

# Sustaining the Care

Preparing today. Protecting tomorrow.

## Walking in Their Shoes: A Grief Experience

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# Accredited Provider Statement

- The Hospice and Palliative Nurses Association is an approved continuing education provider (CEP) by the California Board of Registered Nursing, Provider Number 7679



- Successful course completion awards the RN participant 1 hours CE

**Criteria for program completion:** Attendees must sign in and attend activity in its entirety and complete / submit evaluation.

- The online evaluation will direct you to confirm attendance, log in or register on the site, and complete the evaluation.
- After the evaluation is submitted, click the view certificate link for your CNE award certificate for archival filing.
- Your CNE certificate will delineate Pharmacotherapeutic credits in addition to CNE award

# Disclosure Statement

It is the practice of HPNA to ensure fair balance, independence, objectivity, and scientific rigor in all program offerings.

In compliance with our provider accreditation, we require that faculty and planners disclose all financial relationships with commercial interests over the past 12 months.

The faculty/planners of this CE activity have disclosed no relevant financial, professional, or personal relationship with any commercial companies pertaining to this activity.

No conflict of interest exists for any individual in a position to control the content of this educational activity.

# Presentation Objective

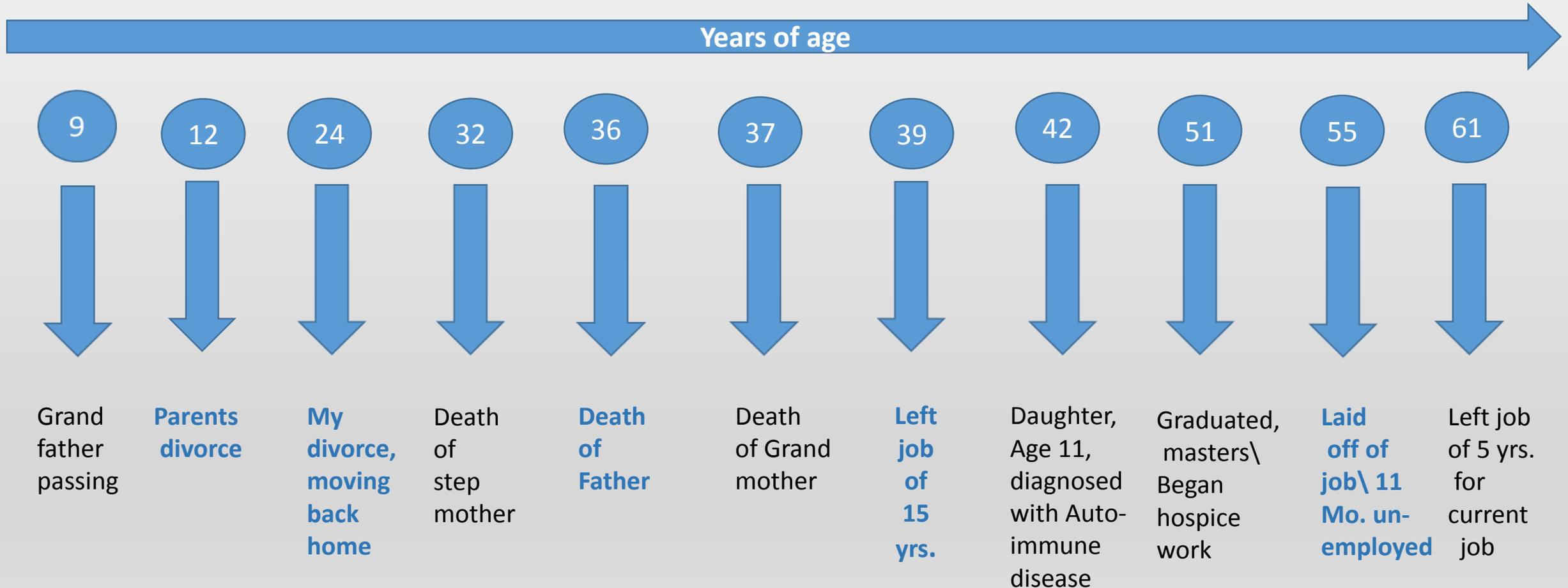
- The purpose of this session is to provide practical tools in which hospice workers can assist families and patients in processing their grief. Additionally, there will be personal reflection on your own grief journey.
- By the end of the seminar, participants should be able to evaluate their own responses to grief which will assist them in journeying with others in their grief process. How to apply head knowledge to practical use.

# Loss Graph

- The Grief Recovery Handbook, a Step by Step Program for Moving Beyond Loss, John James and Frank Cherry, 1988, Harper & Row

# Loss Graph

## Time Line





The Power of Presence, Helping People  
Help People, by Doug Manning

# The Language of Care, Words to Consider in Communicating with Patients and Families

<b>When you think you want to say:</b>	<b>Try this instead:</b>
<b>You are going to be fine.</b>	<b>Are there some things you are concerned or worried about?</b>
<b>Don't talk like that! You can beat this!</b>	<b>It must be hard to come to terms with all that is going on.</b>
<b>I can't see how anyone can help.</b>	<b>We will be there for you. We are right here with you.</b>
<b>I just can't talk about this right now</b>	<b>I am feeling a little overwhelmed right now. Can we take this up later/tomorrow?</b>
<b>What do the doctors know? You might live forever.</b>	<b>Do you think the doctors are right? How does it seem to you?</b>

<b>When you think you want to say:</b>	<b>Try this instead:</b>
<b>Please don't give up. We/I need you here.</b>	<b>We/I so enjoy having you here. We/I will miss you terribly when you're not here but we/I will get through with support.</b>
<b>There has to be something more to do.</b>	<b>Let's be sure we get the best of medical treatments but let's be together when we have done all we can.</b>
<b>Don't be glum. You will get better.</b>	<b>It must be difficult. Can I sit with you for awhile?</b>
<i>From Lynna J., J. Harrold, and J.L. Schuster. 2011. Handbook for Mortals: Guidance for People Facing Serious Illness. Oxford University Press: New York, NY.</i>	

My Front door



# The Holly Bush



# Your Bucket



# Questions to Answer

- Try to get in touch with your most predominant feelings during the exercise.
- What was it like to have to select and cross off items?
- What/who did you cross out first? Last? Why?
- Was it harder to cross out as you went through the exercise or did you give up?

Questions / Comments

Thank you