



COLLEGIATE PERINATAL

BEREAVEMENT TALK

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OBJECTIVES

- Become familiar with the grief cycle models and how they apply to perinatal loss.
- Gain knowledge of the medical terminology and experiences of those experiencing different forms of perinatal loss
- Identify the attributes and learn the skills of effective bereavement support
- Learn about Hope After Loss Resources & Programs



INTRODUCTIONS

- Your Name
- Major
- One Learning Goal of this Presentation



HOPE AFTER LOSS HISTORY



OUR MISSION

Hope After Loss, Inc. helps those who experience pregnancy and or infant loss to find the inspiration of hope by providing connections, comfort, and care.

OUR VISION

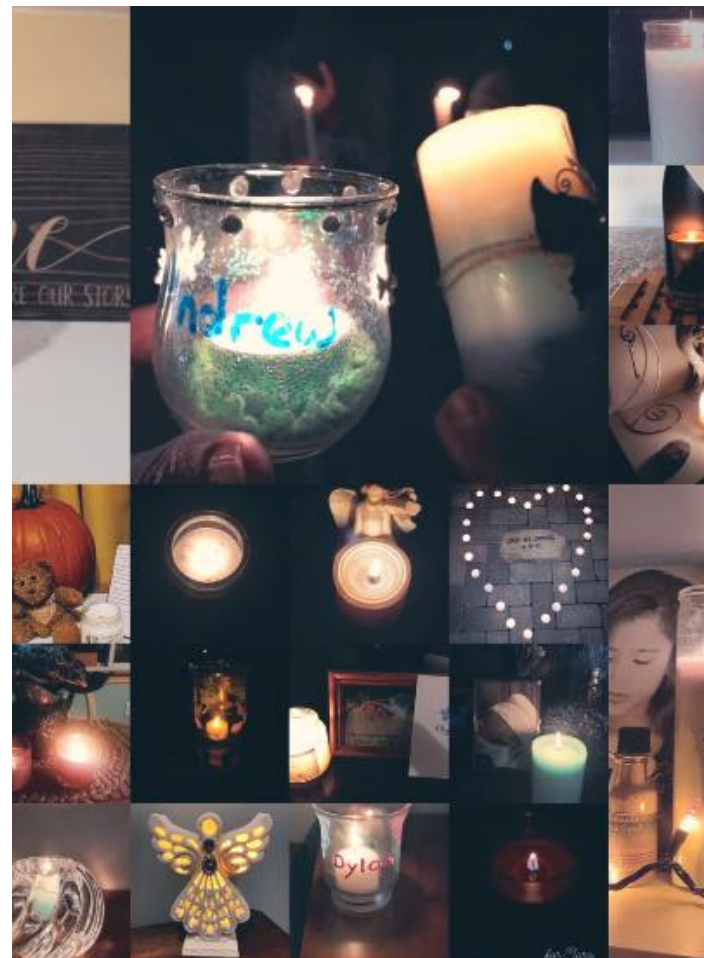
Hope After Loss supports those who have experienced the loss of a pregnancy or infant. Guided by our values of compassion, acceptance, empathy, respect, and inclusion, we are committed to ensuring that no one who has lost a baby must grieve alone.

