

Community-Based Primary Palliative Care Community of Practice Series 2

Grief and Bereavement: Beyond the Basics



Facilitator: Dr. Nadine Gebara
Guest Speaker: Andrea Warnick
Date: April 12, 2023

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 and their families.

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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 the CFPC and Royal College.



Learn more about the course and topics covered by visiting

www.pallium.ca/course/leap-core

Objectives of this Series

After participating in this series, participants will be able to:

- Augment their primary-level palliative care skills with additional knowledge and expertise related to providing a palliative care approach.
- Connect with and learn from colleagues on how they are providing a palliative care approach.

Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Pain: Beyond the Basics	Nov 9, 2022 from 1-2pm ET
Session 2	Communication: Part 1	Nov 23, 2022 from 1-2pm ET
Session 3	Communication: Part 2	Dec.7, 2022 from 1-2pm ET
Session 4	Palliative Care and Substance Use Disorders	Jan 18, 2023 from 1-2pm ET
Session 5	GI Symptoms in Palliative Care	Feb 1, 2023 from 1-2pm ET
Session 6	Delirium	Feb 15, 2023 from 1-2pm ET
Session 7	Spiritual Care and Rituals around Death and Dying	Mar 1, 2023 from 1-2pm ET
Session 8	Palliative Sedation	Mar 15, 2023 from 1-2pm ET
Session 9	Grief and Bereavement: Beyond the Basics	Apr 12, 2023 from 1-2pm ET
Session 10	Practical Tips: Lessons from the Front Line	Apr 26, 2023 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 when you can unmute yourself for questions and discussion.
- You are welcome to use the chat function to ask questions and add comments throughout the session
- 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/ Presenter:

- Dr. Nadine Gebara: Nothing to disclose
- Andrea Warnick: In private practice

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

Clinical co-lead of this ECHO series

Palliative Care Physician at Toronto Western Hospital, University Health Network

Family Physician at Gold Standard Health, Annex

Dr. Roger Ghoche, MDCM CCFP-PC, MTS

Palliative Care and Rehabilitation Medicine, Mount Sinai Hospital- Montreal

Introductions

Panelists (continued):

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

Thandi Briggs, RSW MSW

Care Coordinator, Integrated Palliative Care Program
Home and Community Care Support Services Toronto Central

Claudia Brown, RN BSN

Care Coordinator, Integrated Palliative Care Program
Home and Community Care Support Services Toronto Central

Rev. Jennifer Holtslander, SCP-Associate, MRE, BTh

Spiritual Care Provider

Support Team

Aliya Mamdeen

Program Delivery Officer, Pallium Canada

Diana Vincze

Palliative Care ECHO Project Manager, Pallium Canada

Introductions

Guest Speaker:

Andrea Warnick

Andrea is a Registered Psychotherapist and Registered Nurse whose passion lies in helping individuals, families and communities support people of all ages who are grieving an illness or death in their lives. With years of nursing and counselling experience both in Canada and abroad and a Master's degree in Thanatology (the study of dying and death) Andrea brings to her work a rare mixture of medical and psychosocial expertise. Andrea developed and teaches the 5 Day Certificate Program in Children's Grief and Bereavement at SickKids Centre for Community Mental Health. She was also the lead content developer for KidsGrief.ca and KidsGrief for Educators. Once a month Andrea hosts a free monthly forum through Canadian Virtual Hospice, KidsGrief Q&A, where she responds to questions from families and professionals from across the country about supporting grieving children and youth.

Andrea lives in Guelph Ontario, from where she runs Andrea Warnick Consulting, a group practice of over 25 therapists who provide grief counselling across Ontario and grief education across Canada.

