

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

- Loss, the loss of one's own life, a loved one, even with the provision of excellent palliative care often results in grief.
- Palliative care may facilitate adaptation to loss and relieve distress and suffering.
- Nurses also require support for their own grief in caring for individuals with serious illness.

Objectives

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

1. Define loss, grief, bereavement, and mourning.
2. Distinguish between anticipatory grief, normal grief, complicated grief and disenfranchised grief.
3. Describe eight influences on the grief process.
4. Discuss three interventions that may facilitate normal grief.
5. Verbalize the issues of grief and loss related to complex or traumatic circumstances.
6. Discuss personal death awareness and the cumulative loss associated with professional caregiving.
7. Identify four potential support systems for the nurse to cope with death anxiety and loss.