

Module 6

Loss, Grief & Bereavement

Module Overview

This module addresses the challenging aspects of grief, loss and bereavement of Veterans and families as well as the loss experiences of health care professionals.

Key Messages

- Even with the provision of excellent palliative care, the loss of one's own life, or that of a loved one, creates intense grief.
- Palliative care can facilitate adaptation to loss and greatly relieve distress and suffering.
- Nurses also require support for their own grief in caring for the terminally ill.

Objectives

At the completion of this module, the participant will be able to:

1. Define loss, mourning, grief and bereavement.
2. Distinguish between anticipatory grief, normal grief, complicated grief, disenfranchised grief and traumatic grief.
3. Describe three interventions that may be appropriate to facilitate normal grief.
4. Identify three systems of support the nurse can access to assist in coping with grief and loss.