Grief and Bereavement: Beyond the Basics

Session Learning Objectives

Upon completing the session, participants will be able to:

- Discuss pearls to identify and support newly bereaved individuals.
- Identify common barriers to a healthy grief process

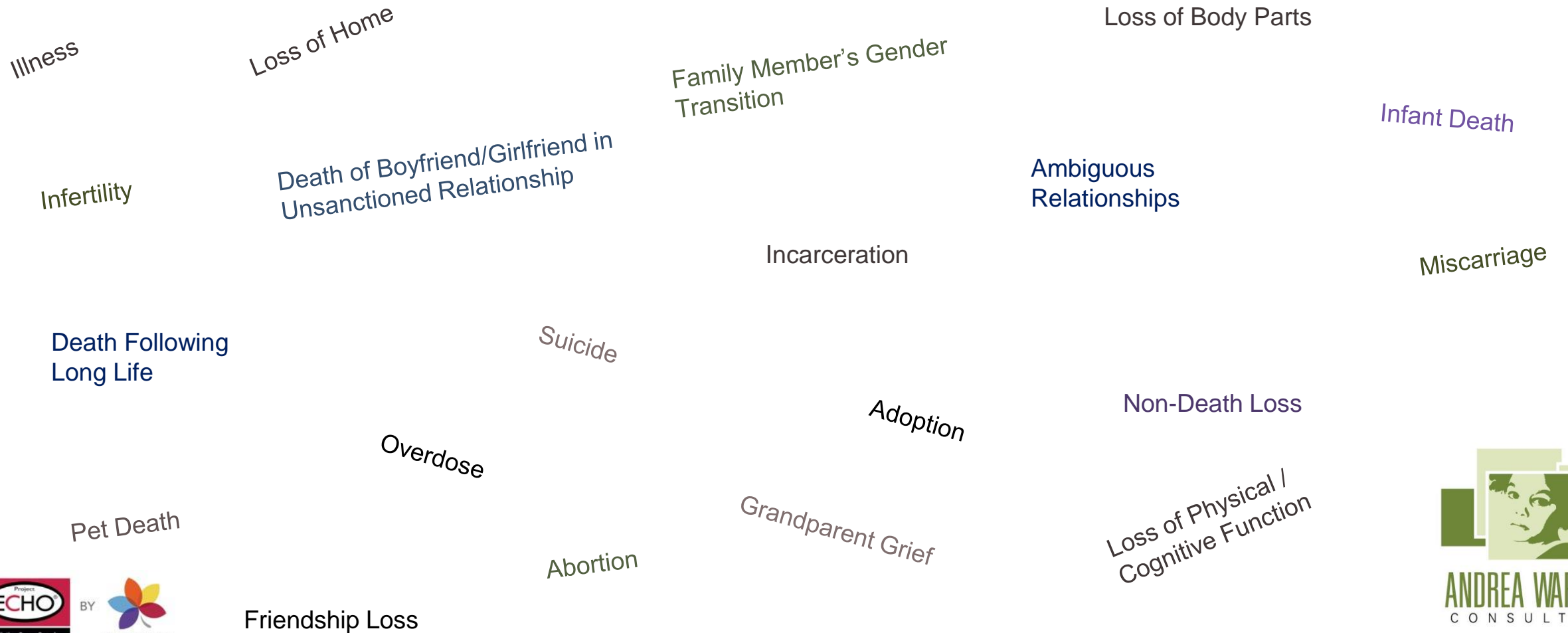
Grief Literacy

- **Bereavement:** the state of having experienced a death
- **Grief:** one's response to a significant loss
- **Anticipatory Grief:** Grief experienced prior to a death
- **Mourning:** external expression of grief
- **Disenfranchised Grief:** grief that is not acknowledged

There is a kind of grief that isn't routinely
acknowledged. From lost time with
grandchildren to canceled vacations, we need
to give ourselves permission to mourn.

