

Community-Based Primary Palliative Care Community of Practice Series

Grief in Children



Facilitator: Dr. Nadine Gebara

Guest Speaker: Andrea Warnick, RN, MA, RP

Case Presenter: Dr. Haley Draper

Date: June 8th, 2022

Territorial Honouring



The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

Stay connected: www.echopalliative.com

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



LEAP Core

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- Taught by local experts who are experienced palliative care clinicians and educators.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) who provides care for patients with life-threatening and progressive life-limiting illnesses.
- Accredited by CFPC and Royal College.



Learn more about the course and topics covered by visiting

www.pallium.ca/course/leap-core

Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Symptom Management	Feb. 16, 2022 from 1-2pm ET
Session 2	Managing Complex Pain	Mar. 2, 2022 from 1-2pm ET
Session 3	Managing the Last Hours of Life in the Home	Mar 16, 2022 from 1-2pm ET
Session 4	Beyond the Essential Communication Skills- Part 1	Mar 30, 2022 from 1-2pm ET
Session 5	Beyond the Essential Communication Skills- Part 2	Apr 13, 2022 from 1-2pm ET
Session 6	Beyond the Essential Communication Skills- Part 3	Apr 27, 2022 from 1-2pm ET
Session 7	Grief and Bereavement: Identifying and Managing Complex Grief	May 11, 2022 from 1-2pm ET
Session 8	Teamwork in Primary Palliative Care	May 25, 2022 from 1-2pm ET
Session 9	Grief in Children	Jun 8, 2022 from 1-2pm ET
Session 10	Community Palliative Resources	Jun 22, 2022 from 1-2pm ET
Session 11	Organizing Practices to Provide Primary Palliative Care	Jul 6, 2022 from 1-2pm ET

Welcome & Reminders

- Please introduce yourself in the chat! Let us know what province you are joining us from, your role and your work setting
- Your microphones are muted. There will be time during this session for questions and discussion.
- You are welcome to use the chat function to ask questions, if you have any comments or are having technical difficulties, but also please also feel free to raise your hand!
- This session is being recorded and will be emailed to registrants within the next week.
- Remember not to disclose any Personal Health Information (PHI) during the session
- This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to **11 Mainpro+** credits.

Disclosure

Relationship with Financial Sponsors:

Pallium Canada

- Not-for-profit
- Funded by Health Canada

Disclosure

This program has received financial support from:

- Health Canada in the form of a contribution program
- Generates funds to support operations and R&D from Pallium Pocketbook sales and course registration Fees

Facilitator/ Presenters:

- Dr. Nadine Gebara: No conflicts to disclose
- Andrea Warnick: I am the owner of a private group therapy practice which I will not promote
- Dr. Haley Draper: No conflicts to disclose

Disclosure

Mitigating Potential Biases:

- The scientific planning committee had complete independent control over the development of course content

Introductions

Facilitator:

Dr. Nadine Gebara, MD CCFP- PC

Clinical co-lead of this ECHO series

Palliative Care Physician at Toronto Western Hospital, University Health Network

Family Physician at Gold Standard Health, Annex

Panelists:

Dr. Haley Draper, MD CCFP- PC- & today's Case Presenter!

Clinical co-lead of this ECHO series

Palliative Care Physician at Toronto Western Hospital, University Health Network

Family Physician at Gold Standard Health, Annex

Thandi Briggs, RSW MSW

Care Coordinator, Integrated Palliative Care Program

Home and Community Care Support Services Toronto Central

Amanda Tinning, MN NP

Nurse Practitioner for the home Transitional Heart Failure Clinic

Division of General Internal Medicine

QEII Health Sciences Centre

Halifax, NS

Introductions

Panelists (continued):

Dr. Roger Ghoche, MDCM CCFP-PC, MTS

Palliative Care and Rehabilitation Medicine, Mount Sinai Hospital- Montreal

Elisabeth Antifeau, RN, MScN, CHPCN(C), GNC(C)

