

# Pregnancy and Infant Loss Network: Newsletter for Professionals

December 2023



## 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 25<sup>th</sup>**, Peterborough Regional Health Centre (in-person)

**January 31<sup>st</sup>**, St. Joe's Healthcare Hamilton (in-person)

**February 2<sup>nd</sup>**, Tyendinaga Mohawk Territory, hosted by the Indigenous Interprofessional Primary Care Team (in-person)

**February 28<sup>th</sup>**, PAIL Network hosted, ER focus (for ER professionals only) (virtual)

**March 6<sup>th</sup>**, Haldimand-Norfolk Health Unit (in-person)

**March 21<sup>st</sup>**, Bluewater Health, Sarnia (in-person)

## This 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. PAIL Network wishes you a Happy Holiday Season!

## New Online Resource – Communication E-Learning Module for Professionals

PAIL Network has developed a [new online resource](#) for professionals focused on the provision of skilled and compassionate communication when interacting with families experiencing pregnancy and infant loss. The module is open to any professional (or student) in Ontario. Learning objectives include:

- Identify some of the unique care and support needs of families who have experienced pregnancy and infant loss
- Describe how professionals can impact the experience of families with the care and services they provide
- Summarize therapeutic communication techniques for your clinical areas of practice
- Implement compassionate communication in your interactions with families

The module will take approximately 45-60 minutes to complete, and there is a certificate of completion for download at the end. It is self-paced.

## New Booklet for Families – Loss of a Multiple

PAIL Network is pleased to share a new booklet for families who experience the loss of a baby in a multiple pregnancy, titled "Loving and Losing: Loss of a Multiple". This resource can be found on our website [here](#). As with all of our resources, families can view them on our [website](#), or request a physical copy be mailed to them at no cost. Professionals can also order them to provide to families [here](#), at a cost of \$1/booklet (this is the cost of printing). The booklet is available in several languages, including [English](#), [French](#), Arabic, Punjabi, Chinese, Spanish, Tagalog, and Tamil.



A very sincere thank you to the families and volunteers who reviewed this resource and provided meaningful feedback and guidance. This booklet was co-authored by Meghan Donohue (PAIL Network Educator) and

**March 28<sup>th</sup>**, Soldier's Memorial Hospital Orillia (virtual)

**April 12<sup>th</sup>**, PAIL Network hosted, general CCW (virtual)

**April 17<sup>th</sup>**, Southlake Regional Health Centre Newmarket (in-person)

**May 3<sup>rd</sup>**, Mt Sinai Hospital Toronto (in-person)

\*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.

## New Poster: Available for Order



Have you experienced pregnancy or infant loss?

We are here for you.

Pregnancy and Infant Loss (PAIL) Network is a provincially funded organization with a mandate to provide bereavement support at no cost to families in Ontario who have experienced the loss of a pregnancy at any stage, or the death of their baby, up to 12 months of age. We welcome any families who have experienced a pregnancy loss or infant death to join with others who share in their grief.

We also offer support for pregnancy after loss, grief after abortion, as well as hosting special events throughout the year. Please visit our website to learn more about all of the ways PAIL Network can help.

PAIL Network is very grateful to the many volunteers around the province who share their hearts with bereaved families, like their own.

Please visit our website at [pailnetwork.ca](http://pailnetwork.ca) to learn more about how we can support you and your family. You don't have to grieve alone.

Scan this QR code to request peer support from PAIL Network.



PAIL Network has developed a new resource that aims to improve access to peer support with PAIL Network. As families become more and more interested in web based materials,

PAIL Network has designed a poster with a QR code that will take families right to the PAIL Network website.

The QR code allows families to discreetly scan the image, and learn more about our Peer Support programs. These posters are available to order on our website in two different sizes **at no cost to you**. Please visit our website [here](#) to order.

## Feedback

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

Fabiana Bacchini (Executive Director, Canadian Premature Babies Foundation).

## Taking Care of Yourself: Mental Health Supports



Caring for families who are experiencing pregnancy and infant loss can take an emotional toll. You may also find that your emotions are closer to the surface as a result of the stressful circumstances of COVID-19 and the flu season. 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 and resources, 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.

## Research and Resource Updates

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

Gower S, Luddington J, Khosa D, Thaivalappil A, Papadopoulos A. Subsequent pregnancy after stillbirth: a qualitative narrative analysis of Canadian families' experiences. [BMC Pregnancy Childbirth. 2023 Mar 27;23\(1\):208.](#) doi: 10.1186/s12884-023-05533-5. PMID: 36973661; PMCID: PMC10041744.

Prakesh S. Shah, Xiang Y. Ye, Jie Yang, Michael A. Campitelli. Preterm birth and stillbirth rates during the COVID-19 pandemic: a population-based cohort study. *CMAJ* Aug 2021, 193 (30) E1164 E1172; DOI: 10.1503/cmaj.210081 <https://www.cmaj.ca/content/193/30/E1164>

de Feijter M, van Gelder MMHJ, Vissers LCM, Kant AC, Woestenberg PJ. The risk of miscarriage after COVID-19 vaccination before and during pregnancy. [Pharmacoepidemiol Drug Saf. 2023 Nov 9.](#) doi: 10.1002/pds.5724. Epub ahead of print. PMID: 37946587.