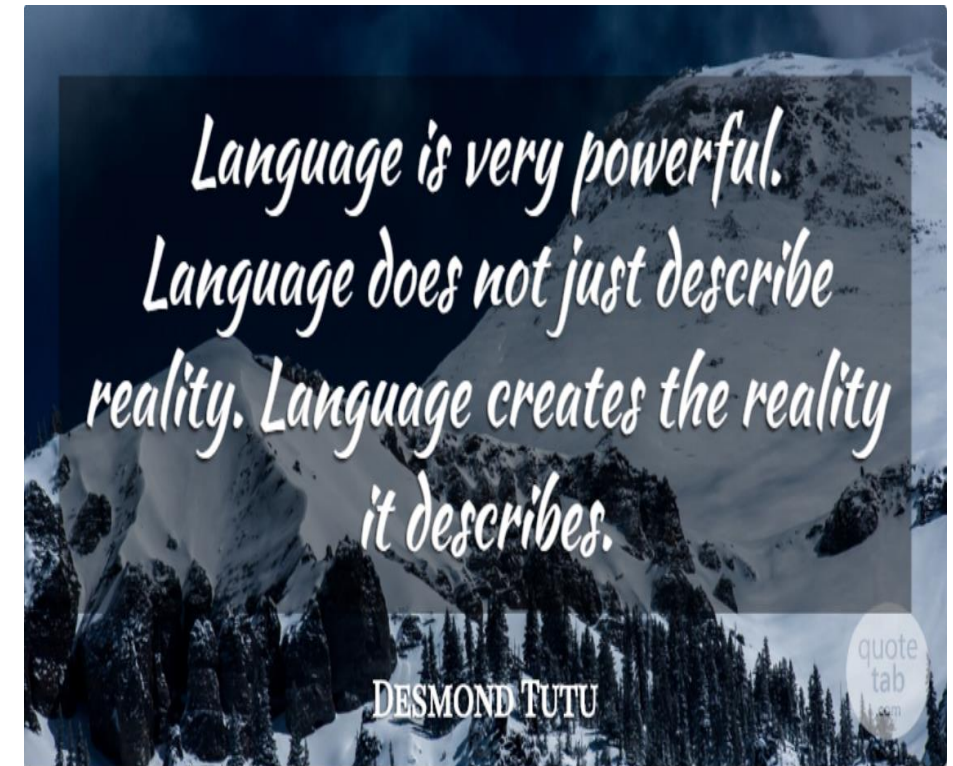
<https://www.nytimes.com/2021/03/15/well/mind/grief-pandemic-losses.html>

Disenfranchised Grief Needs To Be Enfranchised



The Power of Language

- Do use
 - “cancer” / “ALS”
/ “substance use disorder”
 - “dying”
 - “death”
 - “died”
- Try not to use:
 - “gone”
 - “lost”
 - “passed away”
 - “commit” suicide
 - “complete” suicide

