



RESOURCE GUIDE

Supporting the Grief Process When Significant Others Are Not at the Bedside

Professional caregivers play an integral role in providing support not only to patients in the hospital, but also to the patient's loved ones. This video presents tips for practitioners to help with the grief process when families and significant others are unable to be at the bedside. Implementing simple techniques into daily practice creates opportunities for holistic care of patients and loved ones and increased satisfaction for providers.

MAIN POINTS

Select strategies appropriate to meet specific needs of patients and significant others.

- Recognizing and respecting the whole person^{1,6,7}
- Honoring patient/family wishes and cultures at end of life^{3,5,7}
- Utilizing technology to bring families into the conversation and moment when they cannot be at bedside^{2,7}
- Recognizing varied communication and/or grief patterns^{1,3,5}
- Understanding how children perceive illness and death and working to help them comprehend^{4,7}
- Using 'self' to create moments of togetherness with patients and families^{1,6,7}

RESOURCES

Books: Boyle DA. *The Caregiver's Companion*. Pittsburgh, PA: Oncology Nursing Society;2020.

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Mason TM, Warnke J. Finding meaning after a patient's death. *Am Nurs Today*. 2017;12(9):66-68.

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Websites: My Grief Angels: Online grief support and education. <https://www.mygriefangels.org>. Accessed May 14, 2021.

What's your grief? – A grief website for the rest of us. <https://whatsyourgrief.com>. Accessed May 14, 2021.

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3. Puri S. Speaking from the heart. www.endwellproject.org/speaking-from-the-heart. Accessed May 14, 2021.
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7. Yardley S, Rolph M. Death and dying during the pandemic. *Br Med J*. 2020:m1472

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