



LEGACY MAKING INTERVENTIONS

Kevin Yang | May 17, 2022

Disclosures

- None



Outline

- What is a legacy?
- Dignity therapy
- Meaning-centered psychotherapy
- Other legacy-making activities

Definitions

- “The process of passing one’s self through generations, creating continuity from the past through the present to the future.” (Hunter)
- “The process of leaving something behind” (Hunter)
- “Legacy is an enduring representation of the self - its qualities, experiences, effects, and relationships - built and bestowed across generations. Whether concrete or intangible, intentional, or serendipitous, legacies are avenues of connection, education, inspiration, or transformation.” (Boles, 2021)

Legacy and Bereavement

- 12 parents and 12 healthcare providers interviewed
- >6 months after child's death

- Themes:

- Creating legacy artwork facilitates family bonding and memory making and opens communication regarding the child's impending death
- Legacy artwork provides opportunities for parents to engage in life review and meaning-making of the child's death
- After the child's death, parents display the legacy artwork in their home and take comfort in using these projects to continue their bond with their deceased child
- Participating in legacy artwork ameliorated parents' grief after their child's death
- Legacy artwork may reduce compassion fatigue among healthcare providers by providing an outlet for coping with their patients' deaths (healthcare providers)

FULL TEXT ARTICLE

Healing the Hearts of Bereaved Parents: Impact of Legacy Artwork on Grief in Pediatric Oncology

Megan R. Schaefer MS, Scott T. Wagoner MA, Margaret E. Young MS, Avi Madan-Swain PhD, Michael Barnett MD, MS and Wendy N. Gray PhD

Journal of Pain and Symptom Management, 2020-10-01, Volume 60, Issue 4, Pages 790-800, Copyright © 2020 American Academy of Hospice and Palliative Medicine

Abstract

Context

Approximately 12% of children with cancer will not survive, representing a devastating loss for parents.

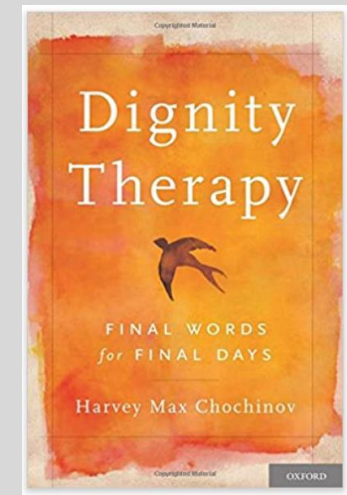


Journal of Pain and
Symptom
Management

Volume 60, Issue 4

Dignity Therapy

- Developed by Harvey Chochinov @ University of Manitoba
- Defined dignity as “being deserving of honor, respect or esteem”
- Patients who were greatly concerned about loss of dignity significantly more likely to have psychological/symptom distress, increased dependency needs, and loss of will to live (Chochinov 2002)
- Guided therapy to help a person express how their life has been worthwhile



<https://www.amazon.com/Dignity-Therapy-Final-Words-Days/dp/0195176219>

Dignity Therapy

Dignity therapy question protocol

1. Tell me a little bit about your life history; particularly the parts that you either remember most or think are the most important? When did you feel most alive?
2. Are there specific things that you would want your family to know about you, and are there particular things you would want them to remember?
3. What are the most important roles you have played in life (family roles, vocational roles, community-service roles, etc.)? Why were they so important to you and what do you think you accomplished in those roles?
4. What are your most important accomplishments and what do you feel most proud of?
5. Are there particular things that you feel still need to be said to your loved ones or things that you would want to take the time to say once again?
6. What are your hopes and dreams for your loved ones?
7. What have you learned about life that you would want to pass along to others? What advice or words of guidance would you wish to pass along to your son, daughter, husband, wife, parents, other(s)?
8. Are there words or perhaps even instructions that you would like to offer your family to help prepare them for the future?
9. In creating this permanent record, are there other things that you would like to include?



SOURCE: M. MARTÍNEZ ET AL / PALLIATIVE MEDICINE 2016

KNOWABLE MAGAZINE

Dignity therapy uses this standard set of nine questions as a starting point for discussion. The questions invite the dying person to evaluate their life and offer their wisdom to family and friends.

◦ <https://knowablemagazine.org/article/society/2021/dignity-therapy-making-last-words-count>

Dignity Therapy

Session takes about 1 hour and is recorded
(often broken up into several sessions)

Patient's answers transcribed and built into a written narrative

Transcript edited by patient and given to their loved ones

Dignity Therapy

FULL TEXT ARTICLE 

Effect of dignity therapy on distress and end-of-life experience in terminally ill patients: a randomised controlled trial  

Harvey Max Chochinov Prof, Linda J Kristjanson Prof, William Breitbart Prof, Susan McClement Prof, Thomas F Hack Prof, Tom Hassard Prof and Mike Harlos Prof

Lancet Oncology, The, 2011-08-01, Volume 12, Issue 8, Pages 753-762, Copyright © 2011 Elsevier Ltd