Regional Clinical Nurse Specialist (CNS-C), Palliative End of Life Care

IH Regional Palliative End of Life Care Program

Pallium Canada Master Facilitator & Coach, Scientific Consultant

Claudia Brown, RN BSN

Care Coordinator, Integrated Palliative Care Program

Home and Community Care Support Services Toronto Central

Support Team

Gemma Kabeya

Education Research Officer, Pallium Canada

Holly Finn, PMP

National Lead, Palliative Care ECHO Project, Pallium Canada

Introductions

Guest Speaker:

Andrea Warnick, RN, MA, Registered Psychotherapist

Andrea Warnick Consulting



Grief in Children

Session Learning Objectives

Upon completing the session, participants will be able to:

- Describe the unique needs of a grieving child.
- Describe an approach to talking to children about death and dying.
- Identify when a child may need specialist support.
- Identify resources to support families and children.

By Perri Klass, M.D.

March 18, 2019



“One of the most difficult things we ever have to do is to tell a child he or she has a very serious condition and may not survive it, or that a parent has a condition they may not survive,” said Dr. Alan Stein, a professor of child and adolescent psychiatry at the University of Oxford.

Dr. Stein is the senior author on [two articles published last week in the British medical journal The Lancet](#), which suggested guidelines for talking to children about life-threatening illness, one on [when the illness is the child’s](#) own and the other on [when a parent is ill](#).

The doctors and other health care providers who are treating a parent with a serious illness often don’t see this as their job, Dr. Stein said, but it can make a tremendous difference. Children are sensitive to changes in their parents’ behavior, he said, and profoundly aware of parental mood and family atmosphere.

THE CHECKUP

Talking to Children About Terminal Illness

New guidelines call for speaking openly with children when they or their parents face life-threatening diseases.

The New York Times

<https://www.nytimes.com/2019/03/18/well/family/talking-to-children-about-terminal-illness.html>

***It's the responsibility of adults to take the lead
in opening conversations about dying/ death
with kids***

then

***Let the child/youth take the lead in how much
information he/she wants about the situation***

Where To Start

- Create an appropriate space with minimal disturbances
- Get on the level of the child
- Explore the child/youth's understanding of the situation