OUR VISION CONTINUED

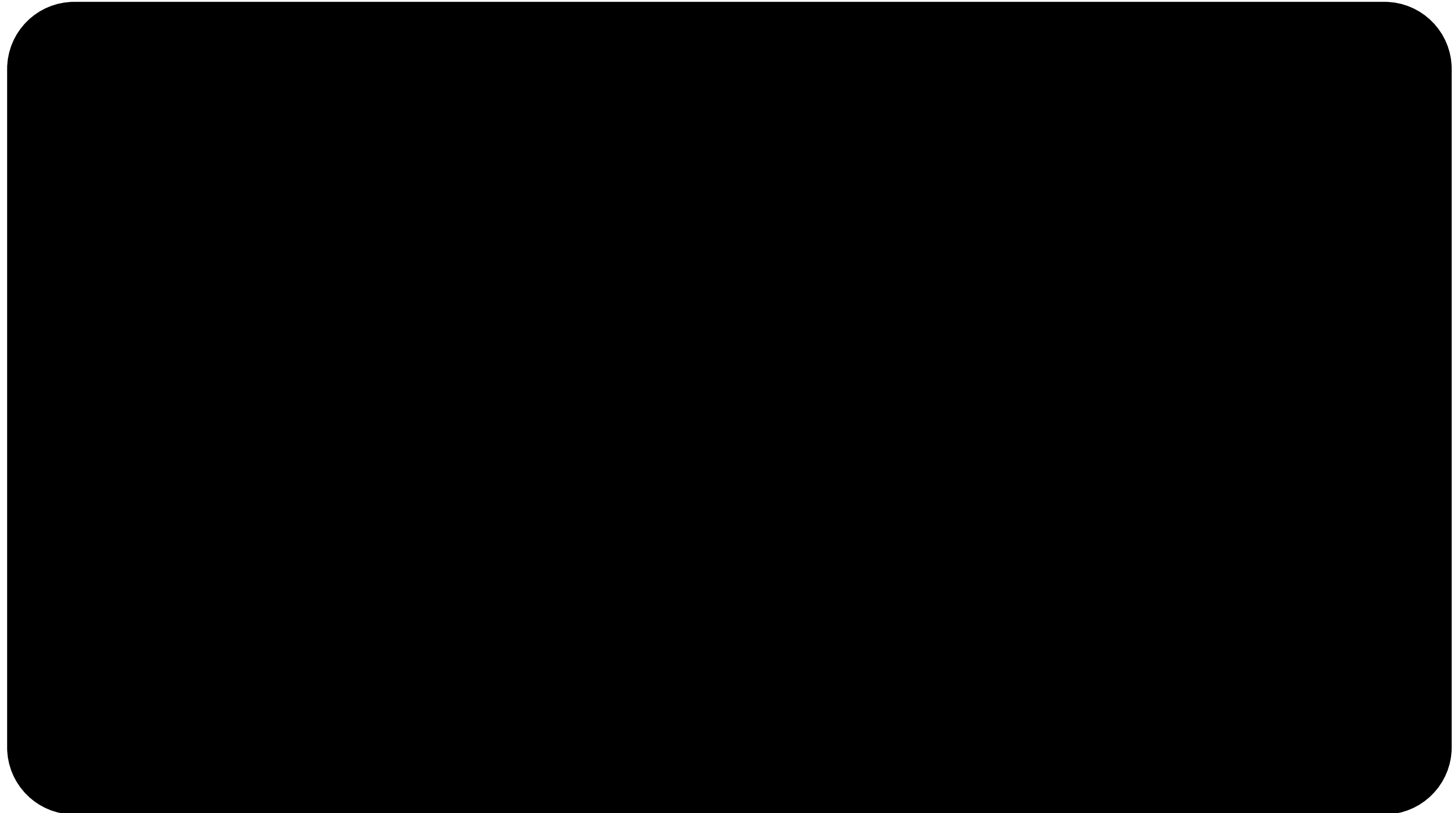
Losing a much-wanted baby can feel like being plunged into darkness. Finding your way out of that darkness is no simple task, but it is made easier when others extend their hands to help. We reach out our hands to all those who grieve the loss of a baby, and we walk out of the darkness together. Honoring and remembering the babies all the while, we can help each other through our grief, and we can find light and hope in our lives once more.

About Hope After Loss

- Three main programs
 - Peer Support
 - Support Groups
 - One-on-One
 - Online Resources
 - Education and Outreach
 - Burial & Cremation Assistance
- We can't change that a baby has died, but we can try to make each step of the grief journey less traumatic