Summary



THE LANCET *Oncology*

Lancet Oncology, The
Volume 12, Issue 8

- 441 patients >18yo with prognosis <6 mo receiving palliative care in Canada, US, and Australia
- Randomized to dignity therapy, client-centered care, or standard palliative care
- Primary outcomes: difference in PPS, FACIT-Sp, patient dignity inventory, hospital anxiety/depression scale

Dignity Therapy

- Results:
 - No significant difference in primary outcomes
 - Secondary outcomes: Dignity therapy significantly more likely to:
 - Be helpful
 - Improve quality of life
 - Increase sense of dignity
 - Change how their family saw and appreciated them
 - Be helpful to their family
 - Improve spiritual well being
 - Lessen sadness and depression (compared to standard palliative care)

Dignity Therapy

- 27 patients at San Diego Hospice
- Dignity therapy completed over average of 4 sessions
- Resultant narratives reviewed for common themes
- 70% (19 patients) w/ cancer diagnosis

Journal of Palliative Medicine, Vol. 14, No. 6 | Original Articles

[Figures](#) [References](#) [Related](#) [Details](#)

Dignity Therapy Implementation in a Community-Based Hospice Setting

Lori Montross, Kathryn D. Winters, and Scott A. Irwin [✉](#)

Published Online: 8 Jun 2011 | <https://doi.org/10.1089/jpm.2010.0449>

[View article](#) [Tools](#) [Share](#)

Abstract

Information
Copyright 2011, Mary Ann Liebert, Inc.



Dignity Therapy

Table 2.

Most Common Emergent Themes and Subcategories Rank Ordered by Percentage of Patient Endorsement

<i>Emergent themes</i>	<i>Theme frequency</i>	<i>% of patients endorsing theme</i>
Autobiographical Information	852	100% (n = 27)
<i>(Subcategories) Geographical Context</i>	189	
<i>Family</i>	150	
Love	642	100% (n = 27)
<i>Nostalgia</i>	197	
<i>Endearment</i>	131	
Lessons learned	294	100% (n = 27)
<i>Accept/acknowledge one's imperfections</i>	106	
<i>Celebrating/appreciating what you have</i>	31	
Defining roles	288	96.3% (n = 26)
<i>Career/Vocation</i>	129	
<i>Hobbies</i>	110	
Accomplishments	178	92.6% (n = 25)
<i>Pride for Children</i>	74	
Character traits	133	92.6% (n = 25)
<i>Giving/service to others</i>	25	
<i>Extrovert</i>	12	
<i>Adventurous</i>	12	
<i>Problem solver/logical</i>	12	
<i>Religious/spiritual</i>	12	
<i>Hard-working</i>	11	

Unfinished business	173	88.9% (n = 24)
<i>Regret</i>	91	
<i>Unresolved family conflict</i>	28	
Hopes and dreams for others	86	77.8% (n = 21)
<i>Hope they know how much I love them</i>	16	
<i>Hope for happiness</i>	14	
<i>Hope for education/career</i>	10	
Catalysts	87	74.0% (n = 20)
<i>Career/vocation/education change</i>	18	
<i>Desire to be with others</i>	17	
<i>Wanting adventure/change</i>	15	
<i>Need to meet others' expectations</i>	13	
Overcoming challenges	93	74.0% (n = 20)
<i>Hard work</i>	28	
<i>Pride</i>	15	
<i>Resilience</i>	15	
<i>Stretched my boundaries</i>	15	
Guidance for Others	78	66.7% (n = 18)
<i>Accept/acknowledge one's imperfections</i>	16	
<i>Just do it (even if it's hard)</i>	10	
<i>Find your passion</i>	10	

Dignity Therapy

- Allows for creation of legacy document
- Likely decreases patient suffering and depression while increasing dignity and purpose
- May benefit family members (McClement, 2007)



Meaning Centered Psychotherapy

- Based on writings of Viktor Frankl (*Man's Search for Meaning*)
 - Meaning is created in various ways*
- Performed as group or individual therapy
 - 8 sessions if in group, 7 sessions if in individual
- Encourages consideration and review of legacy project (session 5 & 8)

Table 1

Topics, sample content, and sample experiential exercises within the 8 sessions of meaning-centered group psychotherapy^a

	General topic	Sample content and experiential exercises
Session 1	Concepts and sources of meaning	Introductions of group members; "List 1 or 2 experiences or moments when life has felt particularly meaningful to you..."
Session 2	Cancer and meaning	Identity before and after cancer diagnosis; "Write down 4 answers to the question, 'Who am I?' ... and How has cancer affected your answers...?"
Session 3	Historical sources of meaning (past legacy)	Life as a legacy that has been given (past); "When you look back on your life and upbringing, what are the most significant memories, relationships, traditions and so on that have made the greatest impact on who you are today...?"
Session 4	Historical sources of meaning (present and future legacy)	Life as a legacy one lives (present) and gives (future); "As you reflect upon who you are today, what are the meaningful activities, roles, or accomplishments that you are most proud of...?"
Session 5	Attitudinal sources of meaning: encountering life's limitations	Confronting limitations imposed by cancer, prognosis and death, introduction of legacy project; "What would you consider a 'good' or 'meaningful' death...?"
Session 6	Creative sources of meaning: engaging in life fully	Creativity, courage, and responsibility; "What are your responsibilities? What are you responsible to and for...?"
Session 7	Experiential sources of meaning: connecting with life	Love, nature, art and humor; "List three ways in which you 'connect with life' and feel most alive through the experiential sources of love, beauty, and humor..."
Session 8	Transitions: reflections and hopes for the future	Review of sources of meaning, reflections on lessons learned in the group; "Do you feel like you have a better understanding of the sources of meaning in life and are you able to use them in your daily life? If so, how...?"

