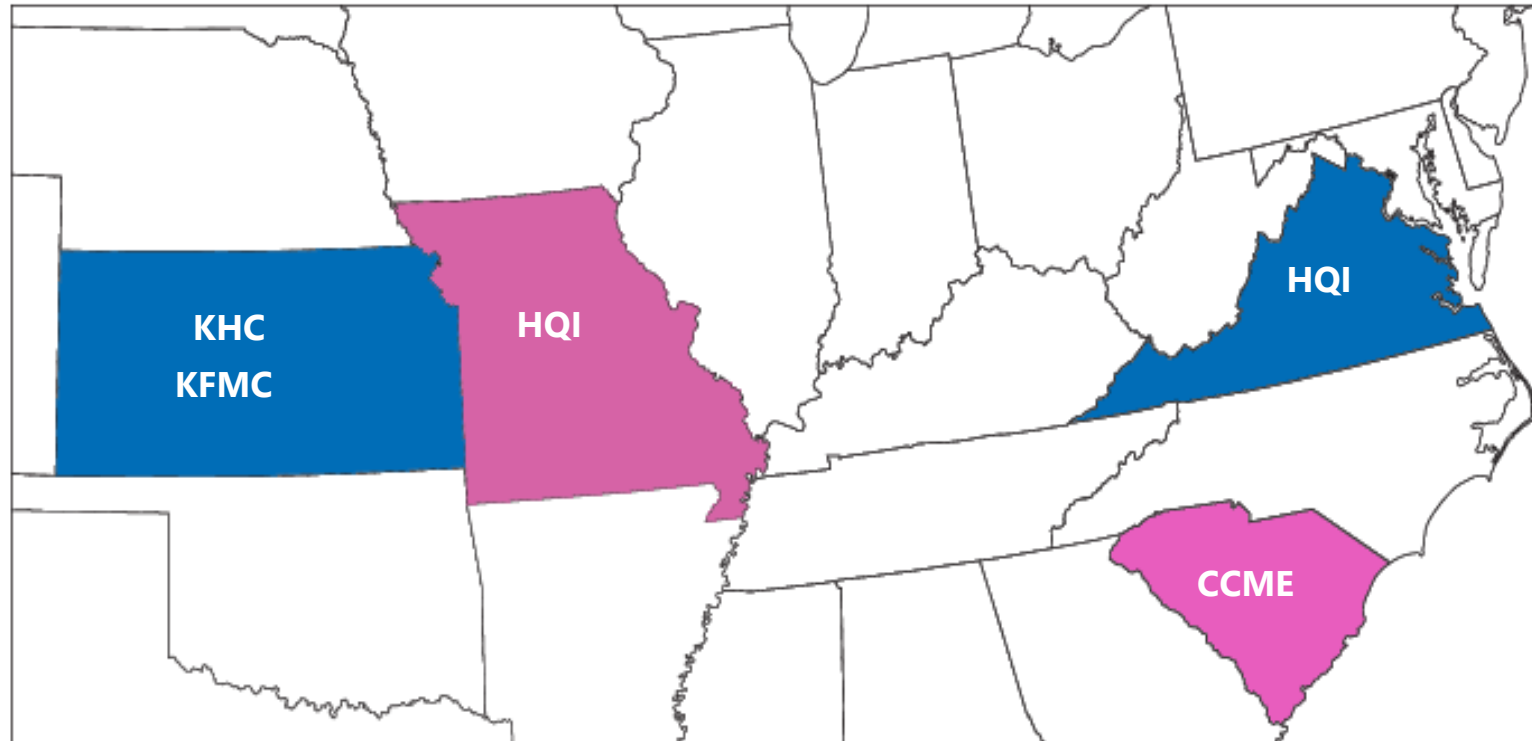


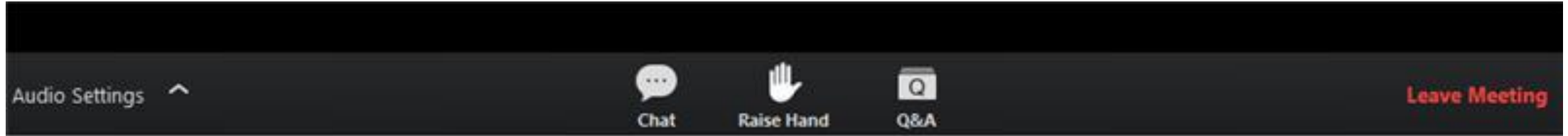


Coping with Grief and Loss During COVID-19

Health Quality Innovation Network



Logistics – Zoom Webinar



To ask a question, click on the **Q&A** icon.

Raise your hand if you want to verbally ask a question.

