

For immediate release

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New resource helps paramedics support families, themselves

Canadian Virtual Hospice launches MyGriefToolbox.ca at PACExpo

Winnipeg, Man. – Paramedics across Canada now have a new resource that will help improve their practice when responding to calls when someone is dying – MyGriefToolbox.ca.

Developed with grief experts and Canadian paramedics the nine-module resource offers:

- Guidance for supporting patients and families at end of life and in grief
- Strategies for managing work-related grief
- Specialized content to assist families and friends support paramedics

The modules include personal stories from Canadian paramedics in short video clips, clinical techniques, and conversation prompts for engaging in difficult discussions around dying and grief.

MyGriefToolbox.ca was developed by Canadian Virtual Hospice, with investment by the Canadian Foundation for Healthcare Improvement (CFHI), and in partnership with the Alberta government, Alberta Health Services Emergency Medical Services, Nova Scotia Health Authority Cancer Care Program, and Nova Scotia Emergency Health Services.

The toolbox builds on successful initiatives that supported paramedics who were providing palliative care in Alberta, Nova Scotia, and Prince Edward Island. It will be part of a training program for paramedics currently being spread across the country by CFHI and the Canadian Partnership Against Cancer. Both MyGrief.ca and programs supporting paramedics to provide urgent palliative care at home as part of a team were identified as proven innovations by CFHI through a 2017 open call for innovations.

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Interview opportunities are available.

Quotes

“More than 45 paramedics from across Canada contributed to [MyGriefToolbox.ca](https://www.mygrieftoolbox.ca) – a robust resource to support them deliver the care that matters in life's most difficult moments. The nine modules offer practical strategies to help paramedics support grieving family members and to recognize the work-related grief paramedics experience. Paramedicine is evolving to provide palliative care in people's homes and this free online resource will help paramedics enhance their skills in providing this care.”

– Shelly Cory, Executive Director of Canadian Virtual Hospice

“Building on their award-winning [MyGrief.ca](https://www.mygrief.ca) platform, the Canadian Virtual Hospice’s [MyGriefToolbox.ca](https://www.mygrieftoolbox.ca) includes tools and resources to support paramedics who provide palliative care. By assisting them with this important work, the toolbox can help to accelerate proven approaches to palliative care across the country.”

– Jennifer Zelmer, President and CEO, Canadian Foundation for Healthcare Improvement

“I wish that paramedics would have had the resources to provide palliative care to my husband. He would have been able to die at home, as per his wishes, instead of in the hospital.”

– Karen Rose

“When I became a paramedic, I felt drastically underprepared to navigate my own grief and that of patients and families. These modules are an outstanding resource that improves understanding of grief in relation to clinical practice and personal wellbeing. [MyGriefToolbox.ca](https://www.mygrieftoolbox.ca) educates paramedics to better support patients and grieving family members and manage work-related grief in our profession.”

– Tyne Lunn, Community Care Paramedic, Alberta Health Services

Videos



Tyne Lunn, Community Care Paramedic, Alberta Health Services, explains a palliative care call

Watch: <https://vimeo.com/260699624>



Nick Richards, Advanced Care Paramedic, Nova Scotia Emergency Health Services, explains caring for both the patient and family during a palliative care call

Watch: <https://vimeo.com/263045289>

Media contact

Ellen Paulley
Manager, Communications and Engagement
Canadian Virtual Hospice
ellen@virtualhospice.ca
(431) 374-7244

About Canadian Virtual Hospice

Canadian Virtual Hospice is a digital health leader and the world's most comprehensive online portal for information and support on advanced illness, palliative care, and grief. It serves the information and support needs of people living with advanced illness, families and caregivers, health providers, researchers, and educators. Canadian Virtual Hospice operates: VirtualHospice.ca, PortailPalliatif.ca, MyGrief.ca, LivingMyCulture.ca, LivingOutLoud.life, VivreAFond.ca, Methadone4Pain.ca, KidsGrief.ca, and DeuilDesEnfants.ca and is active on numerous social media platforms.

About Canadian Foundation for Healthcare Improvement

The Canadian Foundation for Healthcare Improvement works shoulder-to-shoulder with partners to accelerate the identification, spread and scale of proven healthcare innovations. Together, we're delivering lasting improvement in patient experience, work life of healthcare providers, value for money and the health of everyone in Canada. CFHI is a not-for-profit organization funded by Health Canada.

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

Visit cfhi.fcass.ca for more information.