Meaning Centered Group Psychotherapy

- 90 patients with stage 3/4 cancers
- Randomized to meaning centered group psychotherapy vs. supportive group psychotherapy
- MCGP with greater improvements in spiritual well being, sense of meaning at completion of 8-week intervention and 2 months after completion
- Significant attrition (MCGP < supportive group psychotherapy)

[Psychooncology](#), Author manuscript; available in PMC 2013 May 9.

PMCID: PMC3648880

Published in final edited form as:

NIHMSID: NIHMS463041

[Psychooncology](#). 2010 Jan; 19(1): 21–28.

PMID: [19274623](#)

doi: [10.1002/pon.1556](#)

Meaning-centered group psychotherapy for patients with advanced cancer: a pilot randomized controlled trial

[William Breitbart](#)^{1,*}, [Barry Rosenfeld](#)², [Christopher Gibson](#)¹, [Hayley Pessin](#)¹, [Shannon Poppito](#)¹, [Christian Nelson](#)¹, [Alexis Tomarken](#)¹, [Anne Kosinski Timm](#)¹, [Amy Berg](#)¹, [Colleen Jacobson](#)², [Brooke Sorger](#)², [Jennifer Abbey](#)² and [Megan Olden](#)²

Meaning Centered Individual Psychotherapy

- 321 patients w/ stage 4 cancer
- IMCP vs supportive psychotherapy vs usual care
- IMCP vs usual care w/ improvements in:
 - quality of life, sense of meaning, spiritual well being, anxiety, desire for hastened death
- IMCP vs supportive psychotherapy:
 - Trend towards improvement but not statistically significant

[Cancer](#). Author manuscript; available in PMC 2019 Aug 1.

PMCID: PMC6097940

Published in final edited form as:

NIHMSID: NIHMS961726

[Cancer](#). 2018 Aug 1; 124(15): 3231–3239.

PMID: [29757459](#)

Published online 2018 May 14. doi: [10.1002/cncr.31539](#)

Individual Meaning Centered Psychotherapy for the treatment of psychological and existential distress: A randomized controlled trial in patients with advanced cancer

[William Breitbart](#),¹ [Hayley Pessin](#),¹ [Barry Rosenfeld](#),^{1,2} [Allison Applebaum](#),¹ [Wendy G. Lichtenthal](#),¹ [Yuelin Li](#),¹ [Rebecca Saracino](#),^{1,2} [Allison Marziliano](#),^{1,3} [Melissa Masterson](#),² [Kristen Tobias](#),² and [Natalie Fenn](#)¹

Meaning Centered Psychotherapy Variations

- For palliative care setting (Rosenfeld, 2017)
 - Modified IMCP over 3 sessions
- For caregivers (Applebaum, 2015)

NIH U.S. National Library of Medicine
ClinicalTrials.gov Find Studies About Studies Submit Studies Resources About Site PRS Login

Home > Search Results > Study Record Detail Save this study

Meaning-Centered Psychotherapy Training for Cancer Care Providers

ClinicalTrials.gov Identifier: NCT02730039

⚠ The safety and scientific validity of this study is the responsibility of the study sponsor and investigators. Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our [disclaimer](#) for details.

ClinicalTrials.gov Find Studies About Studies Submit Studies Resources About Site PRS Login

Home > Search Results > Study Record Detail Save this study

Sponsor: Memorial Sloan Kettering Cancer Center

Trial record 7 of 14 for: meaning centered psychotherapy

[Previous Study](#) | [Return to List](#) | [Next Study](#)

Easing Psychosocial Burden for Informal Caregivers

ClinicalTrials.gov Identifier: NCT03454295

Recruitment Status: Active, not recruiting
First Posted: March 5, 2018
Last Update Posted: December 16, 2021



Social Media/ Blogging

Journal of Adolescent and Young Adult Oncology, Vol. 9, No. 4 | Original Articles

 Free Access

Reaching Adolescent and Young Adult Cancer Patients Through Social Media: Impact of the Photographs of Meaning Program

Megan E. Pailler , Lynda K. Beaupin, Erin Brewer-Spritzer, Pei C. Grant, Rachel M. Depner, Kathryn Levy, and Kelly E. Tenzek

Published Online: 4 Aug 2020 | <https://doi.org/10.1089/jayao.2019.0140>

Table 1. Weekly Themes

Week	Theme
1	Who am I?
2	Living with cancer: How has cancer changed who I am?
3	What matters most?
4	Understanding my roots or history
5	What makes me proud?
6	Coping with bad days
7	Living life to the fullest
8	Experiencing the moment (Love, Beauty, Humor)
9	My story of uncertainty and hope
10	Review week: What picture stands out the most?

