




Definitions

- **Grief** = the subjective feeling precipitated by the death of a loved one.
 - Complex set of cognitive, emotional, and social difficulties that follow the death of a loved one.
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Definitions

- ➡ **Bereavement** = the state of being deprived of someone by death and refers to being in the state of mourning.
- ➡ Broad term that encompasses the entire experience of family members and friends in the anticipation, death and subsequent



Definitions

- **Mourning** = the process by which grief is resolved; it is the societal expression of post bereavement behavior and practices.
- A public process involving recognition by others support and social, cultural and religious customs and rituals.

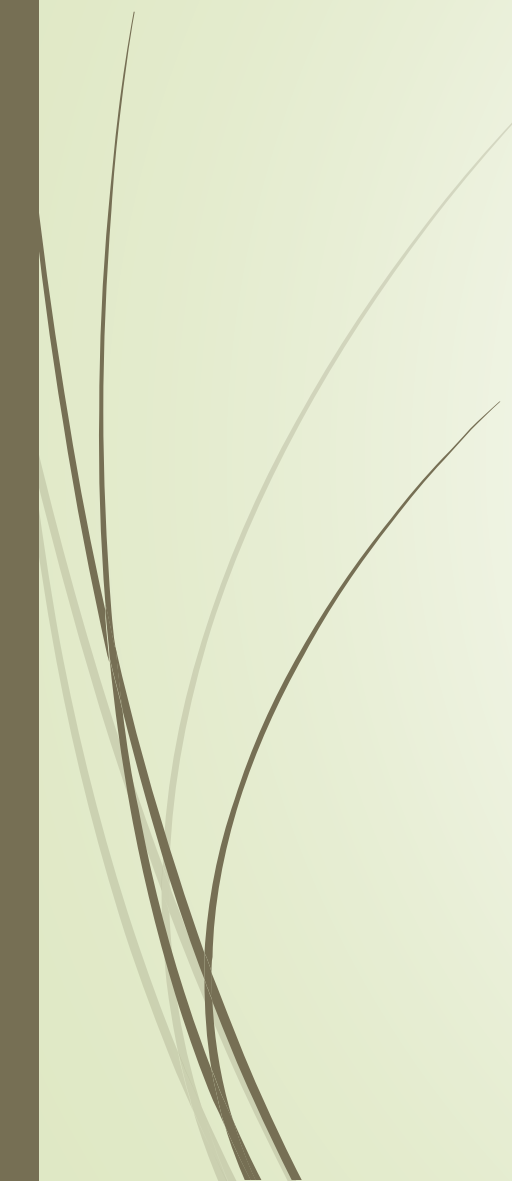


Normal course of Bereavement

- 1) **Protest:** Initial numbness, sense of unreality.
- 2) **Searching behavior:** Waves of distress occur as bereaved suffer intense pining, yearning.
- 3) **Despair & detachment:**
Disorganization emerges as loneliness sets in.
- 4) **Re-organization & recovery**

