Adult and Children's Grief Support Groups (age 6-12): November 23 and December 14 from 10-12 pm PST at New Westminster Secondary School

#### Drop-in Groups (Virtual):

- Mindfulness Meditation Drop-in: Every Thursday starting September 19 from 7-8 pm PST / 10-11 pm EST

[Register for groups and workshops](#)

[Register for retreats](#)

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## Events, workshops, and calls for abstracts

### Space for Grief

*Date: Nov. 2-11 | Location: Toronto*

Space for Grief is an internationally recognized public art installation that explores community bonding and healing through grief. Canadian Virtual Hospice is proud to be a sponsor of their installation at Evergreen Brick Works, November 2-11, 2024.

[Learn more](#)

### Good Mourning Festival

*Date: Nov. 2-3, 2024 | Location: Toronto*

The Good Mourning Festival invites the public to come together to reclaim death as a special part of life. This event is dedicated to exploring and honouring the significance of mourning in public spaces. Canadian Virtual Hospice is pleased to be presenting as a part of a free panel on November 3, 1-2 pm ET.

[Learn more](#)

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## We'd love to hear from you!

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

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[Inquire about webinars](#) presented by our interdisciplinary team

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

## Socialize with #VirtualHospice for more stories and news



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