

## **Grief and Loss During and After COVID 19 Toolkit Packet**

### **Acknowledgement Page**

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This Toolkit is for health care providers and patients to assist with their understanding of the unique situations, challenges and differences grief and loss present during this time of COVID and its after effects. This Toolkit consists of definitions and types of grief experiences and types of losses. It overviews how different people, populations and situations are impacted. It offers suggestions for coping and moving forward with these changes as well as additional resources through the RRH EMMI program.

This packet offers an organizational “at a glance” overview chart so readers can quickly find their information and an annotated bibliography for each resource for those who wish to delve further into specific areas.

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# PCORI Grief and Loss During and After Covid-19

## Outline of Key Aspects

### What Are Grief and Loss?

- Definition of Grief (also known as bereavement)
  - Bereavement is defined as the “intense yearning or longing for the deceased, intense sorrow and emotional pain, and preoccupation with the deceased or the circumstances of the death” (American Psychiatric Association, 2013, p. 194)
- Different Types of Grief Commonly Experienced
  - Disenfranchised: grief that is unacknowledged or invalidated by social norms such as grieving the loss of important events (Doka, 1989)
    - This can be a physical loss, or emotional loss. It can be a person or any other type of loss
  - Anticipatory: grief that occurs before a loss such as when a loved one has received a terminal diagnosis or has physically or mentally declined over some time (Nelson and Lange, 2020)
  - Cumulative: grief that occurs when multiple losses are experienced, usually within a short period not allowing the individual to properly grieve each loss (Petry et al., 2021)
  - Complicated: grief that is so severe it prevents the individual from resuming their normal levels of functioning after more than six months (Petry et al., 2021)
    - Conditions surrounding a pandemic increase the probability of more people experiencing complicated grief (Doka, 1989)

### Different Types of Loss Related to COVID 19

- For every one COVID related death, nine people will be in bereavement (Verdery et al., 2020)
- Loss of Loved Ones
  - Loss of a child
    - Grief can be exacerbated for parents when they cannot make sense of their child’s death. Some parents also lose a piece of their identity after their child’s death and it can be extremely difficult to move forward (Keese et al., 2008).
  - Loss of Spouse

- Personality and attachment style in relationship are indicators of what type of bereavement loss of spouse can cause (Mancini et al., 2015)
- Loss of Parent either physically or mentally
  - There are high reports of complicated grief when family members are not able to say goodbye or aid in decision making process (Gesi et al., 2020)
- Loss of Friends- Can lead to disenfranchised grief due to lack of closure, lack of awareness of grief by society (Doka, 1989)

### Other Losses Not Necessarily Related to Death

- Loss of hopes, dreams, ability to make daily plans, and plans for the future
  - Covid has created a lot of uncertainty around everyone's daily functioning (Weir, 2020)
- Important events (weddings, graduations) (Weir, 2020)
- Finances, employment (Weir, 2020)
- Personal connections , people will change during the course of the epidemic (Weir, 2020)
- Loss of physical abilities or health
  - Anosmia can be disorienting and confusing for patients causing serious mental health implications if not taken seriously and it often is not (Thomas, 2021)
- Loss of control
  - Loss of control around relationships, entertainment, jobs, and traveling has caused many people to live in a state of uncertainty (Richter, 2020)
- Loss of childcare
  - Loss of childcare heightens the stress and anxiety mainly among women (Linos et al., 2021)

### What Is Traditionally Known About Grief and Loss?

- Grief and Loss Looks Different For Everyone (e.g. cultural differences, spiritual differences) (Gross, 2018)
- Three Main Responses to Grief and Mourning
  - Belief in the continuation of the deceased's relationships with the living beyond bodily death (Gross, 2018)
  - Belief that the bereaved are expected to feel angry with those responsible for the death (Gross, 2018)

- Prescribing a time when mourning should end (e.g. having a set mourning period) (Gross, 2018)
- Comforts and Challenges Related to Religious Beliefs
  - Those with a strong sense of spirituality or religion can lean on their beliefs to provide comfort or stability (Harvard Health, 2015)
  - Alternatively, others might lose their faith or blame their god for allowing them to go through something so devastating (Harvard Health, 2015)
  - Spiritual connections are valuable resources to support adaptation, and assisting to honor and grieve all that was lost and move forward with life (Rosenblatt, 2013 as cited in Walsh, 2020)
- Family Support with Grief and Loss During Covid
  - In the time of COVID-19, transcendent values and practices help families to endure and rise above losses and disruptions, by fostering meaning, harmony, connection, and purpose (Walsh, 2020)
- Effects of Unresolved Grief and Loss
  - The death of a loved one is ranked as one of the most stressful life events one can experience (Lee & Neimeyer, 2020)
  - Effects of losing a loved one are responsible for more than \$75 billion of lost work productivity annually and have implications for more serious behavioral, psychological, and physical health issues (e.g. withdrawal, depression, physical illness) (Lee & Neimeyer, 2020)