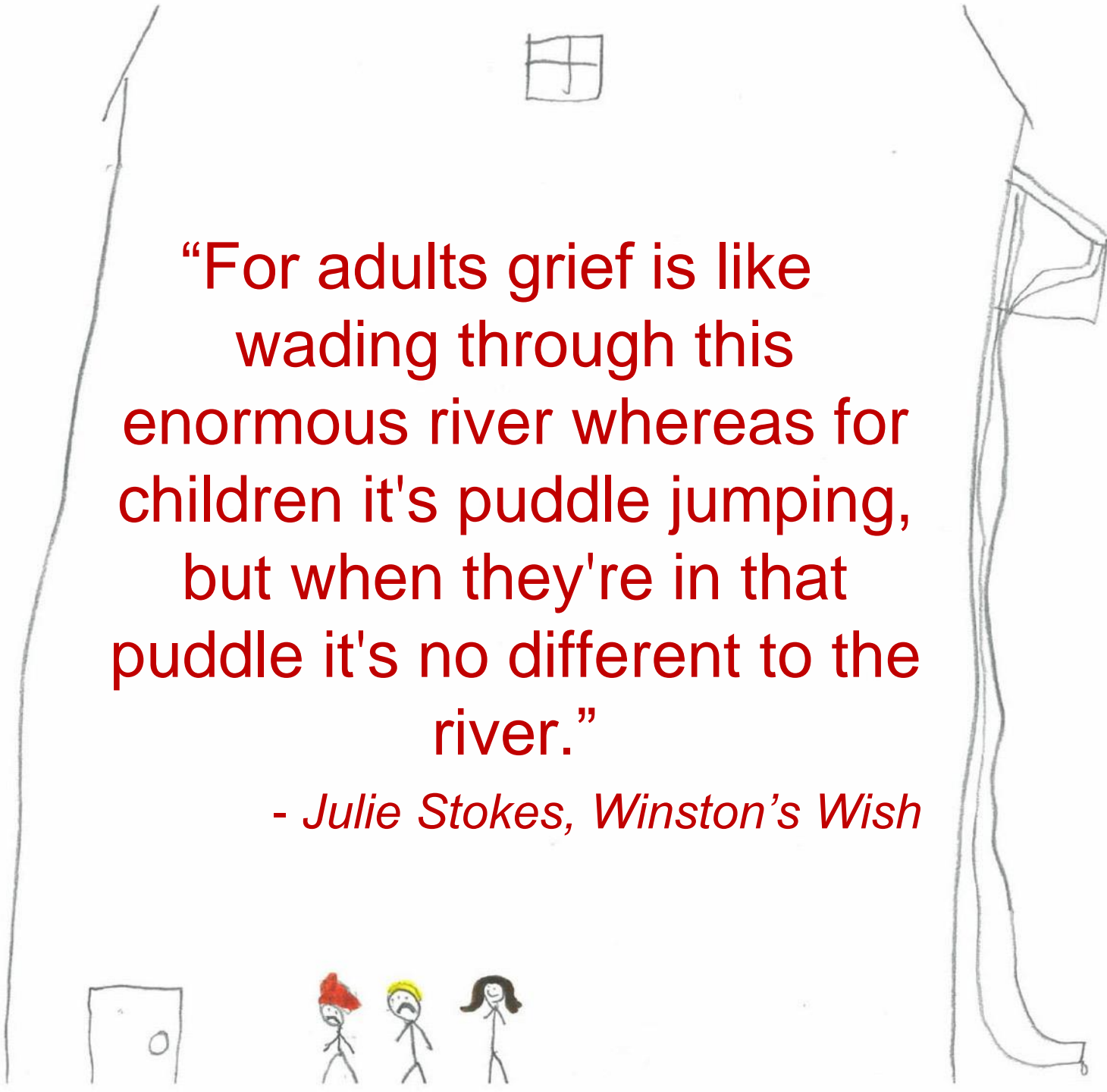


- Start by asking what the child/youth understands about the situation:
“I’m wondering if you could tell me what you understand about what is happening to your mom?”
- Explore if the child/youth has overheard anything he/she doesn’t understand?
- Are there unmet informational needs?
- Encourage youth to ask questions or share concerns, reassuring that all are ‘okay’.