Handouts from today's session will be posted in **Chat**.

You may adjust your audio by clicking **Audio Settings**.

You have been automatically muted with video turned off.



DEER OAKS

THE BEHAVIORAL HEALTH SOLUTION



Coping with Grief and Loss During COVID-19

Catie Jackson, PsyD

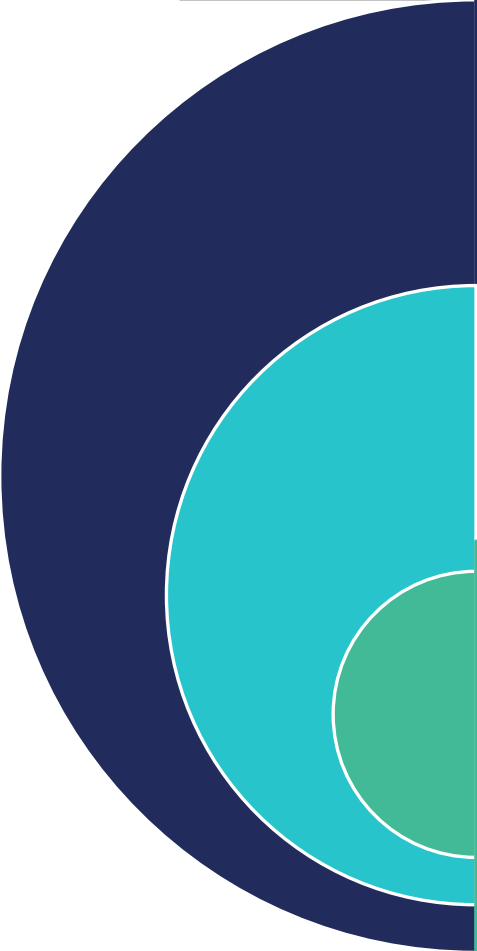
Coping with Grief and Loss During COVID-19



This webinar will:

1. Address the impact and experience of grief during the pandemic; grief over the loss of loved ones, grief over the loss of the life we knew and grief over the uncertain future.
2. Explore ways to manage our experience of grief, identifying how this experience manifests in different ways with different people and identifying personal and collective strategies to facilitate healing for our peers, our patients and our community.

The Impact on Long Term Care



CMS lists 51,700 deaths related to COVID in the long term care setting as of 9/9/2020 – https://Data.cms.gov
4 out of 10 pandemic deaths
Residents losing the will to live Failure to thrive “I feel like I’m in prison” “I am forgotten”

CMS lists 51,700 deaths related to COVID in the long term care setting as of 9/9/2020 – <https://Data.cms.gov>