Sample prompt questions:

- (1) Tell us why you chose the picture.
- (2) Tell us how it tells the story of (theme).

Story Corps



- Started as recording booth in Grand Central Terminal (NY) in 2003
- Recorded interviews which are then archived and available to the public
- Sessions take 40 minutes and can be done in person, online, or via their app

Story Corps

GREAT QUESTIONS FOR ANYONE:.....

1. Can you tell me about the person who has been kindest to you in your life?
2. Can you tell me about one of your happiest memories?
3. Can you tell me about one of your most difficult memories?
4. Can you tell me about someone who has had a big influence on your life? What lessons did that person teach you?
5. What do you feel most grateful for in your life?
6. What are some of the most important lessons you've learned in life?
7. What is your favorite memory of me?
8. What are you proudest of in your life?
9. Can you remember a time in your life when you felt most alone?
10. How has your life been different than what you'd imagined?

COVID-19 PANDEMIC QUESTIONS:.....

1. How has living through this experience made you feel?
2. Are you afraid? What frightens you?
3. What has given you comfort and hope during this time?
4. What has been the most challenging part of this experience?
5. What is the toughest part of your days right now? The best?
6. What's the biggest way your life has changed because of the pandemic?
7. Is there someone you can't see right now who you really wish you could?
8. How is this experience different from other historical events you've lived through?
9. If you could ask anyone from your life, living or dead, for advice on getting through this, who would it be and what would you ask them?
10. Do you or have you had COVID-19? What is/was that experience like for you?
11. What memory of this time do you think will stay with you?
12. Has this experience changed you? If so, how?
13. What have you learned from this experience?
14. Who do you most worry about in your family or circle of friends right now?
15. If the quarantine ended tomorrow, what's the first thing you'd do?
16. Is there anything you want to say to me given what we're living through at this moment?

StoryWorth

- \$100 subscription
- Weekly question/prompt for one year via email
- Patient replies to email with story/response
- Responses bound as a book

How it works

Think of Storyworth like a conversation



Step 01

Once a week, choose a question to inspire someone to write.



Step 02

They'll simply reply with an email, which is shared with you.



Step 03

At the end of a year, their stories are bound into a beautiful keepsake book.

[Get started](#)



Music Therapy Heart Sounds

Palliative Medicine Reports, Vol. 1, No. 1 | Original Article [Open Access](#) 

Legacy Building in Pediatric End-of-Life Care through Innovative Use of a Digital Stethoscope

Elyse Andrews, Amelia Hayes, Laura Cerulli, Elissa G. Miller , and Nicholas Siamon

Published Online: 6 Aug 2020 | <https://doi.org/10.1089/pmr.2020.0028>

[Sections](#) [PDF/EPUB](#) [Tools](#) [Share](#)

- Study performed @ Nemours Children's Hospital (Delaware)
 - Surveyed families of 12 deceased children who had participated in music therapy heart sounds program prior to their death
 - All families found MTHS program meaningful and would recommend it to other families
 - 1/2 of families listened to recording at least monthly

Proposed cause of death	
Hypoxic ischemic encephalopathy	9% (N = 1)
Sepsis	18% (N = 2)
Status asthmaticus	9% (N = 1)
Status epilepticus	9% (N = 1)
Leptomeningeal glioneuronal tumor	9% (N = 1)
Acute lymphoblastic leukemia	9% (N = 1)
Graft versus host disease (IPEX syndrome underlying disease)	9% (N = 1)
Hypoplastic left heart syndrome	18% (N = 2)
Epidermolysis bullosa	9% (N = 1)

Music Therapy Heart Sounds

“

[My daughter] was my center and we would lay and hold her close to me. The heartbeat recording allows me to live in that memory whenever I want to. Thank you for that endless gift.

I love having my son's heartbeat in a song we always sang together.

Do anything we can to preserve the short time we had with him. Thank you all.

I will still be able to hear my son's heartbeat even though he has passed.