### Grief and Loss Specific to Covid-19?

- Covid-19 Has Complicated What the “Normal” Process of Grieving Looks Like
  - Survivor’s guilt (*extreme sense of guilt and complex emotions one might face after surviving an incident that others did not*) is common in the remaining family members (Merschel, 2021)
  - An added component of guilt regarding whether an individual brought the virus into the home which killed their loved one (Hospice Foundation of America, 2021)
  - Social distancing and quarantine guidelines prevent people from attending their loved ones’ funerals leaving them with a sense of “unfinished business” (Hospice Foundation of America, 2021)
  - Existential questions are common such as “Why Me?” or “Why My Family?” (Hospice Foundation of America, 2021)
  - Overall, people are feeling emotional responses that are different than the typical reactions to death and loss (Goveas & Shear, 2020)
  - Grieving can begin prior to a loss (anticipatory) and may escalate if there is no closure (Doka, 1989)

- Changes in people from prior to Covid-19 to now may cause grief. Examples are changes in personalities due to substance abuse, mental health issues, or physical health issues (Doka, 1989)
- People are dying alone and without being able to say goodbye to loved ones which increases the chance they will experience complicated grief and a prolonged grieving process (Borghetti et al., 2021)
- Disenfranchisement of “Non-Covid Deaths”
  - Because the deaths are not directly related to Covid-19 (such as dementia or cancer), they are seen as “less important” and unacknowledged by the mainstream media (Rabow et al., 2021)
- Disenfranchisement of Other Losses During Covid-19
  - The loss of essential income can have cascading effects with loss of homes, disruptive relocations, and persistent housing and food insecurity (Walsh, 2020)
  - Job loss and the looming threat of prolonged unemployment, business closures, and uncertain economic recovery can be devastating (Walsh, 2020)
- Children and Disenfranchised Grief
  - Children will also experience grief. If it is not recognized, it will show as disenfranchised grief (Doka, 1989)
  - Children should be given appropriate knowledge and allowed time to grieve (Crowell, 2020).

## COVID 19 and People of Color

- Racial Disparities
  - “COVID-19 has disproportionately affected communities of color, immigrants, indigenous and vulnerable people in communal living environments, unmasking larger issues of social injustice and systemic racism that have a long history and long-term implications” (Rabow et al, January 2021, p. 3)
  - Communities of color may have poorer health, fewer resources available, and a general mistrust of the healthcare system (Rabow et al., 2021)
    - Black communities are more likely to experience dismissal within healthcare systems due to the systemic racism and implicit racial bias that is still prevalent within the healthcare system (Alcendor, 2020)
    - Black Americans are already more likely to experience cumulative loss early in life and throughout their lifetime and seem to be at greater risk for complicated grief (Petry et al., 2021)
  - There has been a rise in Anti-Asian biases stirred from political responses to COVID 19 (Rabow et al., 2021)
- Health Care Workers of Color

- Health care workers of color are two times more likely than white healthcare workers to test positive for Covid (Rabow et al., 2021)
- 63% of HCW who died from COVID 19 were people of color (Rabow et al., 2021)

## **How Are Grief and Loss Affecting Health Care Providers and Caregivers?**

- Papadatou's Model of Caregiver Grief
  - The Differences Between Experiencing and Containing Grief
    - Solely experiencing grief leads to burnout and compassion fatigue (Hospice Foundation of America, 2021)
    - Solely containing grief results in damaging one's professional career (e.g. impairing caregiver's compassion towards the client) (Hospice Foundation of America, 2021)
- Personal and Work Related Grief and Loss
  - Healthcare workers are stretched thinner than usual preventing them from taking the time to properly process their grief (Rabow et al., 2021)
  - On top of having to experience the loss of their patients and family members or friends in their personal lives, healthcare workers are also dealing with the loss of their coworkers, either those who passed away or those who were unable or unwilling to risk coming back to work during Covid (PCORI, January 6, 2021)
  - Providers may feel that their medical knowledge or skills are inadequate or out-of-date in the rapidly evolving pandemic leading to a stronger sense of guilt and lack of control in helping their patients (Rabow et al., 2021)
- Higher Levels of Anticipatory Grief
  - Healthcare workers are experiencing significantly higher levels of anticipatory grief that have never been seen before in the healthcare system (Nelson and Lange, 2020)
- Higher Levels of Disenfranchised Grief
  - Healthcare workers may not be recognized as having a loss when they lose a patient (Doka, 1989)
- Unresolved Grief and Loss in the Workplace
  - Can lead to poor concentration, communication, and care; increased levels of tension and conflict, and in extreme cases, addiction disorders (Siegel, 2021)
- Women in Healthcare
  - Anxiety among women in healthcare is disproportionate among levels of burnout, women being mothers during the pandemic, and childcare affects (Linos et al., 2021)

