

COVID-19: Caregiver Support Self-Care, Death and Grief Resources

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Dear Caregiver,

There is a lot of research around compassion fatigue, self-care and grief. We acknowledge these are unprecedented times and you may not have time to take advantage of all these resources.

Today, if you are at a place where you can only do two things, we recommend that you:

1. Pause during your shift and acknowledge the patients for whom you have cared and have died and
2. Practice shedding your professional role when you get home – do one thing from the list of transitioning from work to home.

Sincerely,

Providence Institute for Human Caring

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water and not get wet.”

*Rachel Naomi Remen
Kitchen Table Wisdom*

CAREGIVER SUPPORT			
Goal	Provide support, decrease isolation, offer a safe place to express feelings and create opportunity for death rituals		
Serial Grief	Occurs when there is insufficient time to process multiple losses. Also known as cumulative grief.		
Compassion Fatigue	Form of exhaustion resulting from prolonged exposure to caring for sick or traumatized patients. <i>Reference: Taber’s Cyclopedic Medical Dictionary</i>		
Rituals for Clinicians	<ul style="list-style-type: none"> → Moment of silence at time of death → Pause at the end of shift to remember those who have died → Utilize existing resources, i.e., reflection gardens on hospital campuses → Debrief after death with co-workers, maintaining a safe distance (name of patient and one personal thing about them that you were able to garner, i.e., John loved gardening) → Remembrance tree: create a paper tree in the nurse’s lounge. Provide an opportunity for caregivers to attach “leaves” with patient’s first name to the tree → Staff say aloud the name of the patient who died followed by chimes 		
Self-Care	Achieving Work-Life Balance	How to help transition from work to home – shedding the professional role <ul style="list-style-type: none"> → Listen to music to and from work → Leave badge in car → Put away stethoscope → Change out of work clothes and into comfortable clothes → Exercise and diversions: Walking, yoga or other activities 	[CLICK HERE] Wellness Link - Walking and Yoga [CLICK HERE] Providence COVID-19 Resources

		<p>→ Spiritual/religious activities, i.e., prayer, meditation, reading scripture, poetry, mantras, and journaling</p> <p>Support from Others:</p> <ul style="list-style-type: none"> → Manager → Family/Friends → Faith Community/Leaders → Spiritual care/chaplain → Employee Assistance Program 	<p>[CLICK HERE] Houck et al, 2014</p> <p>[CLICK HERE] Cross 2019</p>
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ADULT & CHILDREN GRIEF RESOURCES			
CATEGORY	TOPIC	DESCRIPTION & DETAILS	ATTACHMENTS
Children	Children and Death Bibliography for Parents and Children	<p>In this attachment, the following topics are covered:</p> <ul style="list-style-type: none"> → Books for Children → Books for Parents → Death of a Parent → Death of a Grandparent 	[CLICK HERE]
Children	Children Grief resources for WA, OR, Los Angeles	<p>Regional specific resources:</p> <p>Seattle, WA: https://healingcenterseattle.org/</p> <p>Portland, OR and online: Dougy Center: www.dougy.org</p> <p>Los Angeles area and online Our House https://www.ourhouse-grief.org/</p> <p>Providence Trinity Hospice https://www.providence.org/locations/trinitycare-hospice-torrance</p>	
General	Providence Bereavement Services by Region	<p>Alaska https://alaska.providence.org/services/h/hospice</p> <p>Los Angeles: Trinity Hospice</p>	N/A

		<p>https://www.providence.org/locations/trinitycare-hospice-torrance</p> <p>Lubbock, Texas https://www.covenanthealth.org/hospice-of-lubbock/bereavement-support/</p> <p>Montana https://montana.providence.org/locations-directory/p/palliative-care/services</p> <p>Northern CA: Collabria Care https://collabriacare.org/caregiver-resources/grief-support/</p> <p>Orange County: St. Joseph Health, Hospice https://www.providence.org/locations/st-joseph-hospice-anaheim/resources/grief-support-services</p> <p>Oregon https://oregon.providence.org/our-services/p/providence-hospice-bereavement-services/</p> <p>Washington https://washington.providence.org/services-directory/services/h/hospice-grief-support</p>	
Children	Children and Death Developmental Stages	<p>In this attachment, the following topics are covered:</p> <ul style="list-style-type: none"> → Development Stages → Your Other Children → Age Related Responses to Death and Grief 	[CLICK HERE]
Children	Children and Grief	<p>Helping Children Cope with Grief by Alan D. Wolfelt, Ph.D.</p>	[CLICK HERE]
Children	Grief During COVID-19:	<p>When Your World is Already Upside Down: Supporting Grieving Children and Teens During the COVID-19 Global Health Crisis</p>	[CLICK HERE]