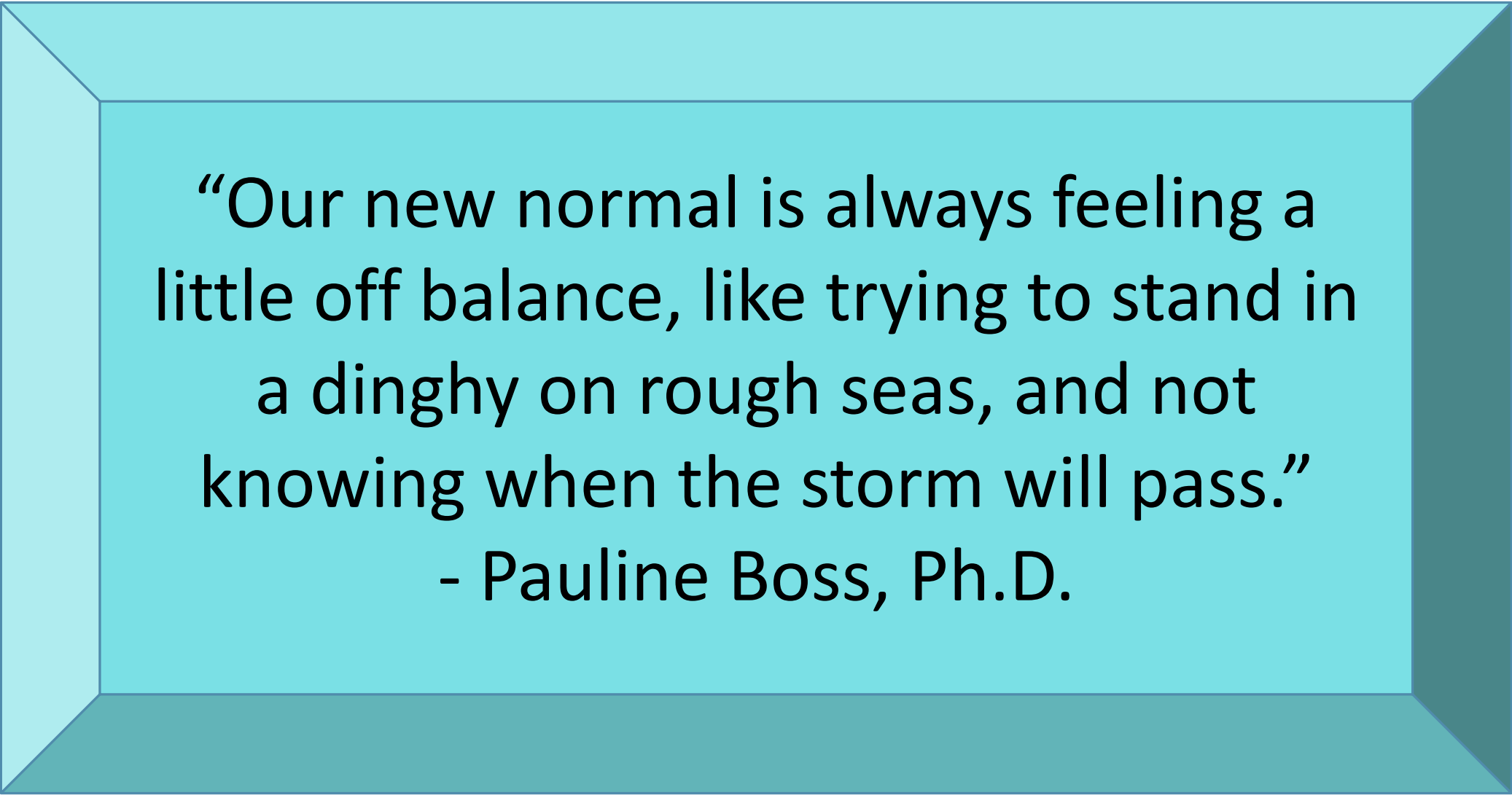
4 out of 10 pandemic deaths

Residents losing the will to live

Failure to thrive

“I feel like I’m in prison”

“I am forgotten”



“Our new normal is always feeling a little off balance, like trying to stand in a dinghy on rough seas, and not knowing when the storm will pass.”
- Pauline Boss, Ph.D.



Image by Marco Bianchetti



Image by Raymond Zhu

Role Loss

We are grieving the loss of what we internally use to define ourselves

Surge Capacity

Ann Maston, PhD

“A collection of adaptive systems – mental and physical – that humans draw on for short-term survival in acutely stressful situations, such as natural disasters”



“The pandemic has demonstrated both what we can do with surge capacity and the limits of surge capacity”



<https://elemental.medium.com>

What is our WHY?

