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Loss and bereavement: a nursing response

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Aim and intended learning outcomes

The aim of this article is to promote the exploration of issues related to loss and bereavement from a nursing perspective. The concept of loss and its associated effects will be introduced; bereavement as loss will be identified and responses to loss and bereavement clarified; delivering difficult news as a skilled response will be explained; the impact of working with loss and bereavement will be discussed; and the roles and skills of the nurse in offering effective support will be explored. After reading this article you should be able to:

- Define the concept of loss and its associated categories.
- Identify five factors to consider when delivering difficult news.
- List six potential responses to bereavement.
- Describe three ways in which dealing with bereavement might affect both personal and professional practice.
- Describe the potential roles and skills of the nurse in supporting people after loss and bereavement.

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Keywords :

Bereavement - Counselling - Death attitudes

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Request PDF | Loss and bereavement: a nursing response | Nurses often have to support people who have suffered loss and bereavement, through death of a loved-one or other life events. Sue Read explores | Find, read and cite all the research you need on ResearchGate. Article in Nursing standard: official newspaper of the Royal College of Nursing 16(37):47-53; quiz 54-5 November 2002 with 34 Reads. How we measure 'reads'. A 'read' is counted each time someone views a publication summary (such as the title, abstract, and list of authors), clicks on a figure, or views or downloads the full-text. Learn more. DOI: 10.7748/phc2002.11.12.9.43.c403 Source: PubMed. Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel. As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home. Some of the most common symptoms include: shock and numbness – this is usually the first reaction to loss, and people often talk about "being in a daze". overwhelming sadness, with lots of crying. tiredness or exhaustion. Bereavement is the period after a loss during which grief is experienced and mourning occurs. The time spent in a period of bereavement depends on how attached the person was to the person who died, and how much time was spent anticipating the loss. Doctors and nurses may also be a source of support. For people who experience difficulty in coping with their loss, grief counseling or grief therapy may be necessary. Culture and response to grief and mourning. Grief felt for the loss of a loved one, the loss of a treasured possession, or a loss associated with an important life change, occurs across all ages and cultures. However, the role that cultural heritage plays in an individual's

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