Introduction Video



Terminology & Statistics

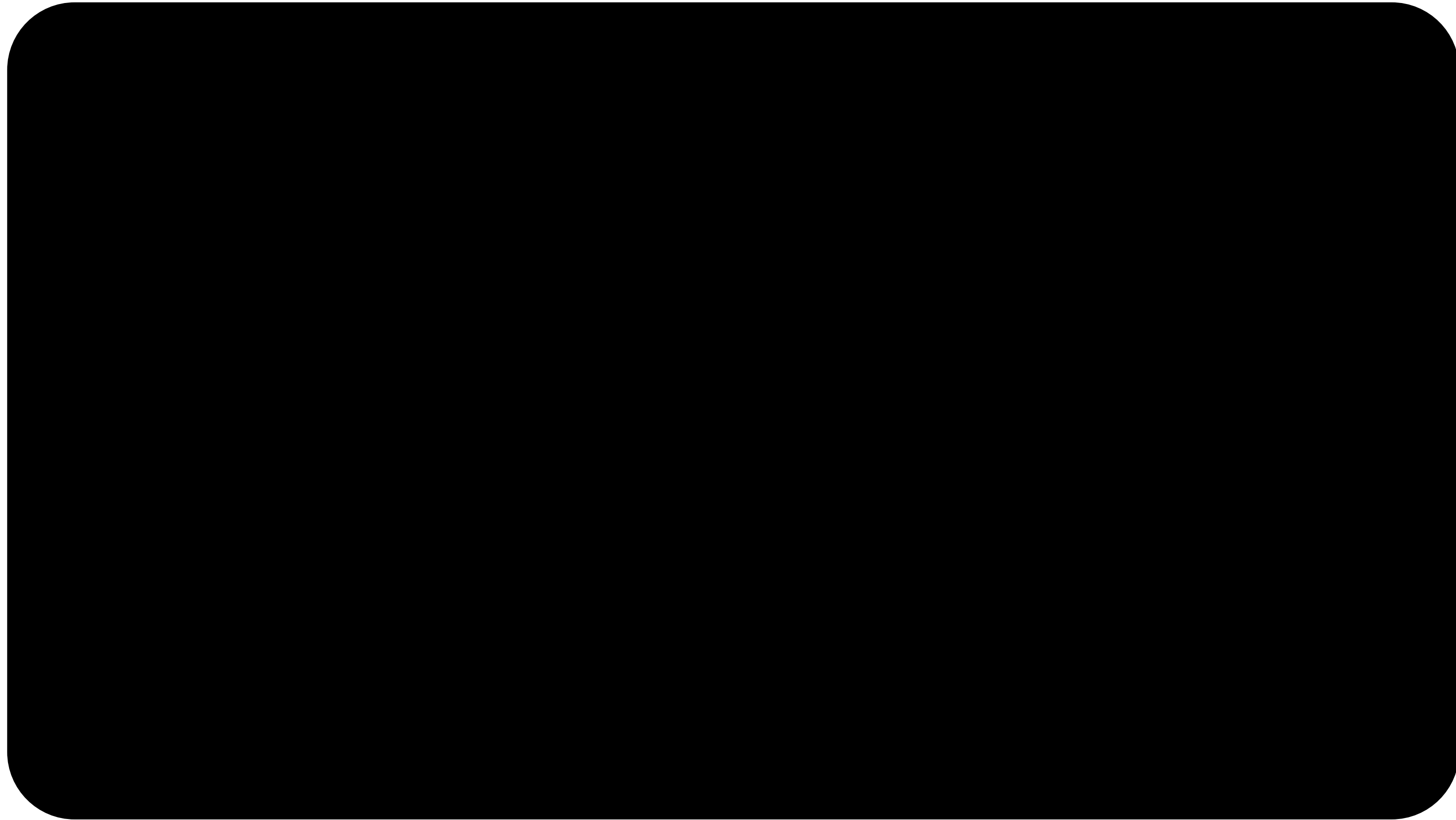
- Miscarriage
 - 20% of pregnancies (1/5)
 - 18% of those who have experienced a miscarriage show symptoms of Major Depression at 6 months post loss
- Stillbirth
 - 0.5-1% (1/160)
 - 15% have of those who have experienced stillbirth or infant loss show symptoms of Depression at 6 months post loss and are 7x more likely to exhibit symptoms of PTSD
- Neonatal Loss
 - 0.3% (3.7/1000)
- Infant Loss
 - 0.5% (5.7/1000)
- Termination for Medical Reasons/Medical Interruption
 - (rate unknown)
- Pregnancy After loss
 - 50-80% couples become pregnant within 12-18 months after their loss
 - 22% of those who have experienced a pregnancy after loss experience symptoms of General Anxiety Disorder and 20% experience symptoms of Major Depression

Implications of COVID-19

- Reduced in person visits
- Traditional prenatal care schedule
- about 13 in-person visits
- Covid Pandemic Prenatal Care
- 4 in-person visits total
- Limited support during prenatal visits and ultrasounds
- Limited support during labor
- Limited access to loss resources
- NILMDTS- Post Photography
- Doulas
- Increased rate of still births
- Increased rate of surgical management for ectopic pregnancies
- Increased symptoms of maternal depression & anxiety