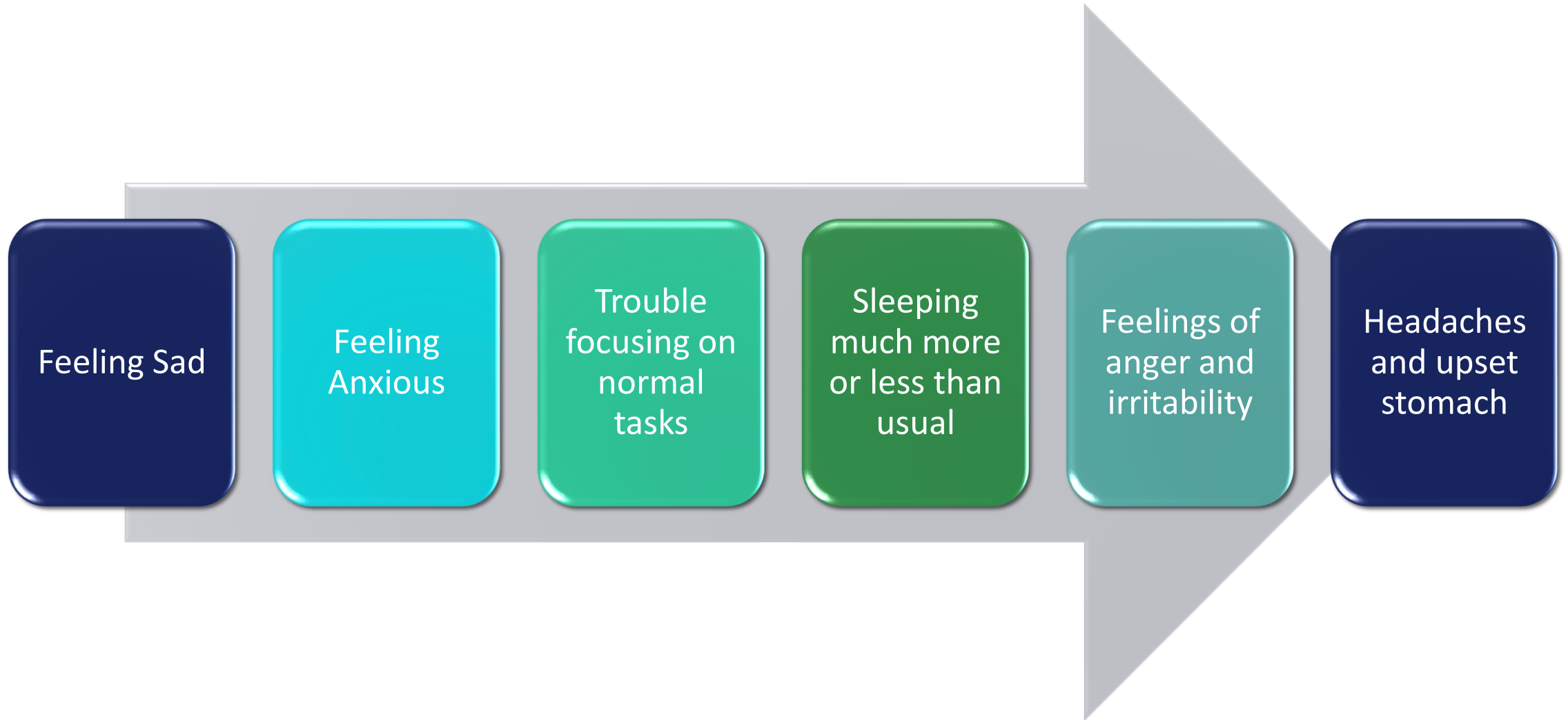


“Mélancolie”

