

# MyGriefToolbox.ca for Paramedics

## Grief Training to Improve Paramedic Practice



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### Background

Paramedics across the country receive little education on grief and bereavement in their primary education programs or as continuing education.

With the spotlight on supporting paramedics with their emotional and mental health, awareness of healthcare provider grief, normal grief reactions, and how to manage grief is essential for all paramedics.

In collaboration with grief experts and paramedics across the country, Canadian Virtual Hospice has created [MyGriefToolbox.ca](http://MyGriefToolbox.ca). This new online resource will help paramedics improve their practice when supporting patients receiving palliative and end-of-life care.

*"It's never a 'one size fits all'. We never know how the family is going to react within their grief, so I've learned to be prepared for anything and then try to be responsive in a supportive way according to what they need".*

CANADIAN PARAMEDIC

### Objective

#### Building competency and comfort in providing grief support

Paramedicine has always been about life and death. Now it is evolving to provide palliative care and grief support in the home.



### The Toolbox

#### Delivering the care that matters in life's most difficult moments

[MyGriefToolbox.ca](http://MyGriefToolbox.ca) was developed by a national team of grief specialists and front line paramedics. Eight learning modules guide understanding and supporting patients and families in acute grief and outline practical strategies to intervene sensitively. It also suggests ways for paramedics to constructively manage the stress of working with people at the end of life.

*"How you interact with that person in that moment will have impact on their recovery/grief".*

CANADIAN PARAMEDIC



#### What you will find in the toolbox

- Video clips featuring grief experts and front line paramedics discussing their experiences and strategies related to grief
- Conversation prompts to help ask the difficult questions, speak to the family members during highly emotional moments, or simply support the family
- Reflective points for personal introspection and consideration in coping and processing the events that happen when supporting those receiving palliative and end of life care

- Tools for assessment, building trust, and decision-making skills
- Strategies for difficult conversations, situations and clinical explanations
- Techniques to understand work-related grief, stress, and personal growth
- Suggestions for families and friends of paramedics

*"It sometimes tears me up inside knowing the mountain of grief I am about to drive away from".*

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#### Coming soon from Canadian Virtual Hospice

- [MyGriefToolbox.ca](http://MyGriefToolbox.ca) French edition
- A significant expansion of [MyGrief.ca](http://MyGrief.ca) including:
  - i. Health care provider grief
  - ii. Dementia and grief
  - iii. Suicide and grief
  - iv. MAiD and grief

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