COVID-19 Implications of Pregnancy & Infant Loss



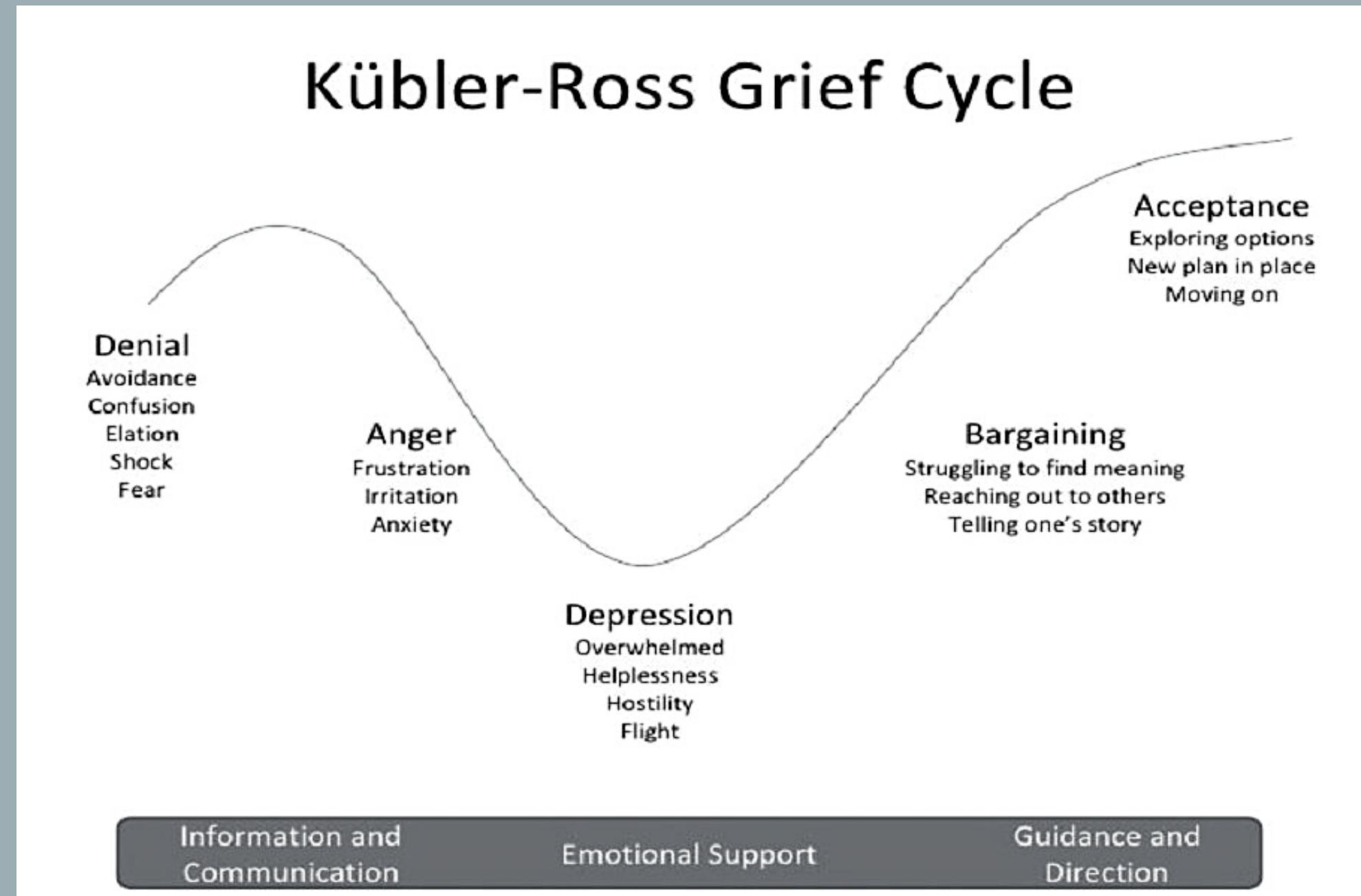
GRIEF



GRIEF CYCLE MODELS

KUBLER-ROSS MODEL

- Denial
- Anger
- Bargaining
- Depression
- Acceptance



GRIEF CYCLE MODELS

Davidson's Four Phases of Bereavement

- Shock and Numbness
- 0-2 weeks
- Searching and yearning
- 2 weeks- 4 month
- Disorientation
- 5 months-9 months
- Reorganization/Resolution
- 10 months-24 months