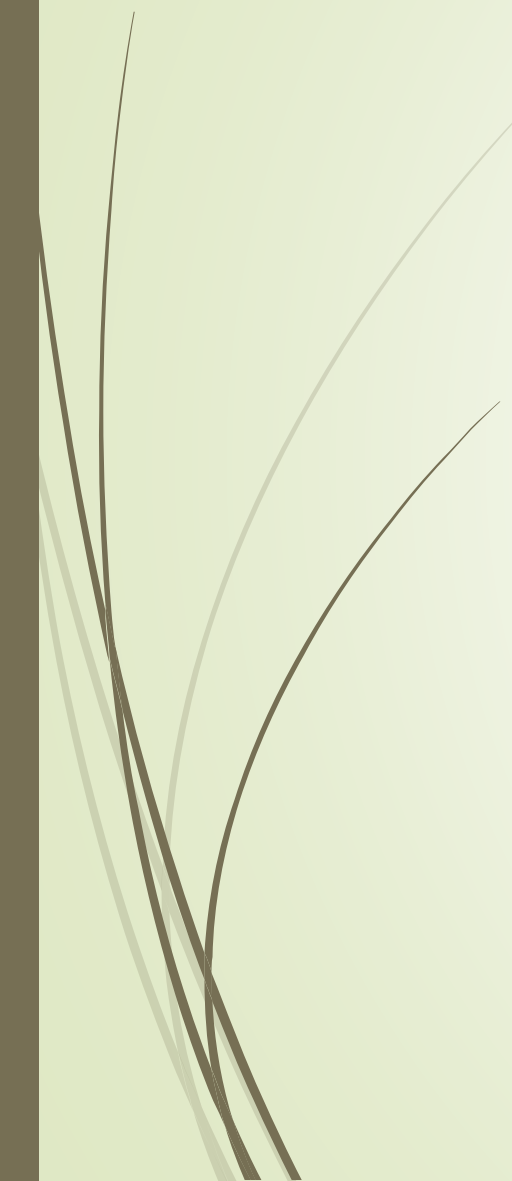


Different types of grief:

- Anticipatory grief
 - Normal/ common grief
 - Complicated grief: -
 - Inhibited/ absent grief
 - Delayed grief
 - Chronic grief
 - Distorted grief
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Normal Grief

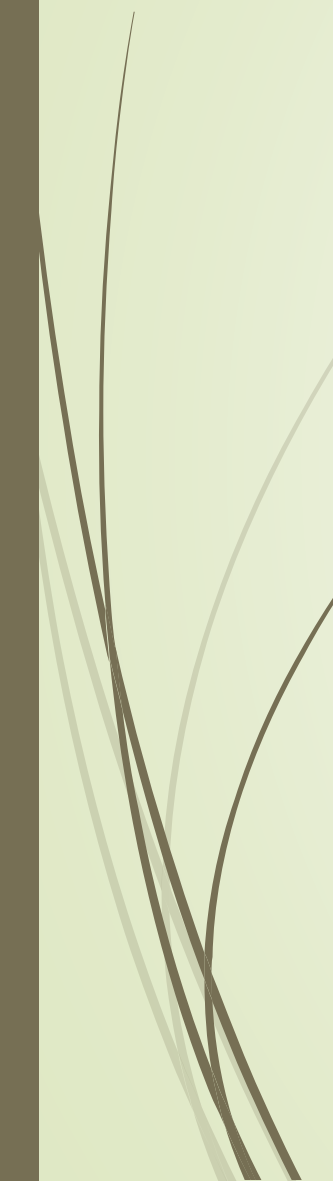
- ☐ Self-limiting
 - ☐ Common symptoms gradually diminish
 - ☐ There is an increasing acceptance of the reality of death
 - ☐ Steady integration of loss
 - ☐ Grief is seen as normal
 - ☐ Easing of symptoms can be observed 6 months to a year following the death.
 - ☐ When it needs clinical attention, termed as uncomplicated grief
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Normal Grief Reaction

Stage -1 : Hours to days	Denial Disbelief Numbness
Stage -2 : Weeks to 6 months	Sadness, weeping, waves of grief. Somatic symptoms of anxiety Poor sleep, Guilt, Blame of others, Illusions, hallucinations Preoccupation with memories of the deceased Social withdrawal
Stage-3: Weeks to months	Symptoms resolve Social activities resumed Memories of good times



Points to remember:

- ☐ The stages don't always occur in order.
 - ☐ Neither the patient nor the loved one, escapes grief.
 - ☐ People grieve at different rates of time.
 - ☐ Cultural differences, age, gender, race, and personality change the way people grieve.
 - ☐ Bereaved persons have higher rates of depression, and are at greater risk for illness than non-bereaved.
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Grief and Developmental Stages

<i>Age</i>	<i>Understanding of Death</i>	<i>Expressions of Grief</i>
Infancy to 2 years	<ul style="list-style-type: none">• Is not yet able to understand death.• Separation from mother causes changes.• Death is like sleeping.	<ul style="list-style-type: none">• Quietness, crankiness, decreased activity, poor sleep, and weight loss.• Asks many questions (How does she go to the bathroom? How does she eat?).• Problems in eating, sleeping, and bladder and bowel control. Fear of abandonment. Tantrums.

Grief and Developmental Stages

<i>Age</i>	<i>Understanding of Death</i>	<i>Expressions of Grief</i>
2–6 years	<ul style="list-style-type: none">• Dead person continues to live and function in some ways.✓ Death is temporary, not final.✓ Dead person can come back to life.• Death is thought of as a person or spirit (skeleton, ghost, bogeyman).	<ul style="list-style-type: none">• Magical thinking (Did I think something or do something that caused the death? Like when I said I hate you and I wish you would die?).• Asks specific questions. May have exaggerated fears about school.

