**Grieving**

Study Group Module

**Learning Objectives**

Review the following Learning Objectives as an organized beginning to your study of this module. As you read the Learning Objectives, note key words which will aid you in finding the information in the texts. When you complete the module, revisit this list and check for areas that require further investigation.

* Identify when people may experience grieving.
* Understand the spectrum of grief response and the grieving cycle.
* Identify the transitional time of pregnancy and post partum as opportunities to further resolve past loss.
* Explore personal experiences of death or loss and identify specific support helpful in your own grieving.
* Appreciate, through discussion with other midwives, women and students, how loss and grieving may effect our families, communities and culture.
* Learn some practical tactics that can support a person’s grieving process.
* Identify community resources for grief support.
* Identify national organizations and local or internet contacts for grief support after pregnancy loss or stillbirth.

**Study Sources**

The following texts are recommended for completion of this module.

Use them to cross reference and build a more comprehensive understanding.

Using key words from the Learning Objectives, search the index. Read those pages listed, and read the chapter in which they are found. Establish a context for the information so that you understand how other topics are related. In addition, read the chapter headings in the Table of Contents, and flip through each text to familiarize yourself with the content of chapters. As you work through Study Group modules, you will eventually read each text in its entirety.

* Varney’s Midwifery
* Myles Textbook for Midwives
* Assessment and Care of the Well Newborn, Thureen, Deacon, O’Neill, Hernandez
* Heart and Hands, Davis
* Our Bodies, Ourselves, Boston Women’s Health Book Collective

**Related Topics**

* Miscarriage
* Infertility
* Ectopic Pregnancy
* Female Sexuality
* Adoption
* StillbirthCrib Death (SIDS)
* Post Partum Depression

**Grief Questions**

1. List the stages of grief.
2. How long does each stage last?
3. List 10 reasons someone may experience grief.

**Essay**

1. How can you support someone experiencing grief?
2. Discuss the effect of pregnancy as a catalyst in the grief process. How do the transitional times of pregnancy and post partum offer opportunities to further resolve past loss?

**Projects**

(send completed projects with the rest of your course work for this module)

1. Create a referral list of counselors and therapists in your community who have experience supporting the grief process.
2. Create a referral list of national organizations and local or internet contacts for grief support after pregnancy loss or stillbirth.
3. List the community resources available to someone who has experienced pregnancy loss or stillbirth.
4. Get together with some friends. Have a discussion about grief and grieving. Consider the effects of grieving on family, community, and culture. Also consider the effects of family, community, and culture on the grief process.
5. Self Awareness Exercise

This exercise is a private one. You may share it or not. Think of a loss you have suffered. Recall how it was for you, what you did to cope with your emotions. What were your emotions? If you have experienced other losses, explore the differences and similarities in your grieving experience. Write about your experience.

**Skills**

Following are excerpts from the NMI forms for assessment of midwifery skills, which include all skills identified and required by NARM. Review the following skills and consider how they each relate to the content of this module. If you are currently working with a preceptor, take this opportunity to focus on these areas. During Supervised Primary Care you will formally evaluate these skills together using the NMI form Preceptor Evaluation/Student Self-Assessment of Midwifery Skills.

1. Midwifery Counseling, Education and Communication:

A. Provides interactive support and counseling and/or referral services to the mother regarding her relationships with her significant others and other health care providers B. Provides education, support, counseling and/or referral for the possibility of less-than- optimal pregnancy outcomes

D. Facilitates the mother's decision of where to give birth

1. The advantages and the risks of different birth sites

2. The requirements of the birth site 3. How to prepare, equip and supply birth site

F. Educates the mother concerning the natural physical and emotional processes of pregnancy, labor, birth and post partum

H. Provides individualized care

I. Advocates for the mother during pregnancy, birth and postpartum

J. Provides education, counseling and/or referral, where appropriate for:

8. Complications

11. Postpartum care concerning complications and self-care