



RESOURCE GUIDE

Processing Grief with So Much Happening in Your Day

Grief is a part of life that we all experience and is a powerful emotion that can be painful, especially in a non-stop world. Out of that pain can come meaning and a new beginning. The practitioner's role is to come alongside the bereaved and be present in that grief journey to meaning and a new beginning.¹ This video presents principles that practitioners can use to aid in the grief journey.

MAIN POINTS

Principles that enable practitioners to support families in navigating the difficult end-of-life scenarios:

- Acknowledge the loss¹
- Allow yourself to experience and express emotions²
- Explore what works for each individual^{2,3}
- Use rituals, traditions, and ceremonies to acknowledge the importance that person had in life¹

RESOURCES

HPNA. Education, Nursing Guides: Bereavement During a Pandemic.

https://advancingexpertcare.org/HPNA/Education/Featured_Products/Nursing_Resource_Guides_NRGs_/HPNAweb/Education/NRGs.aspx?hkey=054df585-5e28-4b58-b14d-0a37eb6a1df6. Accessed May 14, 2021.

HPNA. Education, Nursing Guides: Nursing Care and Support at End of Life.

https://advancingexpertcare.org/HPNA/Education/Featured_Products/Nursing_Resource_Guides_NRGs_/HPNAweb/Education/NRGs.aspx?hkey=054df585-5e28-4b58-b14d-0a37eb6a1df6. Accessed May 14, 2021.

ONS. Palliative Care Resources Comfort Nurses Through COVID-19 Stress, Dilemmas, and Grief.

<https://voice.ons.org/news-and-views/palliative-care-resources-comfort-nurses-through-covid-19-stress-dilemmas-and-grief>. Published April 11, 2020. Accessed May 14, 2021.

CAPC. Resources for Health Care Workers Experiencing Grief. <https://www.capc.org/covid-19/resources-health-care-workers-experiencing-grief/>. Accessed May 14, 2021.

Forner KA. A plea for help from the front lines of the COVID-19 pandemic [Kristin Adams Forner, MD](#). Accessed May 14, 2021.

<https://www.kevinmd.com/blog/2021/05/a-plea-for-help-from-the-front-lines-of-the-covid-19-pandemic.html>. Accessed May 17, 2021.

Headspace. How to be More Empathetic. <https://www.headspace.com/articles/how-to-be-more-empathetic>. Accessed May 14, 2021.

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1. Harris DL. Winokuer, Howard R. Principles and Practice of Grief Counseling. 3rd ed. New York, New York: Springer Publishing Company; 2021.
2. Siegel A. (2021). Can You PACE Yourself? Using PACE in the Clinical Setting, at End of Life and in Grief Work. J Radiol Nurs, 40, (1), 80-87.
3. Stroebe M. Schut H. Boerner K. (2017). Cautioning health-care professionals: Bereaved persons are misguided through the stages of grief. Omega: Journal of Death and Dying, 74 (4): 455-473

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<https://advancingexpertcare.org/>



<https://www.professionalchaplains.org/>



<https://www.swhpn.org/>



<https://www.ons.org/>

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Made possible by a grant from the American Nurses Foundation.