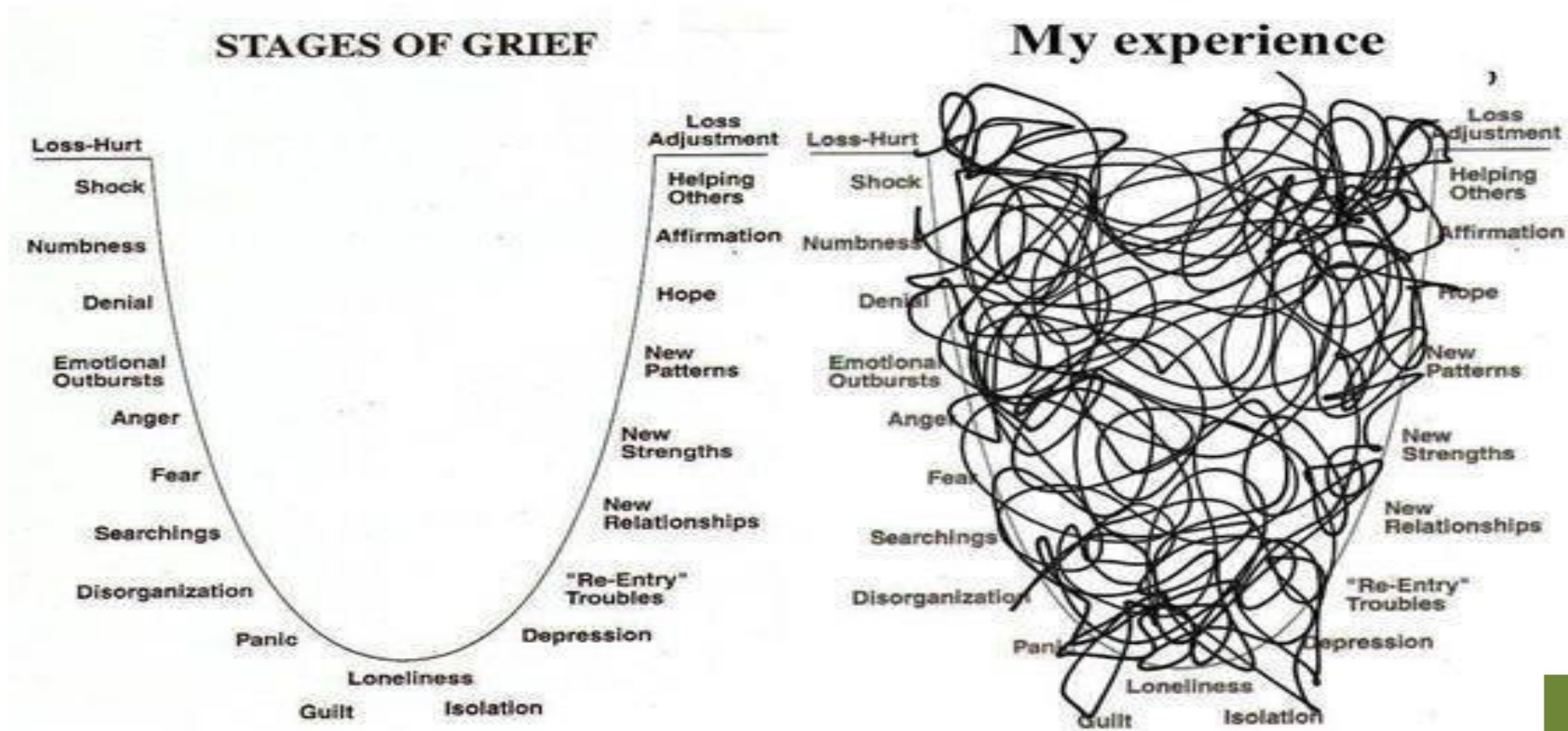


What Grief is Not

A Predictable Set of Stages



A More Accurate Model



Different Styles of Grieving

Intuitive Grief



Instrumental Grief



We do not all grieve alike, some grieve in an emotional way, while others are more cerebral.

[Grieving Beyond Gender: Understanding the Ways Men and Women Mourn \(Doka & Martin\)](#)

Roadblocks To Communication (E. Causton, MSW)

1. The Fix-It Trap

2. Advising, Giving Solutions

3. Praising

4. Reassuring

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Try to Avoid

1. The Fix-It Trap

“Everything happens for a reason...”

“At least he’s not suffering...”

2. Advising, Giving Solutions

“You just need to...”

3. Praising

“You are so strong.”

4. Reassuring

“Time heals all...”

“You aren’t given more than you can bear...”

“You are going to be okay...”

How To Help A Grieving Friend (Megan Devine)



<https://www.youtube.com/watch?v=I2zLCCRT-nE>



Bear Witness

Mention my child's name you may make me cry.

*Don't mention my child's name you'll break my
heart.*

(Bereaved Parent)

Grief is a Healthy and Natural Response



- ❑ Grief is a natural response to loss – **it doesn't need to be fixed**
- ❑ Acknowledgement is one of the most important tools for supporting a healthy grief process
- ❑ There is utility in experiencing grief

Literary Resources

A Year of Magical Thinking (J. Didion)

Being Mortal (A. Gawande)

Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death (Joan Halifax)

Die Wise: A Manifesto for Sanity and Soul (S. Jenkinson)

In the Slender Margin: The Intimate Strangeness of Death and Dying (E. Joseph)

It's Okay That You're Not Okay: Meeting Grief and Loss in a Culture that Doesn't Understand.

The Heart Does Break: Canadian Writers on Grief and Mourning (J. Baird)

The Four Things That Matter Most (I. Byock)

The Grieving Brain: The Surprising Science of How We Learn from Love and Loss (M.F. O'Connor)

