**RNSG 1471**

**Health Care Concepts 1**

**Concept – GRIEF**

**Concept Definition**

Grief is the multifaceted reaction to loss whether real or perceived and how this impacts health.

**Exemplars** Job Loss

Terminal Illness

**Objectives**

1. Explain the concept of Grief (including definition, antecedents, and attributes).

2. Analyze conditions which place a patient at risk for grief.

3. Identify stages of grief.

4. Discuss exemplars of common grief disorders.

5. Apply the nursing process (including collaborative interventions) for individuals

experiencing grief and promote mental wellness.

**Concept Analysis Diagram**

Note: Diagram on separate page.

Explanation of Grief Diagram

Grief is a multifaceted response to an emotional experience of loss. The loss may be actual, perceived or anticipated and could involve people, objects, abilities or roles. How well one is currently functioning and how many resources one has will determine the grief response. It is hoped that one would find a positive consequence or outcome from grief such as “happy” memories, development of endowments or adjustment to the new “normal” of life but it is also possible to have a negative consequence such as physical pains, emotional instability or inabilities to move forward. Every person experiences grief at some point in a lifetime; nursing care is focused at assisting persons to acknowledge loss, respond in a positive manner, progress through the stages of grief and use available resources.

**Assignments**

**Prior to class:**

1. Review definitions of inter-rated concepts on concept analysis diagram.

2. Review concept analysis diagram.

3. Required assigned reading:

**\*Page numbers, assignments, and other lecture information will be posted on blackboard.**

* Berman, A. & Snyder, S. (2012). *Kozier & Erb’s Fundamentals of Nursing*.

Boston: Pearson.

* Chapter 43: Loss, Grieving, and Death
* Lewis, S.L., Heitkemper, M.M., Dirksen, S.R., O’Brien, P.G., & Bucher, L.

(2014). *Medical surgical nursing* (9th ed). St. Louis: Mosby Elsevier.

* Chapter 10: Palliative Care at End of Life

4. Internet and Video resources to review:

* Grief is a normal and natural process

<http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=8442&cn=58>

* Stages of Grief by Elisabeth Kubler-Ross

<https://www.youtube.com/watch?v=9wfw9YSbRGo>

* Denial <https://www.youtube.com/watch?v=_vfwkeHryi8>
* Anger <https://www.youtube.com/watch?v=ZOInAtB3cjk>
* Bargaining <https://www.youtube.com/watch?v=Q7obkOgxNhQ>
* Depression <https://www.youtube.com/watch?v=pSSSxik__HI>
* Acceptance <https://www.youtube.com/watch?v=jBxelEotAZU>

5. Note the following Nursing Diagnoses:

* Grieving
* Spiritual Distress
* Interrupted family processes

**Concept content outline:**

Concept: Grief

Sub Concepts: Natural Resilience

Vulnerability

Stages of Grief

Loss, mourning, bereavement

Antecedents: Actual loss

Perceived loss,

Anticipatory loss

Risk Factors: Significance of the loss

No experience or poor past experiences

An actual or perceived lack of control over the situation

An actual or perceived lack of support/resources

Impaired cognition

Deterioration in health or chronic health conditions

Assessment: Comprehensive history

Physical assessment

Physical and psychological clinical manifestations

Diagnostic exams

Positive Outcomes:

Acceptance

Rebuilding of Support Systems

Resolution

Memorialization

Negative Outcomes:  
 Physiological

Psychological

Clinical Management:

Nursing interventions

Collaborative interventions

Pharmacological therapy

Exemplars: Job Loss

Terminal Illness

**CONCEPT ANALYSIS DIAGRAM (TEXAS) – GRIEF**

**Nursing Care**

* Directed toward what contributes to a normal concept and is thereby related to all factors involved in or with the concept. Not always needed to have a normal outcome.

Attributes

* Defining characteristics of the concept
* What must occur for the concept to exist

Antecedents

* What precedes the concept for it to exist
* Events or incidents that must happen before the concept

Consequences

* Untoward events or outcomes that occur due to malfunction within the concept
* Positive events or outcomes that occur due to proper functioning within the concept

Interrelated Concept

* Concepts which can affect change in the other
* Concepts which work together to ensure a normal process
* Concepts which if depleted or impaired can cause a negative consequence in the other

Sub-Concept

* Critical components of major concept

**Nursing Care**

Immunity

**Attributes**

Acknowledgement of Loss

Appropriate Emotional

Response to Loss

Timely Progression Through

the Stages of Grief

Appropriate Use of

Available Resources and

Support Systems

Human Development

Comfort

Diversity

**Grief**

**The multifaceted reaction to loss whether real or perceived and how this impacts health. (P)**

Mental/Emotional Immobilization

Denial

Interpersonal Relationships

Prolonged Mourning

Acceptance

**Positive**

Coping

End of Life

Natural Resilience

Vulnerability

**Interrelated Concepts**

**Consequences**

**(Outcomes)**

**Negative**

**Antecedents**

Actual Loss

or

Perceived Loss

or

Anticipatory Loss

**Sub -Concepts**

Memorialization

(Scholarship, Scrapbooking)

Resolution

Rebuilding of Support Systems

Loss

Bereavement

Mourning

Physical Symptoms

(Chest pain, unintended weight loss/gain)

Stages of Grief