

ELNEC- For Veterans

END-OF-LIFE NURSING EDUCATION CONSORTIUM

Palliative Care For Veterans

Module 6 Loss, Grief, and Bereavement

PARTICIPANT OUTLINE

Module 6: Loss, Grief & Bereavement

Participant Outline

I. INTRODUCTIONS/OVERVIEW

- A. Definitions
- B. Overview of loss, grief, and bereavement
 - 1. Veterans
 - a. Effect on survivors physically, psychologically, socially, emotionally, sexually
 - b. Influence of culture and religion/spirituality on grief and loss
 - c. Traumatic life experiences
 - 2. Nurses
 - a. Addressing the constant loss of patients necessitates support for the nurse and the team.
 - 3. Palliative Care Team
 - a. Addressing loss, grief and bereavement is a core component of palliative care services for individual with serious illness

II. FACTORS INFLUENCING THE GRIEF PROCESS

- A. Family caregiving factors
 - 1. Caregiving and its toll
 - 2. Assessment of family members
- B. Types of grief
 - 1. Anticipatory grief
 - 2. Acute grief
 - 3. Normal grief
 - 4. Complicated grief
 - 5. Disenfranchised grief
- C. Grief assessment
- D. Children's grief
 - 1. Based on age & developmental level
 - a. Symptoms of grief in younger children
 - b. Symptoms of grief in older children
- F. Grief interventions and support
- G. Grief work is ongoing and not completely finished
- H. Last task is letting go

III. THE NURSE: PREVENTION OF MORAL DISTRESS

- A. Witness to non-beneficial treatments
- B. Cumulative loss - Constant death or unsuccessful treatments
- C. Moral distress, moral injury, compassion fatigue and burnout
- D. Factors contributing to burnout
 - Societal and cultural
 - Health care system
 - Organizational

Workplace and learning environment

- E. Bullying
- F. Self-awareness
- G. Well-being: Caring for one's self

IV. CONCLUSION

- A. Bereavement care continues after death
- B. Ongoing assessment and interventions
- C. Recognition of one's own grief
- D. Bereavement care is interprofessional