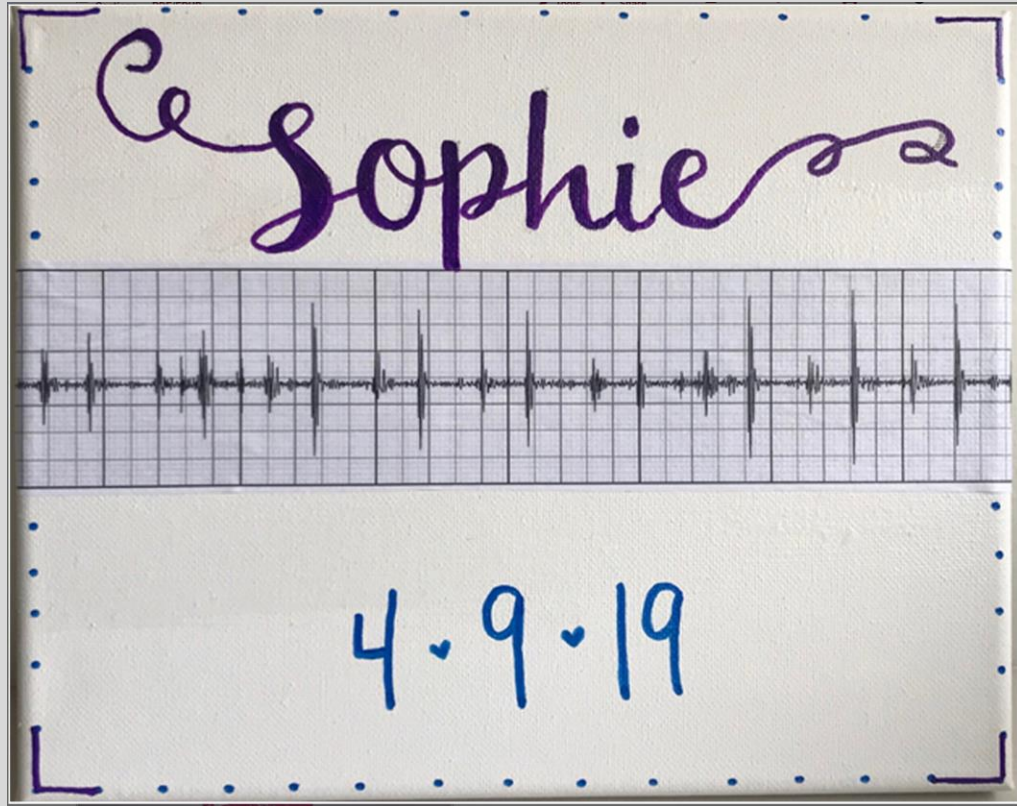
It keeps her here with me.

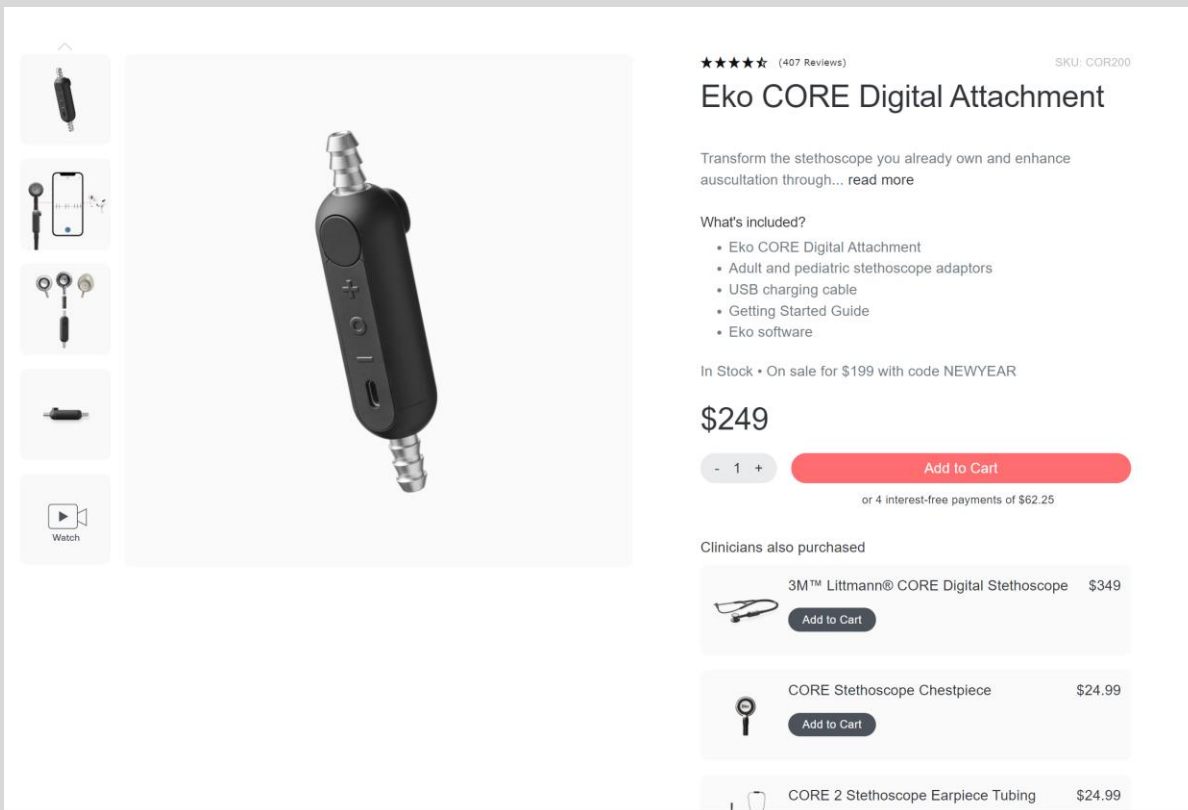
I love having his heartbeat recording to remind me of the tiny heart that changed my life forever. Even though I don't have my sweet [son], I will forever be able to listen to his heart beat.