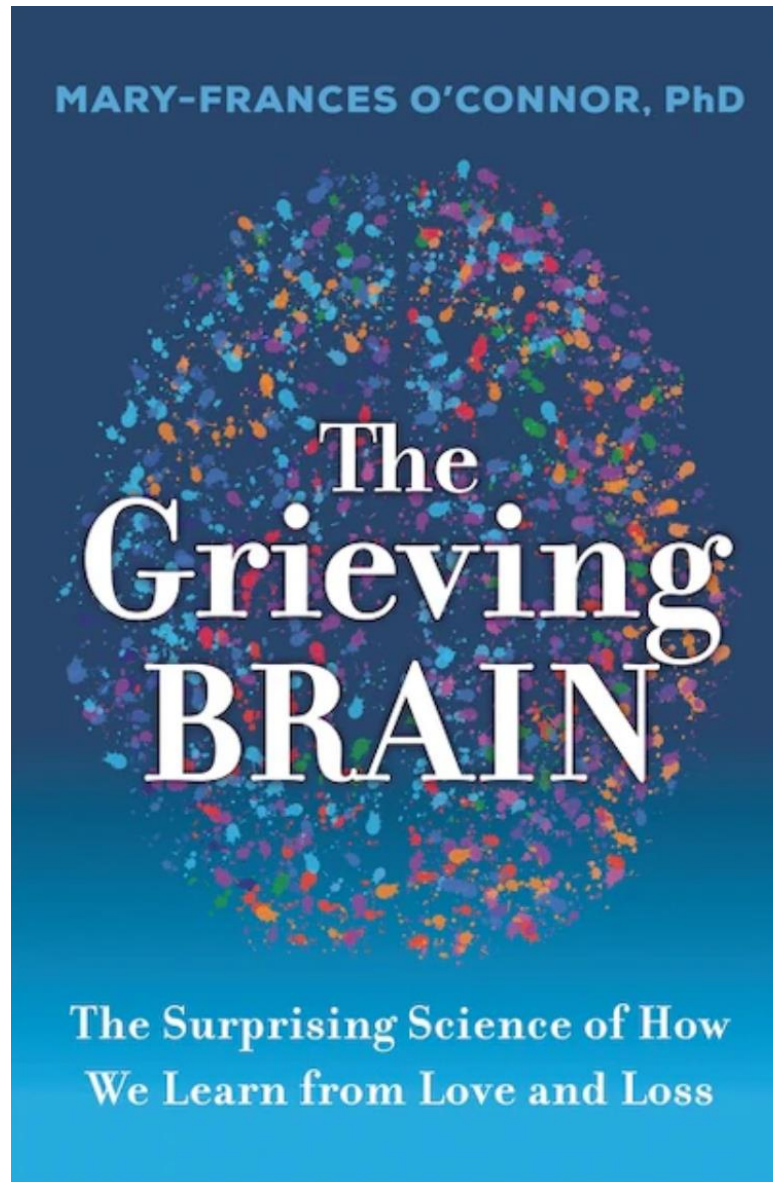
The Mourners Dance (K. Ashenberg)

The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief (F. Weller)

Traveling with Ghosts: A Memoir (Shannon Leonne Fowler)

When Breath Becomes Air (P. Kalanithi)

https://www.chapters.indigo.ca/en-ca/books/product/9780062946232-item.html?s_campaign=goo-PMaxSmartShop_Books_Hot_EN&gclid=Cj0KCQiA8aOeBhCWARIsANRFrQFy9Y2XaEajW5jlmueogHHTgGytz96P59xkloHW9GdljpaWv9bPDjEaAn_6EALw_wcB&gclsrc=aw.ds



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MyGrief.ca

www.mygrief.ca



MODULE 1

Grieving before the loss



MODULE 2

Understanding grief



MODULE 3

How has this loss affected my family and me?

MODULE 4

Moving through grief



MODULE 5

Making sense of intense emotions

MODULE 6

Managing difficult situations



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 >

[Topics](#)
[Support](#)
[For Professionals](#)

You are in: [Home](#) | [Programs and Services](#)

https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Resources/Programs+and+Services/Provincial/Quebec.aspx#MapAnchor

Programs and Services

Click on a province or territory to find out about palliative care associations, drug/benefit programs, home care programs, residential hospices and other programs and services. If we're missing a resource or need to update some information, please suggest a program or service below.

[Suggest a Program or Service](#)

[Provincial](#) [National](#)



Our Partners



COVID-19
and palliative care

Canadian Grief Alliance

Asked and Answered

Find out what Canadians are asking



[FINDING SUPPORT](#)[CAMPS](#)[Home](#)[What We Do](#)[Grief Symposium](#)[Grief Awareness Day](#)[Resources](#)[Contact](#)<https://www.grievingchildrencanada.org/index.php/directory-of-grief-service-providers-across-canada>

Provinces

For more information on child and youth bereavement supports available in your local community go to CACGY Directory below.