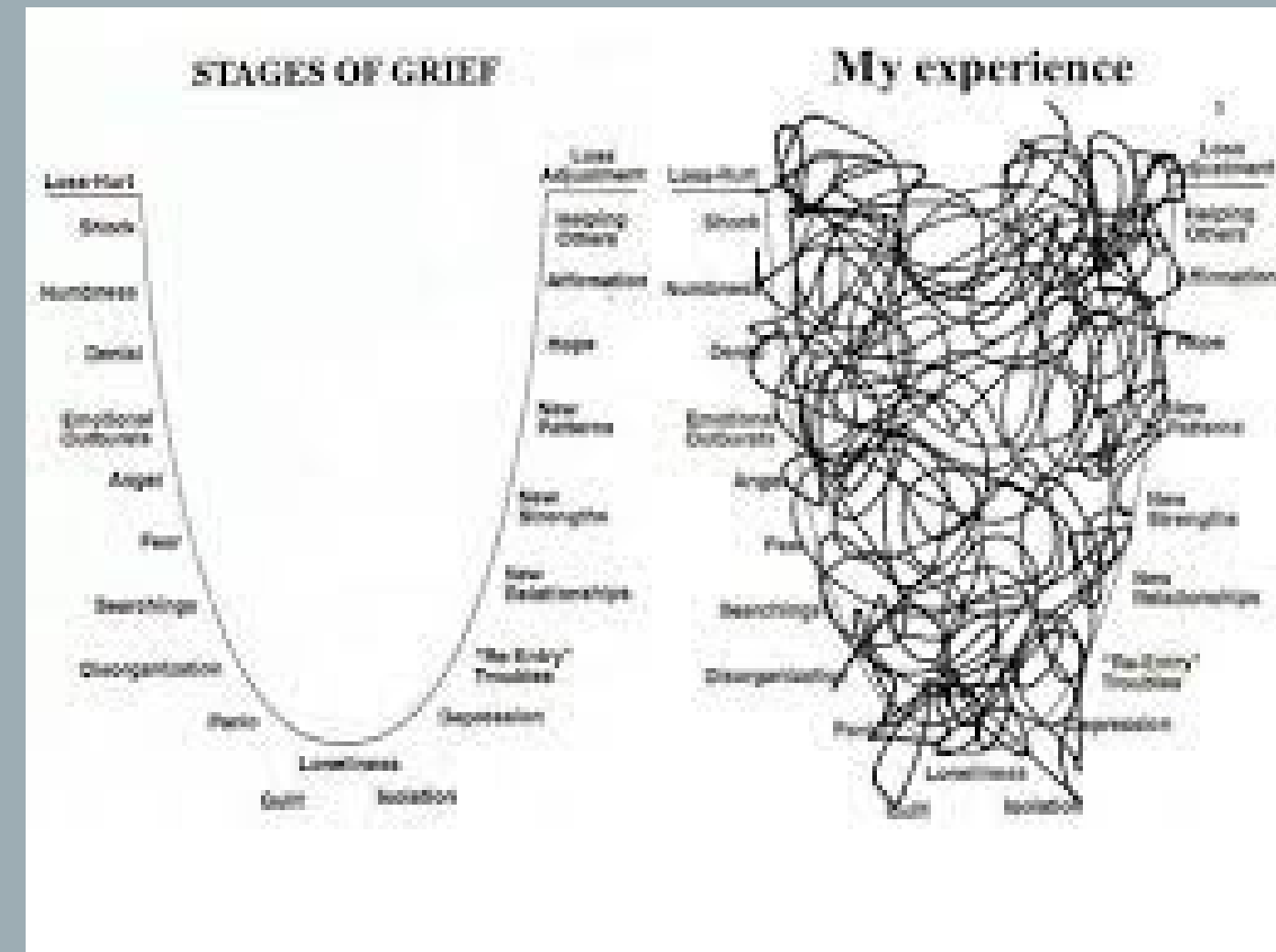
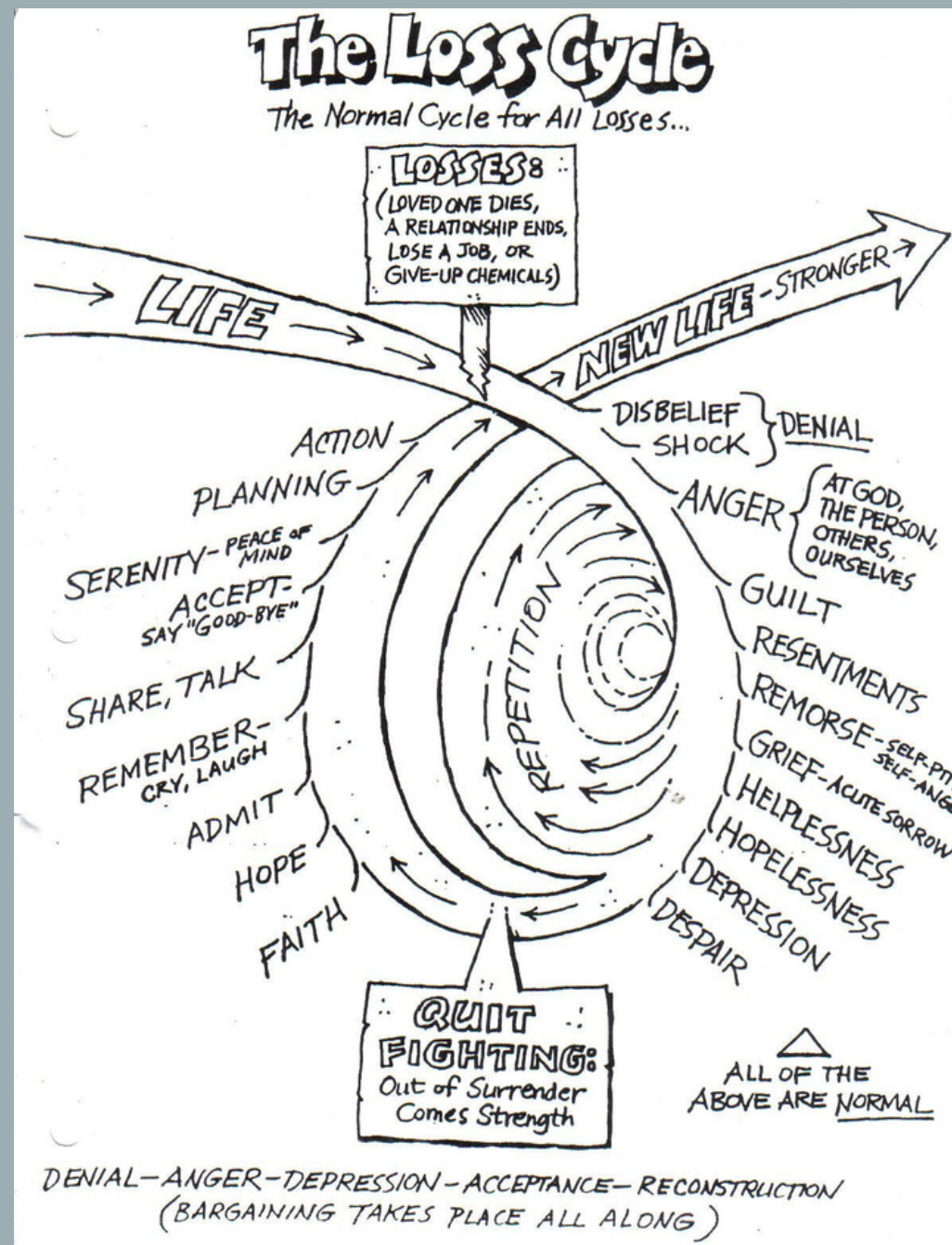
GRIEF CYCLE MODELS