Hearing my son's heartbeat helps in my healing.

”

Music Therapy Heart Sounds





The product page features a main image of the Eko CORE Digital Attachment, a black, cylindrical device with a silver stethoscope head and a USB-C port. To the left of the main image is a vertical gallery of six smaller images: the device, the device connected to a smartphone, two different stethoscope adaptors, a USB charging cable, and a video player icon labeled 'Watch'.

★★★★★ (407 Reviews) SKU: COR200

Eko CORE Digital Attachment

Transform the stethoscope you already own and enhance auscultation through... [read more](#)

What's included?

- Eko CORE Digital Attachment
- Adult and pediatric stethoscope adaptors
- USB charging cable
- Getting Started Guide
- Eko software




In Stock • On sale for \$199 with code NEWYEAR

\$249

- 1 + Add to Cart

or 4 interest-free payments of \$62.25

Clinicians also purchased

	3M™ Littmann® CORE Digital Stethoscope	\$349
		Add to Cart
	CORE Stethoscope Chestpiece	\$24.99
		Add to Cart
	CORE 2 Stethoscope Earpiece Tubing	\$24.99

<https://youtu.be/m9AkuPNSCT8>

<https://youtu.be/iXLW9bjklpw>

<https://shop.ekohealth.com/products/core-digital-attachment?variant=32764121251936>

Artistic ideas

- Thumb print/handprint
- Videography
- Scrapbooking
 - Cookbook
- Legacy boxes
- Quilt of favorite shirts/ fabric items
 - Memory/bereavement bears
- Cards/gifts for future holidays
- Build-a-bear with voice recording
- Thumbprint charm/jewelry
- Storytelling/journaling
- "Heartbeat in a bottle"
- Journal



Legacy³



the patchwork bear[®]

shop + how to order add ons what we do reviews

Prints Charming Jewels

At Regali we take your loved one's fingerprints and create beautiful bracelets. Each fingerprint is a piece of their legacy.

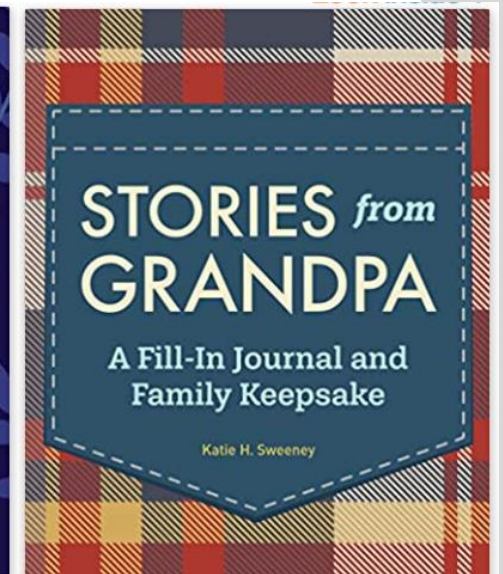
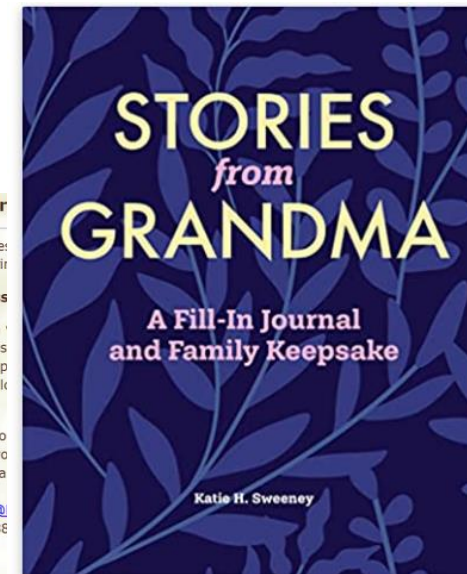
The Process

Once we have all the details on your loved one, our Impression Kits to all the address kit takes less than a minute to pop the kits into the included envelope and back.

It should take us **3 weeks** from the time we receive your fingerprints to create your jewelry. All jewelry is sent back via USPS.

