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Summer Newsletter

2024 Innovation Challenge receives a record 57 submissions!

The 2024 Innovation Challenge is set for this fall on October 18th in Montreal, Quebec, and the competition is already heating up. We received a record 57 submissions from 14 countries: Angola, Australia, Canada, Central African Republic, Ecuador, India, Kenya, the Netherlands, the United Kingdom, Rwanda, Saudi Arabia, South Africa, the United States, and Zambia. The panel of independent reviewers had a challenging time choosing from innovative work in palliative care taking place around the world. Thank you to everyone who submitted!

The six finalists will be announced in September eNews. A panel of judges and the voting audience at the International Congress will decide who is crowned Palliative Care Innovator for 2024 on October 18!

[Learn more](#)

Do you know a Canadian military or RCMP veteran?

Veteran's service can bring with it more loss than most Canadians experience in many lifetimes. A free, online peer-facilitated grief support group is being offered to Canadian Armed Forces and Royal Canadian Mounted Police veterans this fall. The Grief Peer Support Group for Veterans will meet online once a week for 8 weeks (September–November 2024) in 90-minute sessions using Zoom video-conferencing. Sessions will be co-facilitated by a veteran and a grief coach. This is an opportunity for veterans to come together to support each other.

[Learn more or share](#)

Apply here

What's new

New resources released to support virtual palliative care visits

CLINICIAN TIPS

for virtual visits with home-based palliative care clients

"Virtual visits allow me greater productivity in palliative home care in a large rural area ... I will continue to use it as an alternative with home visits for my patients, depending on their vulnerability and their ease of access with this approach."

BEFORE VIRTUAL VISIT

- Choose when appropriate**
for select clients, simpler issues, triaging, or check-ins when stable
- Build rapport first**
Virtual visits are best when you already know the person
- Assess client's access & barriers**
to use phone/computer
- Involve family or caregiver(s)**
for virtual meeting support
- Adapt your care approach**
Invite interdisciplinary team members as needed and email links/documents to client and team

DURING VIRTUAL VISIT

- Set up your space**
Ensure you have privacy, back-up tech available, & adequate battery/power source
- Anticipate challenges**
Sign on early, let the client know if you're running late, be open to guiding the client in using tech
- Confirm identities**
Ask who is present
- Communicate effectively**
Speak clearly and slowly, actively listen, ask direct questions, and avoid assumptions
- Be thorough & accurate**
Use a symptom checklist and share your screen

AFTER VIRTUAL VISIT

- Document as virtual visit**
and send summary to client
- Alternate**
Hold your next follow-up in person to avoid missing important health changes

Tips from Canadian homecare nurses and providers of palliative-focused homecare.
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CLIENT TIPS

for virtual visits with your palliative homecare team

Your care team might use both virtual visits and in-person care at home to connect with you and your family. These simple steps help to make the most of virtual visits. They come from people in Canada receiving home-based palliative care and their family and friends.

BEFORE VIRTUAL VISIT

- Prepare ahead**
Write down questions or topics you want to discuss and have your medication list ready
- Meet in-person first if possible**
Virtual care is best when you already know your provider
- Prepare tech support**
If needed, have a family member, volunteer, or neighbour at home with you
- Expect a time window**
for your visit, ask for a back-up way to connect (e.g. phone number)

DURING VIRTUAL VISIT

- Set up your space**
with privacy, quiet, and adequate battery/power source for your device
- Ask**
the names and roles of the people on your call
- Have a supporter**
to advocate with you and to take notes
- Share what's going on**
Be honest about your concerns and provide as much detail as possible
- Use the question list**
you prepared and take notes throughout your visit
- Request**
a written summary, especially medication changes

"I liked the virtual visits as it was a way to have a nurse check in on how I am doing and to ask questions about things I may be experiencing. I also liked the reminder that I could reach out before the next check in if I had questions."

REMEMBER

- Request an in-person appointment when:**
 - there are changes in your health
 - you cannot use virtual technology
 - you have not met your provider before
- Virtual care is great when you:**
 - need to check in for simple issues
 - want to reduce wait time to access your provider
 - are worried about infections
- Your homecare team wants to do their best to support you. Let them know if something is not working.

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The Pan-Canadian Palliative Care Research Collaborative has released two new resources based on the research by Dr. Jessica Simon, of the University of Calgary, and team, to support clinicians and clients who participate in virtual visits for home-based palliative care.

Learn more

PalliPro: Palliative Care Interprofessional Education

[PalliPro](#) is free online education for all health care professionals in all disciplines to strengthen knowledge, skills, and attitudes in providing palliative care. Based on the Alberta Interprofessional Palliative Care Competency Framework, the series takes approximately 2.5 hours to complete. It was created by the Covenant Health Palliative Institute and is available at CovenantHealth.ca.