People tend to believe that grief shrinks over time



What really happens is that we grow around our grief



PERINATAL GRIEF

- Loss of that baby
- Loss of pregnancy experience
- Loss of parenting experience
- Loss of hopes, dreams and expectations for that baby

A wife who loses a husband is called a widow. A husband who loses a wife is called a widower. A child who loses his parents is called an orphan. There is no word for a parent who loses a child. That's how awful the loss is.

When a parent dies,
you lose your past;
when a child dies,
you lose your future.

BMC PREGNANCY & CHILDBIRTH RESEARCH STUDY

In 2019 Survey of 596 Individuals who have experienced a Pregnancy or Infant Loss:

- Most participants felt that they were ill informed and did not receive adequate care in the hospital
- The majority of participants who felt supported by their healthcare provider at the time of their loss reported that their experience included
 - Prompt care/ intervention
 - Compassion from provider
 - An individualized approach to their treatment

"Healthcare professionals can make a positive difference in how loss is experienced and in overall well-being by recognizing the impact of the loss, minimizing uncertainty and isolation, and by thoughtfully working within physical environments often not designed for the experience of loss "

(Watson et al., 2019)

COMMON QUESTIONS AFTER LOSS

- What happened?
- Why did this happen?
- Why did this happen, God?
- Why did this happen to me/us?
- Did I cause this?
- What can I do to get through this awful pain?

CHILDREN & GRIEF

- Some children become withdrawn and need help expressing their feelings.
- Some children show more anger and acting-out behaviors that are best met with a clear behavioral plan.
- Enlist pediatrician

MEN & GRIEF

- Men may be expected to be strong and protective of their partners and may not be given support for their own grief.
- Mothers may want their partners to express grief, but their partners may feel that they have to be strong to support the mother and make practical decisions.
- Men may be confused about what to do with their grief reactions because the focus of recovery after a losing a baby is typically on the mother

HOW TO HELP



GROUP ACTIVITY

- What qualities make a good listener?
- What qualities make an effective caregiver?

NON-REFLECTIVE LISTENING

1. Ordering, directing, or commanding
2. Warning or threatening
3. Giving advice, making suggestions, or providing solutions
4. Persuading with logic, arguing, or lecturing
5. Moralizing, preaching, or telling clients what they "should" do.
6. Disagreeing, judging, criticizing, or blaming

REFLECTIVE LISTENING

- Empathic statements often begin with phrases like:
 - “It sounds like you...”
 - “You’re feeling...”
 - “It seems to you that...”
 - “So you...”
- Help identify ambivalence
 - “on one hand...on the other hand”
- Identify Past affect:
 - “How did you feel at the time?”
- Identify Process affect:
 - “How does it feel to tell us this story now?”