Questions: Email Anne.Moriarty@regali.com or call 1.888.973.4254 (1.888.973.4254)

Save 19



Hand Casts

Arts, Crafts & Sewing › Crafting › Sculpture Supplies › Molding & Casting



Luna Bean Intertwined Family Size Plaster Hand Mold Casting Kit - Perfect for Anniversary Gifts & DIY Kits for Adults & Kids - (Cast up to 6 Hands)

Visit the Luna Bean Store
★★★★★ 175 ratings | 36 answered questions


\$70⁹⁵

& FREE Returns

- **DIY CRAFTS FOR ADULTS:** Cast craft kits for adults with 2-4 adults, OR 2 adults and up to 4 children (ages 12 and under). Double the materials of our Couple's Kit! Includes: Create-A-Mold molding powder, plaster casting stone, (2) plaster bandage rolls, drop cloth, (4) non-latex gloves, bucket, (3 pcs) Sandpaper, (2) sanding screens, (2) de-molding sticks, detailing pin, directions. Full length instructional video available online.
- **CUSTOM GIFTS:** Cool gifts for husband birthday gift, dad birthday gift, anniversary & birthday gifts for wife, these unique crafts are for the whole family to remember some of your most precious moments. The table top intertwined style casting is an incredible experience with beautiful results capturing every fine line and fingerprint, even if someone wiggles.
- **100% SAFE PLASTER HAND MOLD CASTING KIT:** Great fun gifts for adults and kids! Every Luna Bean Casting Kit is made of 100% safe, fun, and easy no-bake drying for children and adults of all ages. The alginate molding material is Luna Bean's highest quality, custom, non-toxic, and hypo-allergenic "Create-A-Mold" molding gel formula. It has more working time, forms a stronger mold, provides better detail, and has bolder color changing properties than other brands.
- **EASY HAND MOLD KIT:** Create a hand sculpture for mom, cute anniversary gifts for her, or just fun things that create life-long memories to share with loved ones and friends.
- **SATISFACTION GUARANTEE:** Backed with Luna Bean 90-Day 100% Satisfaction Guarantee. Our molding kit comes with easy detailed instructions and you can contact our store with any questions or concerns.

Roll over image to zoom in

https://www.amazon.com/dp/B018DHY2FU/ref=emc_b_5_i



Luna Bean Keepsake Hands Casting Kit | DIY Plaster Statue Molding Kit | Hand Holding Craft for Couples, Adult & Child, Wedding, Friends, Anniversary

Visit the Luna Bean Store
★★★★★ 23,248 ratings
#1 Best Seller in Sculpture Molding & Casting Products

-20% \$39⁹⁹
List Price: \$49.99

& FREE Returns

- **★ COUPLE SIZE! ★** Taller and wider bucket plus more molding & casting materials than other 2 person kits! **★ CAST HANDS:** 2 Adult hands; 2 Adults + 1 small child; One X-large adult hand; or 2-4 Young Children. See the Luna Bean -XL- kit for larger than average couples hands or 3+ people.
- **♥ PRESERVE EVERY PRECIOUS DETAIL! ♥** The unique rubbery cast captures every fine line and fingerprint for a perfect one of a kind treasured gift. The Step 1 alginate molding material is Luna Bean's highest quality custom "Create-A-Cast" molding gel formula. It has more working time, forms a stronger cast, provides better detail, and has bolder color changing properties than other craft brands.
- **★ A FUN and MEMORABLE ★** gift activity for family, couple holding hands, and friends to create a PRICELESS memory. This heart felt gift is great for an anniversary, engagement, birthday, valentine's day, mom, dad, grandparents, friends, or cement a friendship craft gift.
- **✓ DO-IT-YOURSELF ✓** Hand Casting Kit - Finish with all purpose sealant, acrylic pearl paints, just a craft glue & water mix (not included) or leave natural. 100% SATISFACTION KEEPSAKE GUARANTEE - If your casting does not turn out, send us a photo and we will work with you on a solution [if sold by Luna Bean Casting].
- **★ BEST SELLING CASTING KIT ★** Kit Contents INCLUDED: Plastic molding bucket (7.5" x 7.65"), 1.5lb Step 1 molding powder, 2.75lb Step 2 casting stone, fine sandpaper, coarse sandpaper, demolding stick, detailing pin, and detailed instructions in English and Spanish (online). Full length INSTRUCTIONAL VIDEO available.

Roll over image to zoom in

<https://www.amazon.com/Luna-Bean-KEEPSAKE-Plaster-Materials/dp/B01E4LWBLO/>



Hand Casts



Considerations

- Cognitive function of patients
- Limitations imposed by physical/psychological symptoms
- Prognosis/timing
- Funding

A prognosis-based timeline for legacy-making interventions

- Months to years
 - StoryWorth
 - Meaning centered psychotherapy
- Weeks to months
 - Story Corps
- Days to weeks
 - Dignity therapy
- Hours to days
 - Artistic projects
 - Music therapy heart sounds



Legacy Making Links

- Storyworth - new.storyworth.com
- StoryCorps - www.storycorps.org
- Stories from Grandpa Journal: https://www.amazon.com/gp/product/1647396123/ref=db_a_def_rwt_bibl_vppi_i0
- Stories from Grandma Journal: https://www.amazon.com/gp/product/1638073600/ref=db_a_def_rwt_bibl_vppi_i1
- Thumbprint jewelry: <http://regalijewelry.com/index.php>
- Legacy project activities and guides: <https://www.legacyproject.org/resources/activities.html>
 - <https://rainbowhospice.org/legacy-idea-book/>
- Bereavement bears: <https://thepatchworkbear.com/> (lots available on Etsy too)
- Eko Core Stethoscope: <https://shop.ekohealth.com/products/core-digital-attachment?variant=32764121251936>
- Hand casts (Amazon): https://www.amazon.com/dp/B018DHY2FU/ref=emc_b_5_i
 - <https://www.amazon.com/Luna-Bean-KEEPSAKE-Plaster-Materials/dp/B01E4LWBLO/>

