**RNSG 2371**

**Concept-Based Transition to Professional Nursing Practice**

**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. Review assigned reading:

* 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>

**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

N:ADN Syllabus/CBCCurriculum/Transition Summer 2014/Transition Grief 4/15