QUALITIES OF AN EFFECTIVE CAREGIVER

- Listens well
- Is empathetic and compassionate
- Is positive and real
- Is observant
- Is respectful
- Is non-judgmental and open-minded
- Is self aware of own limitations

DO'S & DON'TS

DO

- Listen more than you talk
- Allow for silence
- Refer to baby by name
- Be genuine and caring

DON'T

- Dominate the conversation
- Use clichés
- Pass judgment
- Avoid because you are uncomfortable
- Change the subject

DO'S & DON'TS



DO

- Allow them to express feelings and tell story without judgment
- Encourage them to be gentle with themselves
- Remember special occasions
- Open body language
- Open verbal cues

DON'T

- Answer questions you don't have the answer to
- Make comments that suggest they received inadequate care or should have received care sooner
- Talk only with mothers

HOW TO PROMOTE INDIVIDUAL PROCESS

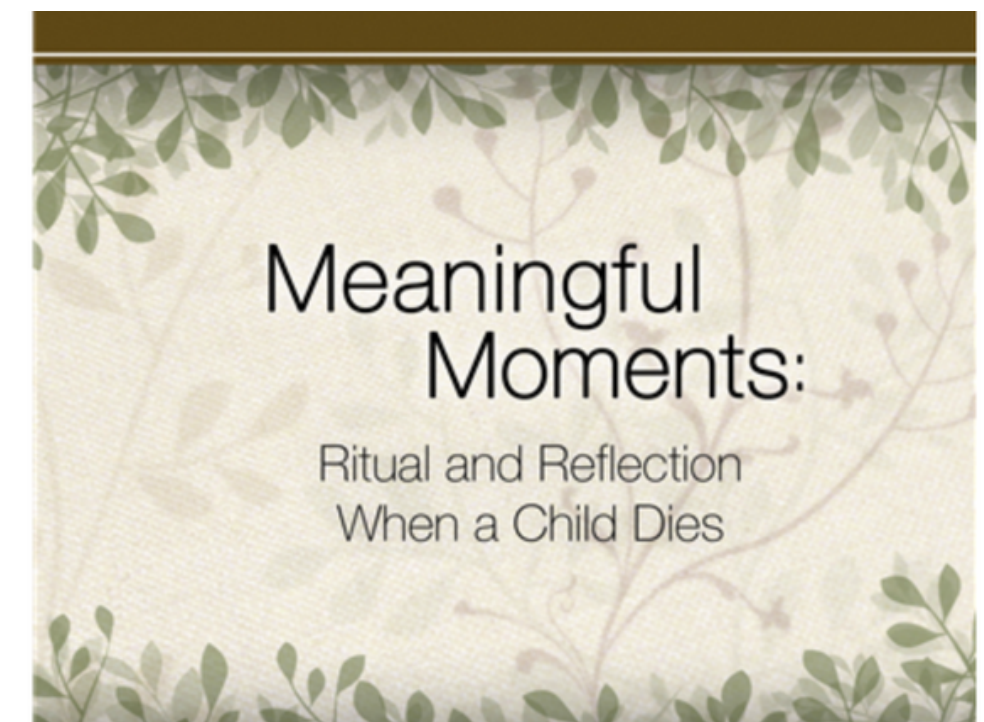
- Encourage
 - “You are doing a wonderful job of taking care of yourself during this hard time. Who are you talking to about your sadness?”
 - “You had a very tough and important conversation with your boyfriend. How did you do this so successfully?”
 - It does not mean nagging or pressuring or being unrealistically positive
 - Noticing positive steps/ Pointing out accomplishments
- Clarification
 - Repeat/rephrase what they said- allows them to slow down, take it in. Also form of encouragement

HOW TO PROMOTE INDIVIDUAL PROCESS

- Validation/affirmation
 - "I appreciate how hard it must have been for you to decide to come here. You took a big step. It's important to get help for your depression. Grief is so hard to bear alone."
- Non judgement/encourage honesty
 - "I won't judge you,"
 - "what you say here is confidential,"
 - "your feelings are shared by other grieving parents"

MEMORY MAKING OPPORTUNITIES

- Photos
 - Ask if the parents would like photos of their baby (if possible)
 - Parents holding the baby (if possible)
- Foot or hand molds
 - Make a cast of the baby's hands or feet using kits
 - Footprints & Handprints
- Baby Ring
 - Keepsake
- Ritual or Reflection
 - Either by Chaplain or Social Worker