ADULT SPECIFIC GRIEF RESOURCES			
CATEGORY	TOPIC	DESCRIPTION & DETAILS	ATTACHMENTS
Adult	Coping with Stress During Infectious Disease Outbreaks	<p>This fact sheet provides tips for coping with stress during an infectious disease outbreak. It describes common signs of stress and how to recognize when to get help.</p> <p>Publication ID: SMA14-4885 Publication Date: October 2014</p>	[CLICK HERE]

GENERAL FUNERAL RESOURCES: COVID-19			
CATEGORY	TOPIC	DESCRIPTION & DETAILS	ATTACHMENTS
Funeral Resources	Social Distancing and Mourning	How the coronavirus is affecting funerals and memorial gatherings	[CLICK HERE] eCondolences
Funeral Resources	How to Express Condolences	There are a number of unprecedented measures taking place as a result of the COVID-19 coronavirus that will restrict and limit certain gatherings, which includes funerals, burials and memorial gatherings	[CLICK HERE] eCondolences
Funeral Resources	Grief & Mourning	The breadth and length of time the restrictions will remain are still unknown, but the practices of social/physical distancing are in effect across the United States causing changes to funeral, burial, and memorial gatherings. This additional consideration or change in practices introduces a new type of grief.	[CLICK HERE] eCondolences
Funeral Resources	A New Grief: Staying Connected to Help	In addition to the ordinary grief mourners experience at a time of loss, newly imposed coronavirus requirements force us to modify or cancel public funerals, burials, and shivas and introduces an additional trauma and component to the grieving process.	[CLICK HERE] eCondolences

Additional Resources	iMortuary: Funeral & Planning Resources	iMortuary strives to help consumers find funeral homes and cremation providers in their area. Search thousands of funeral homes with the click of a button or browse by city and state to find the provider that best suits your needs.	[CLICK HERE]
Additional Resources	GriefShare	GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to GriefShare resources to help you recover from your loss and look forward to rebuilding your life.	[CLICK HERE]
Additional Resources	Anticipatory Grief	Anticipatory grief, or grief that occurs before death, is common among people who are facing the eventual death of a loved one or their own death.	[CLICK HERE]
Additional Resources	National Hospice and Palliative Care Organization (NHPCO)	As the leading organization representing hospice and palliative care providers, NHPCO works to expand access to a proven person-centered model for health care—one that provides patients and their loved ones with comfort, peace and dignity during life's most intimate and vulnerable experiences.	[CLICK HERE]

HOW TO CARE FOR PATIENTS DYING ALONE IN THE HOSPITAL	
CATEGORY	DESCRIPTION & DETAILS
<p>"Each human should die in the sight of a loving face."</p> <p style="text-align: center;">Mother Teresa</p>	<p>Whenever possible offer to have someone present with the person who is actively dying. Not every person wants someone present, but most people say they do.</p> <p>We acknowledge that these are unprecedented times and we may not be able to honor patient and family wishes to be physically in the same room as the person who is dying.</p>
<p>How Can We Be a Witness How Can We Help Patients, and Families?</p>	<p>Using a Tablet:</p> <ul style="list-style-type: none"> • Provide a tablet in patient's room for video chat (e.g., FaceTime or Skype, etc.) <ul style="list-style-type: none"> – Help family say goodbye

	<ul style="list-style-type: none"> • Think through with patients “The Four Things that Matter Most” by Ira Byock: <ul style="list-style-type: none"> – “Please forgive me,” “I forgive you,” “Thank you,” and “I love you” [CLICK HERE] <p>If a Tablet is Not Available, Consider:</p> <ul style="list-style-type: none"> • Recording messages from patient to family and family to patient • Having the family write a letter that is read to the patient (refer to “The Four Things that Matter Most”)
Ask the Family:	<p>Find out from the family what they think the patient would want at the end of life</p> <ul style="list-style-type: none"> • Cultural rituals – we may not be able to accommodate but ask • Music • Prayer, meditation, scripture reading, favorite poem • Catholic – Sacraments: Prayers for the sick • Photos of family • What matters to them – religious/spiritual beliefs, rituals, practices • Life review – It may be valuable to remember and pay most attention to good times. Consider asking: What were the times that you were most happy? • Get to Know Me Poster (If the patient is not responsive, ask the family to complete with help from hospital staff)
How to Be Present When Someone Is Dying	<ul style="list-style-type: none"> • Create a safe space • Active listening • Make eye contact • Lean in (if permitted in the room and with appropriate PPE) • Therapeutic silence: share the silence • Touch: With appropriate PPE and comfort level <p><i>(Note: Explore use of mobile technology)</i></p>