References

1. Hunter EG. "Beyond death: inheriting the past and giving to the future, transmitting the legacy of one's self". *Omega Journal of Death and Dying*. 2007-2008. 56 (4). PMID 18435324.
2. Foster TL et al. "National survey of children's hospitals on legacy-making activities." *Journal of Palliative Medicine*. May 2012. 15(5). PMID 22577785
3. Foster TL et al. "Long-term follow-up of legacy services offered by children's hospitals in the United States". *Palliative Medicine Reports*. Aug 2021. 2 (1). PMID 34927145.
4. Boles J et al. "Defining legacy: the perceptions of pediatric healthcare providers". *Clinical Pediatrics*. Oct 2020. 59(11). PMID 32659129.
5. Boles JC, Jones MT. "Legacy perceptions and interventions for adults and children receiving palliative care: A systematic review." *Journal of Palliative Medicine*. Mar 2021. 35(3). PMID 33487090.
6. Boles JC "L is for Legacy (Living)" Association of Child Life Professionals. *ACLP Bulletin*, Winter 2018. 36 (1). Accessed from: [https://www.childlife.org/membership/aclp-bulletin/winter-2018-table-of-contents/l-is-for-legacy-\(living\)](https://www.childlife.org/membership/aclp-bulletin/winter-2018-table-of-contents/l-is-for-legacy-(living))
7. Schaefer MR et al. "Healing the hearts of bereaved parents: impact of legacy artwork on grief in pediatric oncology". *Journal of Pain and Symptom Management*. Oct 2020. 60 (4) PMID 32360992.
8. Andrews EC, et al. "Legacy Building in Pediatric End of Life Care Through Innovative use of a Digital Stethoscope". *Pediatrics; Section on hospice and palliative medicine program*. July 1 2020. PMID: 34223469
9. "Hand castings of critically ill patients provide comfort to families". *Baylor Scott and White Health*. May 3, 2017. <https://scrubbing.in/hand-moldings/>
10. Chochinov HM et al. "Dignity in the terminally ill: a cross-sectional, cohort study". *The Lancet*. Dec 2002. 360(9350). PMID 12504398
11. Chochinov HM et al. "Effect of dignity therapy on distress and end-of-life experience in terminally ill patients: a randomized controlled trial." *Lancet Oncology*. Aug 2011. 12(8). PMID 21741309
12. Montross Thomas LP, Meier EA, Irwin SA. "Meaning-centered psychotherapy: a form of psychotherapy for patients with cancer." *Current Psychiatry Reports*. Oct 2014. 16 (10). PMID: 25182513.

References (2)

13. Breitbart W et al. "Meaning-centered group psychotherapy for patients with advanced cancer: a pilot randomized controlled trial." *Psychooncology*. Jan 2010. 19 (1). PMID 19274623
14. Breitbart W et al. "Pilot randomized controlled trial of individual meaning-centered psychotherapy for patients with advanced cancer". *Journal of Clinical Oncology*. Apr 2012. 30(12). PMID 22370330
15. Breitbart W et al. "Individual meaning-centered psychotherapy for the treatment of psychological and existential distress: A randomized controlled trial in patients with advanced cancer". *Cancer*. Aug 2018. 124 (15). PMID 29757459
16. Applebaum AJ, Kulikowski JR, Breitbart W. "Meaning-centered psychotherapy for cancer caregivers (MCP-C): rationale and overview." *Palliative and Supportive Care*. Dec 2015. 13(6). PMID 26000705
17. Rosenfeld B et al. "Adapting meaning-centered psychotherapy for the palliative care setting: Results of a pilot study." *Journal of Palliative Medicine*. Feb 2017. 31 (2). PMID 27435603.
18. Butcher L. "End-of-life conversations may be helpful to patients and families". *Washington Post*. Dec 4, 2021. Accessed from: https://www.washingtonpost.com/health/end-of-life-conversations/2021/12/03/690ed672-374c-11ec-8be3-e14aacfa8ac_story.html.
19. McClement S et al. "Dignity Therapy: family member perspectives." *Journal of Palliative Medicine*. Oct 2007. 10 (5). PMID 17985964.
20. Montross L, Winters KD, Irwin SA. "Dignity therapy implementation in a community-based hospice setting". *Journal of Palliative Medicine*. Jun 2011. 14 (6). PMID 21548823.
21. Pailler ME. "Reaching adolescent and young adult cancer patients through social media: Impact of the photographs of meaning program." *Journal of Adolescent and Young Adult Oncology*. Aug 2020. PMID 32255697
22. [New.storyworth.com](https://www.newstoryworth.com)
23. [Storycorps.org](https://www.storycorps.org)
24. [Legacyproject.org](https://www.legacyproject.org)