Alberta

[View items...](#)

British Columbia

[View items...](#)

Manitoba

[View items...](#)

National

[View items...](#)

New Brunswick

[View items...](#)

Newfoundland

[View items...](#)

Nova Scotia

[View items...](#)

Ontario

[View items...](#)

Prince Edward Island

[View items...](#)

Quebec

[View items...](#)

Saskatchewan

[View items...](#)

Yukon

[View items...](#)

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>

Case based discussion

- 45 yo F
- Dx: Metastatic cancer diagnosed in 2022
- Receiving immunotherapy
- Admitted to hospital with new femur metastatic lesion
- Hospital stay was complicated by a seizure secondary to new brain metastasis
- Eventually admitted to hospice
- PPS
 - 60-70% at home
 - 30% on presentation due to pain
 - 20% after seizure



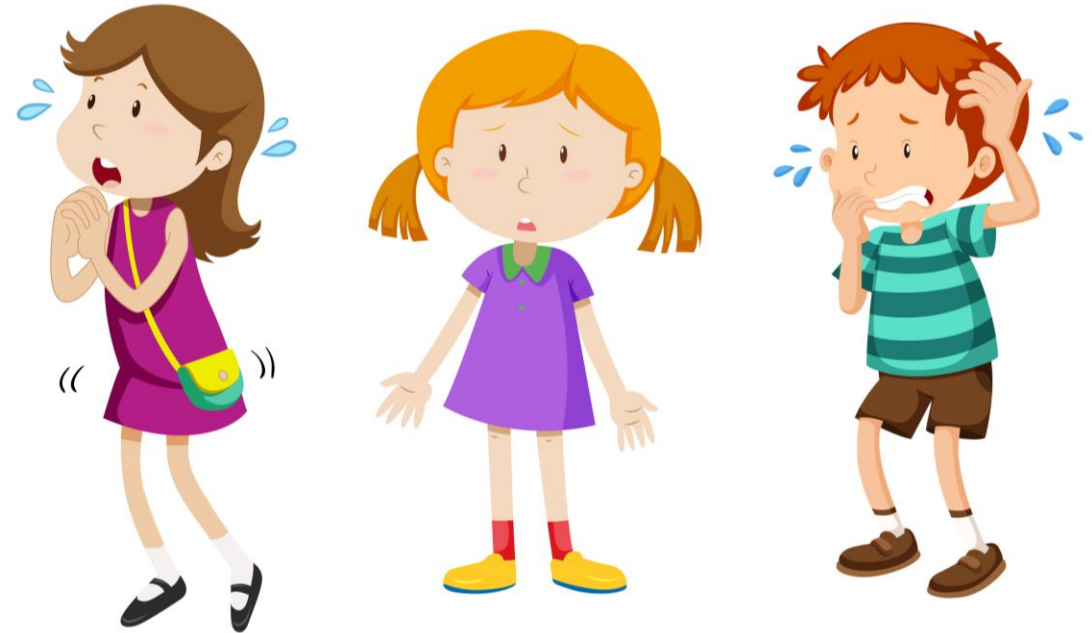
Social Hx:

- When well, worked in a daycare. Was receiving EI until recently
- Supported by husband and sister
- Husband off work
- 3 children
 - Ages 24, 11 and 9
- Religion: Catholic



Illness understanding

- Husband has good illness understanding and prognostic awareness
- Children- uncertain about their illness understanding
 - Visiting evenings and weekends
 - Know mom is “sick” but never used term “cancer”
 - Do not know mom is dying
 - School not aware
 - Eldest daughter has not taken time off work
 - Husband not open to hospice team speaking with children or reaching out to school. He has declined bereavement resources.



Questions for the Community of Practice

- How to offer support when a parent feels children are well supported?
- How comfortable are you talking to dying young parents? To their children?
- What low cost or free resources are available for children?

Session Wrap Up

- Please fill out our feedback survey, a link has been added into the chat.
- A recording of this session will be emailed to registrants within the next week.
- We hope to see you again at our next session taking place **April 26, 2023 from 1-2pm ET** on the topic of **Practical tips: lessons from the front line.**

Thank You



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