Grief and Developmental Stages

<i>Age</i>	<i>Understanding of Death</i>	<i>Expressions of Grief</i>
6–9 years	<ul style="list-style-type: none">• Death is final and frightening.• Death happens to others; it will not happen to ME.• Everyone will die.	<ul style="list-style-type: none">• May have aggressive behaviors (especially boys). Some concerns about imaginary illnesses.• May feel abandoned. 9 and older Everyone will die. Heightened emotions, guilt, anger, shame.• Increased anxiety over own death. Mood swings.

Grief and Developmental Stages

<i>Age</i>	<i>Understanding of Death</i>	<i>Expressions of Grief</i>
9 and older	<ul style="list-style-type: none">• Death is final and cannot be changed.• Even I will die.	<ul style="list-style-type: none">• Fear of rejection; not wanting to be different from peers.• Changes in eating habits. Sleeping problems. Regressive behaviors (loss of interest in outside activities). Impulsive behaviors. Feels guilty about being alive (especially related to death of a brother, sister, or peer).



Issues for grieving children

There are three prominent themes in the grief expressions of bereaved children: -


- ➡ Did I cause the death to happen?
- ➡ Is it going to happen to me?
- ➡ Who is going to take care of me?

Helping Children to Cope

- Be straightforward; distortions can do lasting harm i.e. "he's gone to sleep" can lead to a fear of sleep or "God took her," leads to a hate for God.
- Reassure that they are no way to be blamed and will be taken care of.
- Let child participate in the family sorrow and grief.
- Give as much attention to the child who cries as to the one who doesn't cry.
- Silence between family and friends makes it worse.
- Don't say, "you are the man of the house now" or "be brave."



Management:


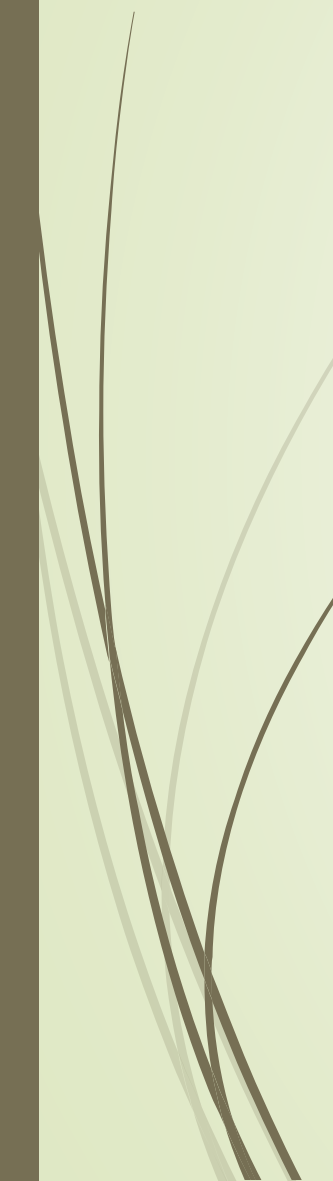
- ➡ Counseling
 - ➡ Medication
 - ➡ Support Groups
 - ➡ Psychotherapy
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Counseling

- ➡ Help maybe needed to
 - accept that the loss is real.
 - work through the stages of grief
 - adjust to life without the deceased.
- ➡ Parents who are grieving for stillborn child need special help

WHAT NOT TO SAY

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- Call me.
 - Casually ask, "How are you?"
 - I know exactly how you feel.
 - It was probably for the best.
 - He/she is happy now.
 - It is God's will.
 - It was time to go.
 - I'm sorry I brought up the subject.
 - Let's change the subject.
 - You should be getting over this by now
 - I have had other patients with the same illness and they suffered for a long time.
 - You should be glad your loved-one passed away so quickly.
 - You're strong enough to cope with the loss.
 - Be thankful you have your other children.
 - You can always have more children.
 - I lost my loved one...
 - I understand, my loved-one was very sick too.
 - Be happy he/she was only 6 months old and not six years.

WHAT TO SAY

- I'm sorry for your loss.
- I can't imagine the pain you are going through.
- What do you remember about [the deceased's name] today?
- Say [deceased's] name.
- Talk about deceased.
- Do you have any questions about the illness and treatment provided?
- How are you feeling?
- How has loss affected you?

THANK