Research tool helps advance compassion in healthcare

Compassion is increasingly recognized as a key driver of patient outcomes, patients' experiences of healthcare, healthcare provider well-being, and reduced healthcare costs. Developed by Shane Sinclair, PhD, of Compassion Research Lab in the Faculty of Nursing at the University of Calgary, the Sinclair Compassion Questionnaire is a powerful tool that enables researchers, healthcare providers, and system leaders to advance compassion in healthcare.

[Learn more](#)

Inaugural lecture honours work of Kappy Flanders

The first-ever Kappy Lecture, honouring and advancing the work of Kappy Flanders, a relentless advocate for palliative and end-of-life care, will be presented on Oct. 15, 2024 at the McGill International Palliative Care Congress. Join best-selling crime-writers Louise Penny and Donna Leon for *Murder, Mystery, and a Little Death* as they talk about their new novels, life, and real and fictional preoccupations with death together with renowned social historian Judith Flanders, whose recent book, "Rites of Passage," explores death and dying rituals in Victorian Britain.

[Learn more](#)

PODCAST: Andrea Warnick helps families navigate their teen's grief

Andrea Warnick, RN, MA, a registered psychotherapist whose passion lies in helping families and communities support people of all ages who are grieving,

shares her insights on managing grief and how it can also apply to everyday situations in teenagers' lives.

Listen in

TEDTALK: The journey through loss and grief

Late author and filmmaker Amy Krouse Rosenthal gave her husband Jason very public permission to move on and find happiness in her widely-read meditation on death, "You May Want to Marry My Husband," which she wrote in anticipation of her death. One year after she died, Jason offers candid insights on the process of moving through and living with loss.

Watch video

Articles

Silent grief: The unique challenges faced by members of the LGBTQ+ community in mourning loved ones

The mourning process is fraught with pain and complexity for anyone who has experienced the death of someone they care about. For members of the LGBTQ+ community, it often comes with additional layers of heartache. In this article, Aimée and Beaux share their experiences with grief as members of the LGBTQ+ community, highlighting bittersweet emotions and a deep sense of loss.

Read more

Palliative care for adolescents and young adults with advanced illness

This scoping review by Mohamed Abdelaal, MD, of the Division of Palliative Care at the University of Ottawa, et al., explores the available literature about providing palliative care to adolescents and young adults with advanced life-limiting illnesses.

[Read more](#)

Association between opioid use disorder and palliative care

Led by Sarina Isenberg, PhD, and Jenny Lau, PhD, this mixed methods study describes the characteristics of people with opioid use disorder at the end of their lives and compares the palliative care provided to those who have died with and without opioid use disorder.

[Read more](#)

Support needs of Australians bereaved during the Covid-19 pandemic

This study by Serra Ivynian, PhD, of the Faculty of Health at the University of Technology Sydney, et al., identifies the bereavement supports used by Australians during the Covid-19 pandemic, perceived helpfulness of supports used, prevalence and areas of unmet support need, and characteristics of those with unmet support needs.

[Read more](#)

Research recruitment

Participants needed: Grieving young widows and widowers

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.

[Learn more](#)

Participants needed: Young caregivers

Approximately 1.5 million young people in Canada, under age 30, provide essential care. These young caregivers often go unrecognized and unsupported, impacting their physical and mental health, social lives, education, and work. Led by Roberta Woogate, PhD, of the College of Nursing and the University of Manitoba, this four-year national study aims to co-design policies and research priorities to improve their well-being, with young carers playing a central leadership role.

[Learn more](#)

Participants needed: GI clinicians

Pan-Canadian Palliative Care Research Collaborative member Justin Sanders, PhD, of the MUHC, leads a study to assess GI oncologist/cancer nurse perspectives on palliative care appropriateness and access for patients with pancreatic cancer. They are seeking oncologists or cancer nurses, 18 or older and fluent in English or French, who have experience with the care of patients who have pancreatic cancer.

[Learn more](#)

Participants needed: Caregivers from minority groups

Caregivers of individuals from racial, ethno-cultural, and linguistic minority groups often experience additional challenges and are less supported. Yet, little is known about their experiences. This study, led by Wenshan Li, Post Doctoral of the Ottawa Hospital Research Institute, will explore the experiences and challenges of these caregivers.

[Learn more](#)

Participants needed: Healthcare providers supporting family caregivers

Jasneet Parmar, PhD's Caregiver-Centered Care Team invites health, social, and community care providers who are interested in supporting family caregivers to join their study. They aim to foster collaboration and support among stakeholders in health, social, and community-care sectors to better

serve family caregivers by co-designing a caregiver-centred community of practice. Healthcare providers passionate about advancing caregiver-centered care or participants who have completed any of the caregiver-centered care education modules, or are willing to commit to one hour of online education, are encouraged to participate.

[Learn more](#)

Awards

2024 Distinguished Alumni Award for Academic Innovation

Congratulations to Harvey Max Chochinov, PhD, on being awarded the 2024 Distinguished Alumni Award for Academic Innovation from the University of Manitoba.

[Read more](#)

Canadian Virtual Hospice Awards: CAPO 2024

Congratulations to the two award winners who received a cash award of \$500 each!