5 Common Concern's of Grieving Children

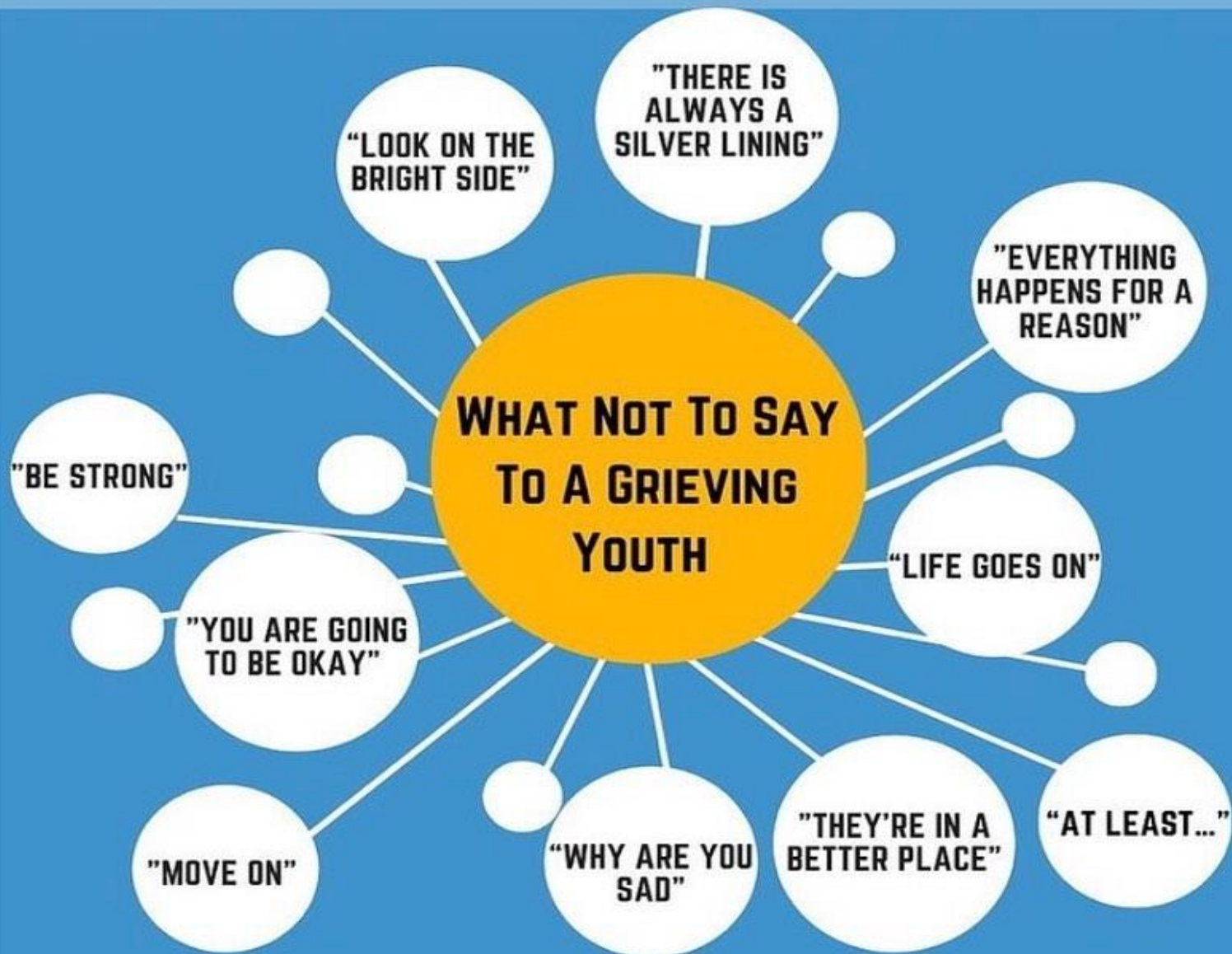
- Did I CAUSE It?
- Can I CATCH it?
- Can I CURE it?
- Who will take CARE of me?
- How do I stay CONNECTED?





“For adults grief is like
wading through this
enormous river whereas for
children it's puddle jumping,
but when they're in that
puddle it's no different to the
river.”

- Julie Stokes, *Winston's Wish*



“Bear Witness”



Signs that Additional Support is Needed

- Chronic physical symptoms without obvious cause
- Persistent denial of death
- Not returning to school
- Avoidance of all reminders of the person who died
- On-going sleep/eating disturbances
- Prolonged changes in typical behavior
- On-going concerns about the 5C's
- Risk-taking behaviors
- Lack of interest in previously enjoyed activities
- Anxiety/panic attacks
- Self-harming/suicidal thoughts or behaviours

