

PAIL Network: Quarterly Newsletter for Professionals

June 2022



Compassionate Care Workshops:

PAIL Network provides full-day workshops aimed at equipping professionals in Ontario with the knowledge and skills they need to provide compassionate care to families who experience a pregnancy or infant loss.

Our workshops are hosted by organizations all around Ontario and offered at no cost for the host. If you are interested in hosting a workshop, please see our [FAQ](#) information (under 'About Our Compassionate Care Workshop') and be in touch! Currently, we are hosting our workshops over Zoom due to the COVID19 pandemic, and will resume in-person workshops in the fall of 2022, if safe to do so.

Quarterly Newsletter: Who, What, Why?

At PAIL Network, we want to keep in touch with professionals who support families experiencing pregnancy and infant loss in Ontario. In an effort to capture important pieces of information for you in one place, we have put together this newsletter. Thank you for reading, and for all you do to provide compassionate care for families.

New Resources

As part of your role, do you support the creation of memorial or remembrance items for families? PAIL Network recently posted two new videos on our [website](#) that you may find helpful. Please feel free to view and share these resources with anyone that may benefit from this information.

1. An instructional video on **making hand and foot moulds**:
<https://www.youtube.com/watch?v=NDhf-NB7oAU>
2. A video featuring families sharing about the importance of memorial items:
The Impact of Memorial Items:
<https://www.youtube.com/watch?v=Z0AoVYNIvAU>

Support for Families

PAIL Network provides peer support at no cost to families around Ontario through written resources, telephone support, and peer-led group support. All of our support for families is offered by trained volunteers who have a lived experience of loss. We have groups for all types of pregnancy and infant loss, including new online groups for "Grief after abortion" and "Parenting Through Loss".

More information on resources and support for families can be found [here](#). Once a family is connected to PAIL, we will help them choose which supports are best for them. A family may always self-refer, or you can [refer them directly](#) through PAIL's website with a family's documented consent.

We also host [events](#) throughout the year.

Spotlight on: *Lactation After Loss*

PAIL Network has resources on lactation after loss for both [professionals](#) and [families](#) (please scroll down page to 'Milk Production After Loss'). The family resources are available as printable PDFs in multiple languages and designed to be given to families. If preparing families for lactation after loss or discussing this with them is part of your role, we hope these resources, written by professionals and families, are useful.

Upcoming Workshop Dates*

June 15th, Humber River Regional Hospital

June 24th, PAIL Network, Emergency Room Focus (for ER professionals only) *spots still available. For more information, please email pailnetwork@sunnybrook.ca

August 24th, McMaster and Ryerson Midwife Student Associations

*Approximately 2-3 weeks prior to a workshop, we will post the [link to register](#) if there are any spots not filled by the host organization.

Health Quality Ontario – Early Pregnancy Complications and Loss

Do you work with families experiencing complications or loss in the first 13 weeks of pregnancy? HQO has created a Quality Standard with resources for professionals and families, including a patient guide, action plan and measurement tools, quality statements, and resources to get buy-in from your teams. Find these resources and more [here](#).

Research Highlights

Below you will find links to some open-access articles related to pregnancy and infant loss, including some Canadian research.

Pregnancy and infant loss: a survey of families' experiences in Ontario Canada

Watson J, Simmonds A, La Fontaine M, Fockler ME. Pregnancy and infant loss: a survey of families' experiences in Ontario Canada. *BMC Pregnancy Childbirth*. 2019 Apr 16;19(1):129. doi: 10.1186/s12884-019-2270-2. PMID: 30991981; PMCID: PMC6469137. <https://pubmed.ncbi.nlm.nih.gov/30991981/>

The Lancet Series: Miscarriage Matters (Published April 26, 2021)

<https://www.thelancet.com/series/miscarriage>

Executive Summary

Miscarriage is common, affecting one in ten women in their lifetime, with an estimated 23 million miscarriages globally. Despite this, the impact and consequences of miscarriage are underestimated, resulting in an attitude of acceptance of miscarriage and system of care which is currently fragmented and can be of poor quality.

A new Series of 3 papers published in *The Lancet* reviews this evidence on miscarriage and challenges many misconceptions. The authors, Siobhan Quenby, Arri Coomarasamy, and colleagues, call for a complete rethink of the narrative around miscarriage and a comprehensive overhaul of medical care and advice offered to women who have miscarriages.

What bereaved parents want health care providers to know when their babies are stillborn: a community-based participatory study

Farrales, L.L., Cacciatore, J., Jonas-Simpson, C. *et al.* What bereaved parents want health care providers to know when their babies are stillborn: a community-based participatory study. *BMC Psychol* **8**, 18 (2020). <https://doi.org/10.1186/s40359-020-0385-x>

Preliminary findings on the experiences of care for parents who suffered perinatal bereavement during the COVID-19 pandemic

Silverio SA, Easter A, Storey C, Jurković D, Sandall J; PUDDLES Global Collaboration. Preliminary findings on the experiences of care for parents who suffered perinatal bereavement during the COVID-19 pandemic. *BMC Pregnancy Childbirth*. 2021 Dec 22;21(1):840. doi: 10.1186/s12884-021-04292-5. PMID: 34937548; PMCID: PMC8693591. <https://pubmed.ncbi.nlm.nih.gov/34937548/>

Feedback

We would love to hear from you! Please let us know if you have any questions, comments, or suggestions for us.

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