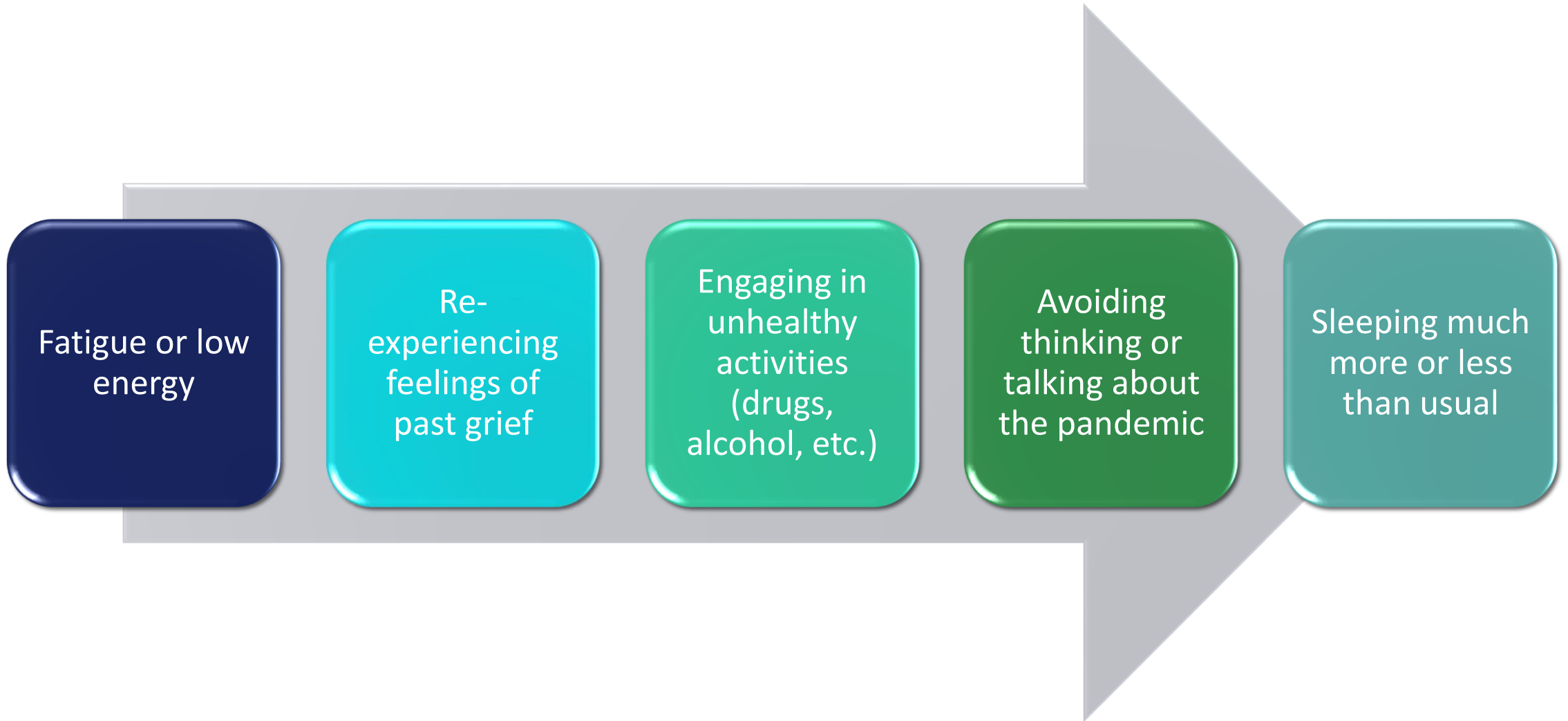
- Albert Gyorgy



Common Signs of Grief:



Common Signs of Grief (cont.)



Compassion Fatigue

a synonym for Secondary Traumatic Stress Disorder



- The physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people over an extended period of time
- Apathy or indifference toward the suffering of others as the result of overexposure to tragic news stories and images and the subsequent appeals for assistance

Common symptoms of Compassion Fatigue include:

Chronic physical and
emotional exhaustion

Depersonalization

Feelings of failure
toward the
therapeutic or
caregiver relationship

Irritability

Feelings of self-
contempt

Difficulty sleeping

Weight loss

Headaches

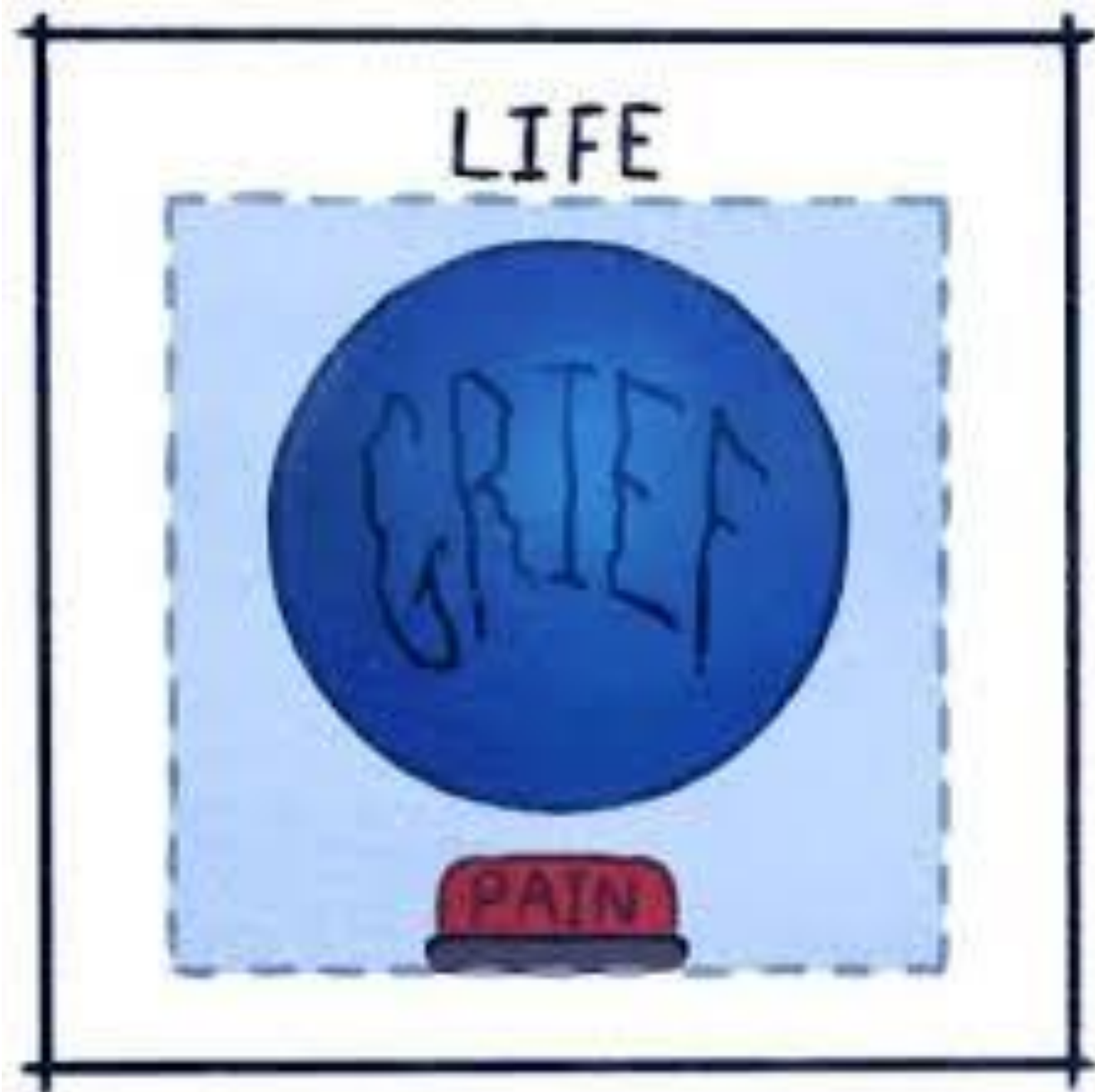
B u r n o u t

By not addressing your own grief
you risk being unable to adequately care
for your patients,
be a resource to your friends and family
and fulfill personal responsibilities.

LIFE

GRIEF

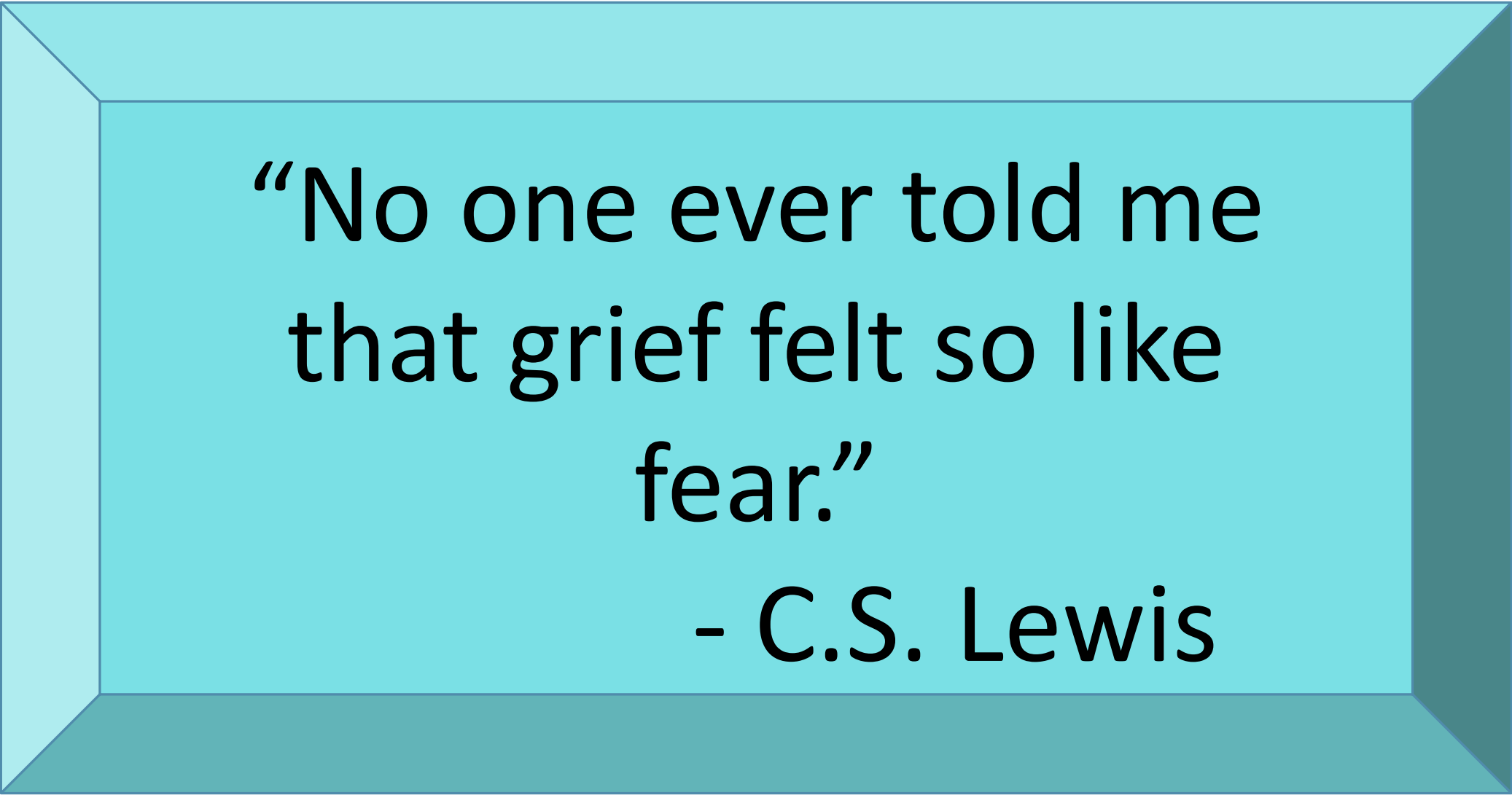
PAIN



Anticipatory Grief



The feeling the
greater loss is
yet to come



“No one ever told me
that grief felt so like
fear.”