Ways for Children to “Be” with Someone who is Dying

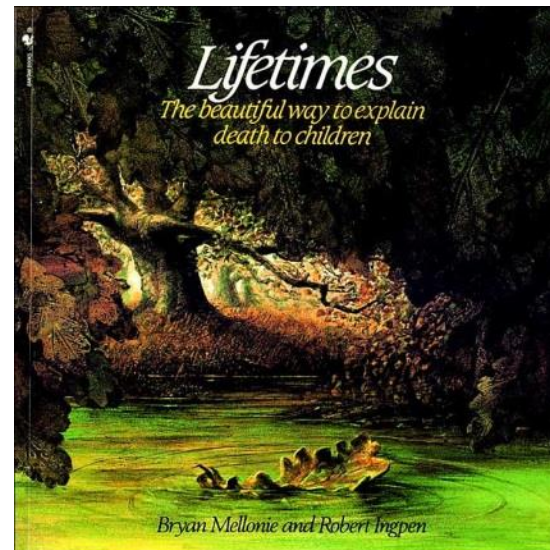
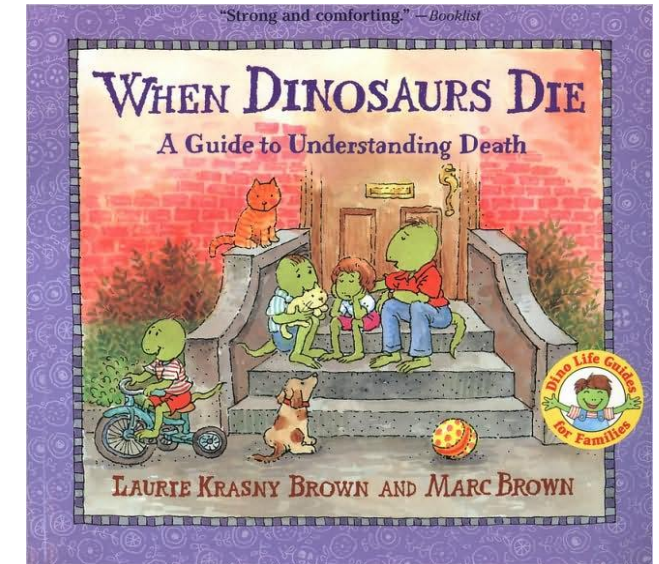
- Decorate room
- Choose music
- Read
- Decorate blankets, pillow case
- Mouth care/moisturize
- Watch movie/t.v.
- Do homework in room
- Nail polish
- Make hug



Key Principles for Communicating with Children who are Grieving

- Be honest!
- Use simple but correct language
- Foster an environment where they can ask questions
- Be prepared to not have the answer (wonder about life's mysteries with them)

Resources



Pandemic Specific Resources

Good Grief Tip Sheet: "Funerals in Times of a Pandemic: A Toolkit for Children and Families": <https://good-grief.org/wordpress/wp-content/themes/x-child/pdf/Children-Funerals-and-a-Pandemic.pdf>

Grieving children need supportive relationships, but as time goes on, the impact of grief and loss intensifies as support wanes.



For Parents



Understanding children's
grief and finding
teachable moments

START NOW >



Talking about dying and
death

START NOW >



Supporting a grieving
child

START NOW >

For Educators



Overview

START NOW >



Grief in the classroom

START NOW >



Strategies for supporting
grieving students

START NOW >

Monthly Webinar Series



presents

KidsGrief Q&A

<https://virtualhospice.us1.list-manage.com/subscribe?u=c07fa235771066576396bbc7a&id=99ed3d82b7>

National children's grief expert,
Andrea Warnick answers
your questions. To register email:
KidsGriefQA@virtualhospice.ca



“The greatest gift you can give your children is not protection from change, loss, pain or stress, but the confidence and tools to cope and grow with all that life has to offer them.”

Dr. Wendy Harpham

Questions & Discussion

Case-Based Discussion



CASE- LORETTE



- 50 yo F
- Known metastatic lung cancer
- Admitted with acute MCA stroke

Social Hx

- 5 children (ages: 26, 22, 13, 11, 2)
- Lives in apartment alone with 3 younger children



Questions for the Community of Practice

- How can we support children when the parent is not open to sharing illness and prognostic information?
- How can we support children when they are not allowed to visit their loved one due to COVID policies in hospital?
- Lorette died quickly and somewhat unexpectedly. Does this change your approach to supporting the children?

Questions for the Community of Practice

- How can we best prepare children? Mom looks very different from when they last saw her. The children are unaware of diagnosis and prognosis and death is imminent.
- There is uncertainty around living situation and guardianship. What resources may be helpful in navigating the practical supports for these children?

Session Wrap Up

- Please fill out the feedback survey following the session! Link has been added into the chat
- A recording of this session will be emailed to registrants within the next week
- Please join us for the next session in this series:
 - **Title: Community Palliative Resources**
 - **Presenters:**
 - Dr. Roger Ghoche & Jill Yu Tom, RN (Quebec)
 - Amanda Tinning, NP (Nova Scotia)
 - Dianne Stockwell, RN (British Columbia)
 - Claudia Brown, RN & Thandi Briggs, RSW (Ontario)
 - **Date/ Time: June 22nd, 2022 from 1-2pm ET**

Thank You



Stay Connected
www.echopalliative.com