


Best Practices in Bereavement Care for Staff in Long Term Care

Voices of Residents, Families, and Caregivers.


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TOPIC 1:
Compassion = Bereavement Care


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TOPIC 2:
Nursing Home as Community




TOPIC 3: Medicine is the servant of caring, not its master.



TOPIC 4: What does Bereavement care look like at your facility?

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Topic 1: Compassion = Bereavement care

Staff, family and friends live in the world.
Their need for care begins and ends here.
The next few slides show loss in this larger context.

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Grief can weigh us down.

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Topic 1: Compassion = Bereavement care

Also see LinkedIn Public Health in a longevity society: 'Cognitive empathy and Bereavement Care'

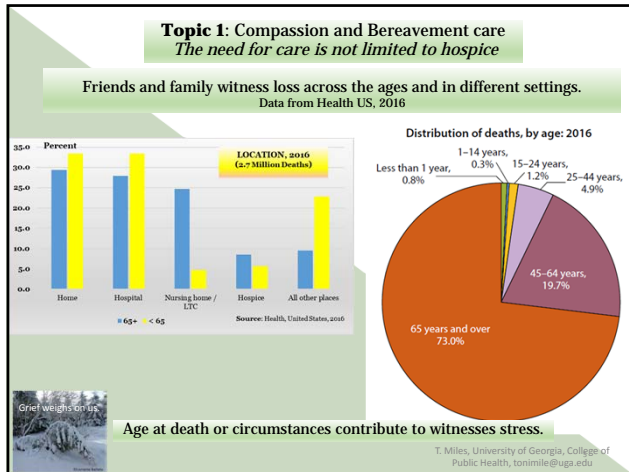
1 in 10 persons are newly bereaved each year.



40% have 3 or more losses within a year.
10% of this subgroup have high rates of serious clinical illness.

Source: Georgia BRFSS, 2019

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No home is an island.

Topic 2:
Nursing home is a special community

- Residents live in a protected environment.
- Staff create this environment.
- Hospice care is delivered in all of these environments.

Protected environments in Maine include:
 94 Nursing homes
 762 Assisted Living Communities
 216 home health / personal care agencies

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Topic 2: Bereavement in special communities.

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We interviewed residents, family, and staff in 7 NH in Georgia. Staff included medical / non-medical personnel and all shifts.

Bottom line: Loss is a *repetitive motion injury*.

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Topic 2: Bereavement in special communities.

Discussion Item 1:
 What happens in your nursing home when a death is identified?

Discussion Item 2:
 Is your staff (medical and nonmedical) prepared to follow POLST guidance?

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TOPIC 3: Medicine is the servant of caring, not its master.

Discussion Item 3: Staffing caring for one another.

Direct care staff in planning meetings.
Training to help emotional family members
Training to help with their own emotions
Protocols associated with POLST

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TOPIC 3: Medicine is the servant of caring, not its master.

Discussion Item 4: Staff care for the deceased

A protocol for preparing the body for final viewing by family and friends?
Training newly hired staff to handling this task in a caring and respectful manner.

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TOPIC 4: Bereavement care in your facility?

Discussion Item 5: Staff care for other residents and family.

There are number of ways to be helpful: A note, a phone, call, 'quietly' standing by.

Best phrase: *I am sorry for your loss.*

There are number of ways to NOT be helpful: Avoid phrases like
I know how you feel,
You need to get over it.

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Interested in learning more?

Grief and Public Health	Nursing Home Related Reports
The impact of mid- and late-life loss on insomnia, Simpson et al, Family & Community Health, 37(4): 317. 2014	Institutional bereavement care for fictive kin: staff grief in CCRCs. Chahal et al JAMDA 2015. doi:10.1016/j.jamda.2015.06.013.
In a longevity society, loss and grief are emerging risk factors for health care use, Miles et al, Amer J Hospice & Palliative Med 33(1):41. 2016	Burnout After Patient Death: Challenges for Direct Care Workers. Boerner et al. J Pain Sym Man. doi: 10.1016/j.jpainsymman.2017.06.006. 2017
Refusing to admit defeat: Physician reluctance to discuss EOL Care. Brown & Miles, Palliative Medicine & Care, 2(1):1. 2016	Grief After Patient Death: Direct Care Staff in Nursing Homes and Homecare. Boerner et al. J Pain Sym Man. doi: 10.1016/j.jpainsymman.2014.05.023. 2016.
Indicators of resilience and healthcare outcomes. Ezeamama et al. Qual Life Res. 25:1007. 2016.	Home Care Workers' Experiences of Client Death and Disenfranchised Grief. Tsui et al. Qual Health Res. doi:10.1177/1049732318800461. 2019
Population-level impact of loss on survivor mortality. Allegra et al Qual Life Res. 24(8):2959. 2015.	Caring for dying patients in nursing homes: voices from frontline nursing home staff. Cagle et al. J Pain Sym Man. doi:10.1016/j.jpainsymman.2016.08.022. 2017.
Black deaths matter: race, relationship loss, and effects on survivors. Umberson D. J Health and Soc Behav. 10.1177/0022146517739317	The culture of death and dying in the nursing home and POLST Practice: What are we missing? Miles et al. JAMDA, Under review. 2019.

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