- C.S. Lewis

How does grief or depression look in the Nursing Home?

Insomnia

Somatic
Concerns

Weight Loss

Increased
Withdrawal

Irritability

Loss of
Interest

Poor
Motivation

Significant
Health Risks



Image by
Jeremy Wong

Stages of Grief

On Grief and Grieving
Elisabeth Kübler-Ross





Denial



Anger



Bargaining



Despair



Acceptance

Meaning

David Kessler
added a 6th
Stage



Stages of Grief

Elisabeth Kübler-Ross
and
David Kessler





Kintsukuroi – Golden Repair

Part of grieving
is accepting
that it's
OK
to begin to live
again without
dwelling on the
past.

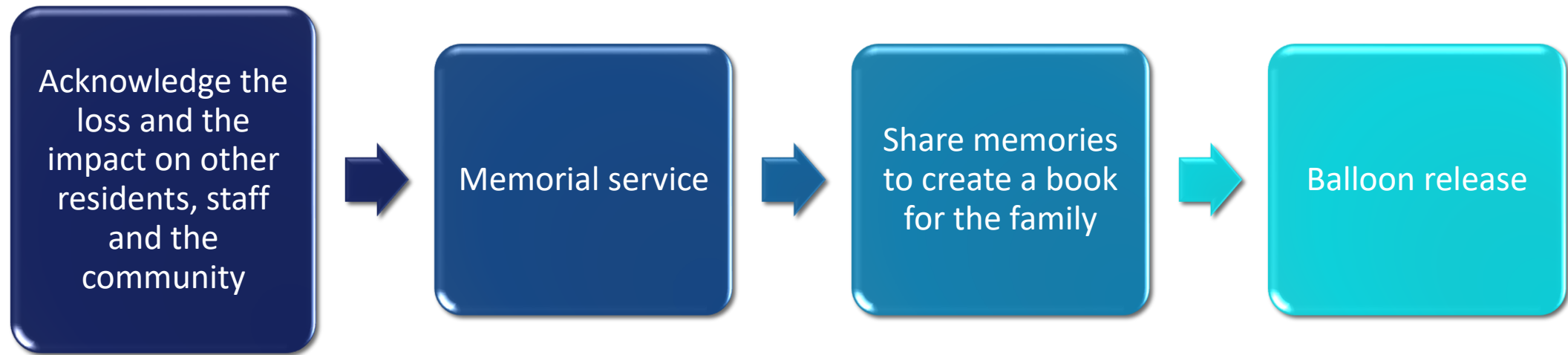


What can you do when you're experiencing grief?

- **Get your emotional support system in place**
 - Maintain familiar routines in daily life as much as possible
 - Take care of your basic needs such as resting between shifts, eating healthy food and engaging in physical activity, staying hydrated
 - Stay connected with others
 - Connect via phone, email, social media, video conference and email
 - Free online support groups



Ways to handle grief within the NH environment



Memorializing
a life
and
Acknowledging
a loss
helps residents
know that
They
Matter



Image by
Gianandrea Villa

If you've lost a
loved one to
COVID-19



Self Care Resources

Support Group Central: www.supportgroupscentral.com

- Offers virtual support groups on numerous mental health conditions
- Free or low-cost. Website also offered in Spanish

TheTribe Wellness Community: www.support.therapytribe.com

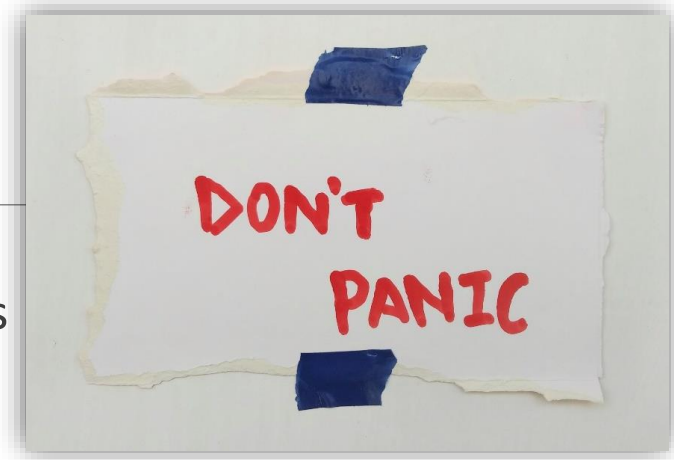
- Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens

18percent: www.18percent.org

- Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues

Psych Central: www.psychcentral.com

- Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities



Who to contact if you need help

SAMHSA Disaster Distress Helpline

- Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human disasters
- **1-800-985-5990**

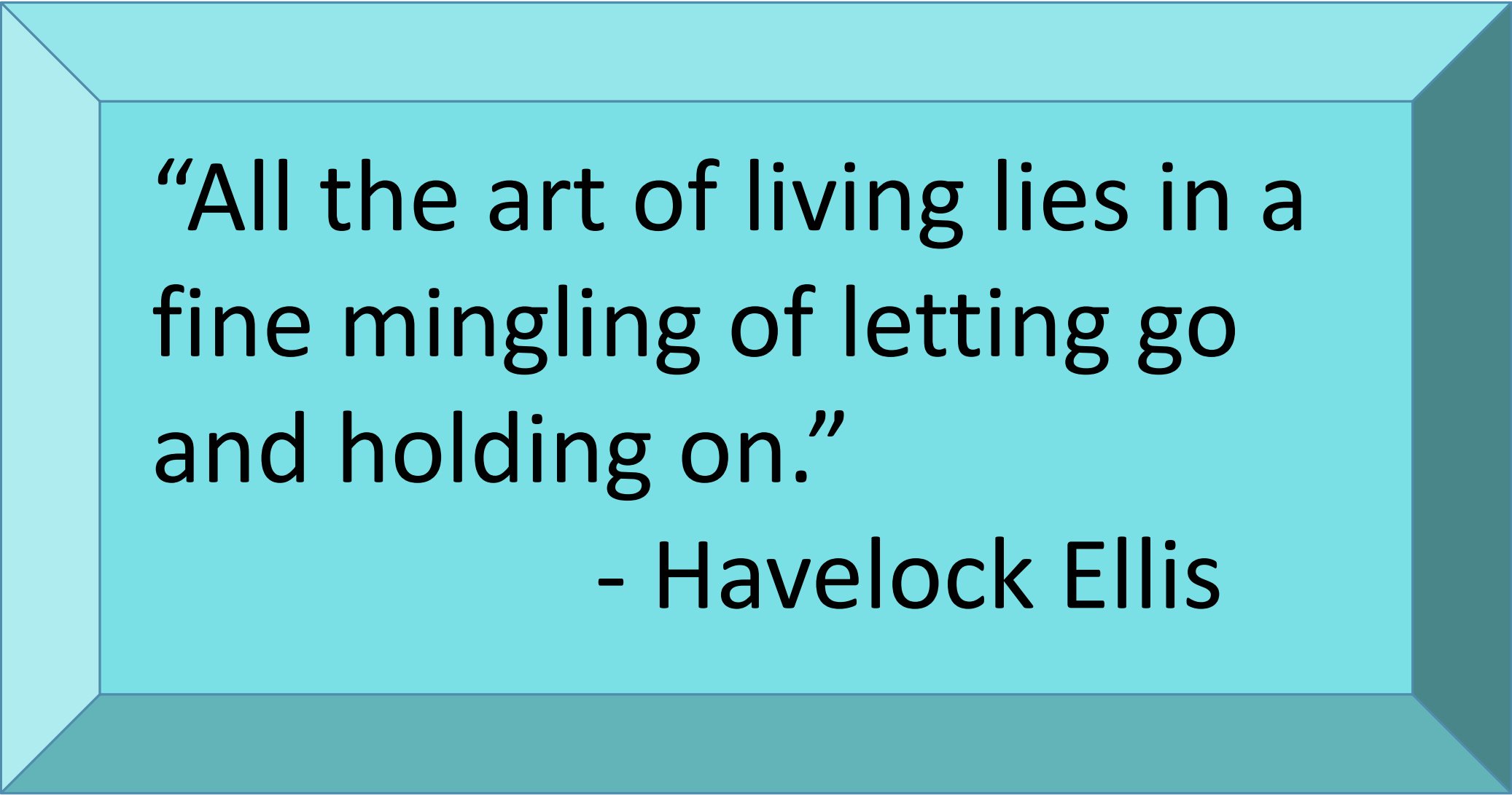
Suicide Prevention Hotline

- **1-800-273-8255**
- www.suicidepreventionlifeline.org
- They offer an online chat option through this link

Crisis Textline

- Text TALK to 741741





“All the art of living lies in a
fine mingling of letting go
and holding on.”

- Havelock Ellis



The Angel of Grief

William
Wetmore Story

Questions?



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Next Session

Caring for Residents Experiencing Symptoms of Depression, Anxiety or Cognitive Decline

October 27, 2020
2:00 – 3:00 pm ET

Registration: <http://bit.ly/358XN4W>

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