- 2024 Canadian Virtual Hospice Award for Progress in Palliative Care
 - Sheila Killoran for their poster, *Psychosocial-Spiritual Alberta Series: A Partnership in Palliative and Grief Education for Psychosocial Clinicians*
- 2024 Canadian Virtual Hospice Award in Grief Support
 - Alanna Chu for their poster, *An Update on the Implementation of the Fear of Recurrence Therapy (FORT) Group Intervention in 5 Cancer Centers across Canada.*

[Read more](#)

Kensington Health receives awards

Congratulations to the award winners!

- Naheed Dosani, PhD, Dr. S Lawrence Librach Award for Palliative Medicine in the Community
- Kensington Hospice Team, Mount Pleasant Group Hospice Innovation Award

Upcoming Webinars

Grief Chats Q&A

Date: September 9, 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.

Grief Chats Q&A is held at 8:30 pm ET / 5:30 pm PT, on the second Monday of each month. If you are unable to attend but wish to receive the recording, please register.

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[Submit question](#)

[Register](#)

Webinar recordings

Canadian Grief Alliance presents...

Grief Chats Q&A

Free Webinar

8:30 pm ET
Aug. 12

SPEAKERS:

Marney Thompson, MA
Victoria Hospice
Bereavement Services

Maxxine Rattner, PhD, RSW
Canadian Grief Alliance

CANADIAN VirtualHospice

Canadian Grief Alliance

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canadiangriefalliance.ca

The recording of the Canadian Grief Alliance's August Grief Chats Q&A is now available. Grief specialists Maxxine Rattner, PhD, and Marney Thompson, MA, hosted this live event on August 12, 2024.

Canadian Grief Alliance presents...

Grief Chats Q&A

Free Webinar

8:30 pm ET
Jul. 8

SPEAKERS:

Marney Thompson, MA
Victoria Hospice
Bereavement Services

Maxxine Rattner, PhD, RSW
Canadian Grief Alliance

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

CANADIAN VirtualHospice

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canadiangriefalliance.ca

The recording of the Canadian Grief Alliance's July Grief Chats Q&A is now available. Grief specialists Maxxine Rattner, PhD, and Marney Thompson, MA, hosted this live event on July 8, 2024.

Events, workshops, and calls for abstracts

Palliative Manitoba 2024 Annual Provincial Palliative Care Conference

Date: September 19-20, 2024 | Location: Winnipeg, Manitoba

This year's conference includes unique blend of keynotes, educational sessions, and networking opportunities grounded in palliative care. Engage with colleagues from across the country as you learn about new approaches, successful models and innovations that will advance your professional skill set and help strengthen your organization. Visit us at the Canadian Virtual Hospice booth!

[Learn more](#)

Canadian Federation of Medical Students Annual General Meeting 2024

Date: September 20-21, 2024 | Location: Moncton, New Brunswick

The CFMS Annual General Meeting 2024 in Moncton includes 2 full days of speakers, roundtables, networking, exhibition booths, and social events! Visit us at the Canadian Virtual Hospice booth!

[Learn more](#)

Grief at Work: The Conference

Date: October 1, 2024 | Location: Waterloo, Ontario

Presented by the Bereaved Families of Ontario – Midwestern Region, this conference is focused on addressing the critical topic of grief and loss within professional settings including conversations about grief and its impacts on workplace dynamics, practical strategies to support employees who are grieving, and the implications of grief on those who are precariously employed. Susan Cadell, PhD, is one of the featured speakers talking about grief leadership in the workplace.

[Learn more](#)

BCCPC's All Together Symposium 2024

Date: October 4, 2024 | Location: Pinnacle Harbourfront Hotel, Vancouver

The BC Centre for Palliative Care's Biennial All Together Symposium promises a full day of educational workshops and valuable networking opportunities. Kelli Stajduhar, RN, PhD, and Hsien Seow, PhD, are the featured speakers for the event.

[Learn more](#)

The McGill International Palliative Care Congress

Date: October 15-18, 2024 | Location: Palais des congres de Montreal

This year's conference will feature a blockbuster pre-conference workshop, day-long topical seminars, transformative plenary sessions and rigorous research from around the world. See us at the Canadian Virtual Hospice booth and the 2024 Innovation Challenge!

[Learn more](#)

Forum 2024 Winnipeg

Date: October 21-23, 2024 | Location: Winnipeg, Manitoba

The Forum 2024 Winnipeg is presented by that Canadian Institute for Military and Veterans Health Research and co-hosted by the University of Manitoba and University of Winnipeg. This Forum serves as a platform for thought leaders across various sectors to exchange insights, collaborate, and showcase advancements in research and ideas for the betterment of our military personnel, veterans, and their families. Visit us at the Canadian Virtual Hospice booth!

[Learn more](#)

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. Harvey Chochinov, PhD, and Maxxine Rattner, PhD, are plenary speakers at the event.

[Learn more](#)

We'd love to hear from you!

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