

Pregnancy and Infant Loss Network: Quarterly Newsletter for Professionals

December 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 or in person, whatever the host prefers.

Upcoming Workshop Dates*

January 9th, Sunnybrook Health Sciences Centre

January 27th, PAIL Network hosted

February 10th, PAIL Network hosted-
Early loss (under 20 weeks focus)

February 24th, Thunder Bay Regional
Health Sciences Centre

March 30th, Unity Health – St. Joseph's

*Approximately 2-4 weeks prior to a workshop, we will post the [link to register](#) if there are any spots not filled by the host organization.

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.

Taking Care of Yourself

Last December, PAIL Network created a [resource](#) centred on providing compassionate care to families during the COVID19 pandemic. Towards the end of the document, we also provided some links to resources professionals may find helpful, as they think about the challenges faced this past year within the healthcare system.

Even when we aren't in the midst of a pandemic, caring for families who are experiencing pregnancy and infant loss can take an emotional toll. You may find that your emotions are closer to the surface as a result of the stressful circumstances of COVID-19. Now, more than ever, it is important to take care of yourself and your mental health at work. Thank you for all that you are doing.



For more information, please check out:



[TEND Academy](#)



[Ontario.ca](#)

From Ontario.ca – [supports specific to healthcare professionals](#), including group peer support, self-led support, one-on-one support with a mental health professional, and supports for team mental health and training.

Ontario Health-Quality Early Pregnancy Complications and Loss

Do you work with families experiencing complications or loss in the first 13 weeks of pregnancy? A friendly reminder that OH-Q (formerly Health Quality Ontario) has created a Quality Standard in partnership with PAIL Network that includes 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](#).

PAIL Network Facebook Group for Families



Pregnancy & Infant Loss (PAIL)
Network

Private group · 2.0K members

Did you know that PAIL Network hosts a private Facebook group for people who have experienced a pregnancy or infant loss? As a professional, please feel free to mention the group to families as a potential source of support. Many families appreciate the group because:

- They are able to join and read/observe the posts, or post and comment – whatever they feel comfortable doing
- Access may be better for families without home phones or steady internet access
- Families may read/post when convenient for them, on their own time

Feedback

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



PAIL Network Conference – Save the Date

As part of Pregnancy and Infant Loss Network’s long-term vision, we are hosting our first biennial educational conference from Tuesday, September 19, 2023 – Saturday, September 23, 2023 at the Sheraton Parkway Toronto North Hotel & Suites in Richmond Hill.

This conference aims to bring together healthcare professionals and bereaved families with a shared goal: **to improve the quality of compassionate and skilled care and support for individuals and families who experience a pregnancy loss or infant death.**

The conference will welcome professionals and bereaved families from across Canada and abroad, and will highlight key considerations for providing exceptional bereavement care and support in four main areas:

- Leadership, Routine Building, and Volunteer Management
- Peer Support
- Self-Care and Wellness
- Clinical Care Considerations

Please stay tuned [here](#) for more information. Registration, as well as the call for abstracts will be coming soon.

PAIL Network Resource and Support Highlight

PAIL Network has many resources available for families and professionals. This month, we would like to highlight a [document](#) that can help support the integration of a “cuddle cot” in hospitals, which is a cooling system to use when a baby dies to allow the baby to remain with the family for longer and to allow longer for memory making.

We know that many families fundraise for a cuddle cot for their local hospital but sometimes discover they aren’t being used regularly. PAIL Network has heard that for many organizations, a lack of clear training or policies (i.e., infection prevention and control) on its use means that staff are not able or confident to offer this to families.



Organizations are welcomed to adapt and adjust this resource. Throughout the document, you will see prompts for areas where you may wish to personalize the document for your own unit or organization.