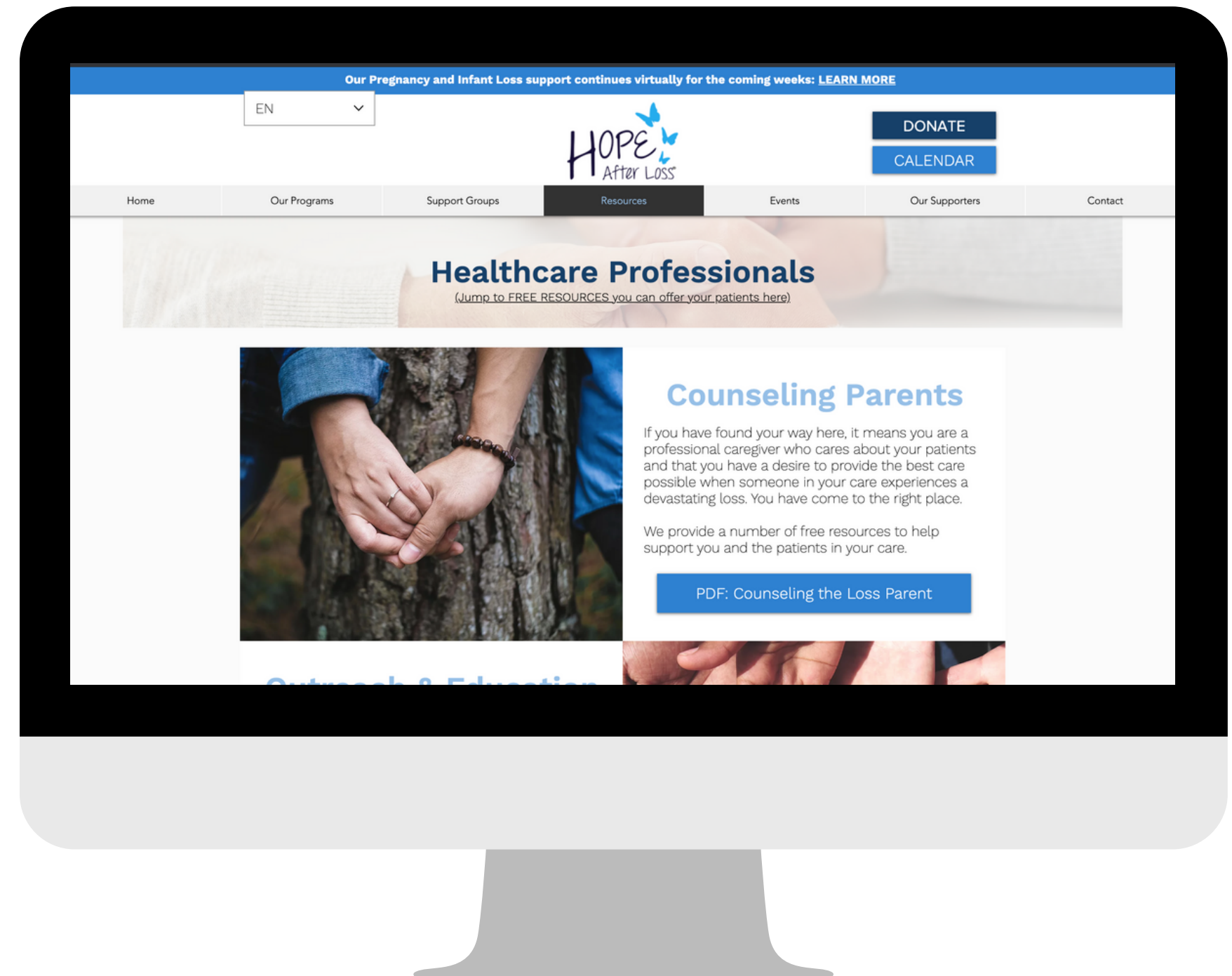
HOW HOPE AFTER LOSS CAN HELP

- Hope After Loss is here to help. We provide free support services to anyone who grieves the loss of a pregnancy or infant.
- BCA
- Peer Support/ Support Groups
- Community Events
- Outreach Products
- Rack Cards
- Clinical Sympathy Cards



HOW HOPE AFTER LOSS CAN HELP

- Located on the Hope After Loss Website
 - Bereaved Parent
 - Helpful links
 - Remembering Baby Ideas
 - Support Group Info
 - Men & Grief
 - Saying Goodbye
 - Professionals
 - Counseling Parents
 - Outreach & Education
 - Burial & Cremation Assistance
 - Burial Gowns
 - Support
 - Friends & Family
 - Supporting a loved one
 - Friends and Family Resource



PARENT PANEL/ QUESTIONS



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