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| ***Lesson Plan*** | |
| **Topic** | Psychosocial and Spiritual Aspects |
| **Title** | **Loss, grief and bereavement** |
| **Learning Outcome** | Understand the causes and responses to loss and bereavement for patients (and their families) with chronic illness. |
| **Summary** | Dealing with loss, grief and bereavement for the person themselves, their family and the professionals who care for them is intrinsic to palliative care provision. Most people are able to deal with the consequences of loss without the need for clinical input, however, a minority of people are at risk of developing complications or difficulties in their grieving. Doctors have an important role in supporting families and identifying those who may require specialist intervention. |
| **Learning Objectives**  **C - Cognition**  **S – Skills**  **A – Attitudes** | Cognition:   1. Identify and describe the losses (and their impact) that patients and their families face across the illness trajectory and (for families) after death, 2. Describe and differentiate between loss, grief, bereavement and mourning, including triggers for abnormal of prolonged grief reactions. 3. Describe “normal” grief patterns. 4. Identify common loss/grief models and describe their value for practice, including identification of complex grief.   Attitudes (will be monitored also during the clinical placement):   1. Demonstrate an understanding of, and ability to screen for risk factors for complicated responses to loss/bereavement in the patient and their family |
| **Learning Methods** | * Seminar, video and case discussion |
| **Timing** | Seminar   * Definitions of terminology associated with loss, grief and bereavement. * Bereavement theories and models * Risk factors for complicated grief   Case studies (text or video) describing normal/abnormal grief responses (students to discuss management in facilitated group discussion ) (60 minutes) |
| **Bibliography/Resources** | Davis EL, Deane FP, Barclay GD, Bourne J, Connolly V. Attitudes of palliative care clinical staff toward prolonged grief disorder diagnosis and grief interventions. Palliative & supportive care. 2017 Jul:1-8.  Hudson P, Hall C, Boughey A, Roulston A. Bereavement support standards and bereavement care pathway for quality palliative care. Palliative & supportive care. 2017 Jul:1-3.  Sealey M, Breen LJ, O’Connor M, Aoun SM. A scoping review of bereavement risk assessment measures: Implications for palliative care. Palliative medicine. 2015 Jul;29(7):577-89.  Thomas K, Hudson P, Trauer T, Remedios C, Clarke D. Risk factors for developing prolonged grief during bereavement in family carers of cancer patients in palliative care: a longitudinal study. Journal of Pain and Symptom Management. 2014 Mar 1;47(3):531-41.  Online resources  <https://www.ted.com/talks/jason_b_rosenthal_the_journey_through_loss_and_grief>  In her brutally honest, ironically funny and widely read meditation on death, "You May Want to Marry My Husband," the late author and filmmaker Amy Krouse Rosenthal gave her husband Jason very public permission to move on and find happiness. A year after her death, Jason offers candid insights on the often-excruciating process of moving through and with loss -- as well as some quiet wisdom for anyone else experiencing life-changing grief. <https://nyti.ms/2lGIyA4>  Finding Hope in Hopelessness. Peta Murchison is a mother dedicated to raising awareness for Batten Disease, who shares her story of loss. <https://youtu.be/iGQbWJbi3hg>  The Grieving Process: Coping with Death. WELLCAST: exploring the physical, mental and emotional paths to wellness. <https://www.youtube.com/watch?v=gsYL4PC0hyk>  Grief is something that nearly all of us will experience but it's something that most of us find difficult to talk about. This week on Like Minds, we find out what grief is, that it's very individual for all of us and why you don't have to "get over" it. (BBC,  <https://www.youtube.com/watch?v=X55TJRj9HUk> |