## What Do We Expect Grief and Loss To Look Like After Covid?

- Adjusting to Life and Loss After Covid Will Be New and Difficult
  - Prolonged Grief Disorder (grief that lasts more than six months) will Be a More Common Occurrence (Goveas and Shear, 2020)
  - Research has shown that social isolation, unexpectedness of the death, and inability to make sense of the loss are all factors that contribute to complicated grief and are common characteristics of grief with Covid-19 losses (Lee & Neimeyer, 2020)
- Covid Long Haulers
  - Covid Long Haulers are individuals who still experience symptoms of Covid for 2-3 months after they were infected by the virus (Health Essentials, 2021)
  - While the virus can no longer be detected in their body, they are unable to resume normal levels of functioning due to symptoms such as body aches, fatigue, shortness of breath, difficulty exercising, etc. (Health Essentials, 2021)
  - ICU Covid-19 survivors are at a heightened risk of experiencing anxiety and depression in the first year of their recovery (Tingey et al., 2020)
- More Disenfranchised Grief
  - Lack of death rituals, like funerals, will cause grief to linger longer. Funerals provide a time for mourners to receive support and comfort, along with work through fears and thoughts about the loss (Doka, 1989)

## Grief and Loss Moving Forward

- Support Individuals with High Levels of Anxiety Due to Grief and Loss
  - Focus on validating the clients' feelings and normalizing their reactions to a very unique, stressful situation (Center for Disease Control and Prevention, 2019)
  - Work on creating a sense of stability as Covid has created a very unstable time for many (Center for Disease Control and Prevention, 2019)
  - Grief looks different for everyone so do not expect that the same thing will work for all clients (Center for Disease Control and Prevention, 2019)
  - A group of psychologists in Italy conducted a study where they called families of people who passed away from COVID and attempted to alleviate some of the concerns they had. For example, many had fear and anxiety of their family members being in pain and alone. They called and built warm, caring rapport with the families and assured them that their beloved were properly cared for. The psychologists reported positive responses and hoped this could help bridge the communication gap, thus helping families have a more "normal" bereavement process (Menichetti et al., 2021)
- "Covid-Specific" Support Groups

- Many people were not able to properly process their grief through funerals so providing alternative ways to memorialize the deceased will be helpful (Hospice Foundation of America, 2021)
- Take Time to Grieve
  - These losses are important to grieve and acknowledge for the client to move forward (Weir, 2020)
- Support Children By Being Honest With Them
  - Realize that the child's developmental level will influence how they perceive grief and loss (Center for Disease Control and Prevention, 2019)
  - Be careful not to sugarcoat things as this will prevent them from properly processing their grief and emotions (Center for Disease Control and Prevention, 2019)
- Mourning Properly after Covid
  - Anniversaries of a loss and the emotions it can cause
    - Have a plan of self-care and be prepared for this date, but allow yourself to feel the emotions (Center for Disease Control and Prevention, 2019)
  - Worden's Four Tasks of Mourning (Yousuf-Abramson, 2020)
    - Accept the reality of the loss
    - Work through the pain of grief
    - Adjust an environment in which the deceased is missing
    - Find an enduring connection with the deceased while embarking on a new life
- Developing Communication
  - Using the technology we have available (telemedicine, zoom meetings) can help bridge the communication gap that was built when we stopped being able to be in another person's presence. This will allow families to be involved and updated about their family members. It is important we utilize it moving forward (Feder et al., 2021)

### **When Do We Seek Help for Grief and Loss During Covid?**

- "Red Flags" For Coping
  - If the individual is experiencing maladaptive, catastrophizing, ruminating, and "if only" thoughts, they might benefit from professional help (Denckla et al., 2020)
  - Dysfunctional behaviors and bodily reactions like avoiding reminders, avoiding people, disrupted eating and exercise habits, physical pain, and spending excessive time with deceased belongings are symptoms of complicated grief and should be addressed as soon as possible (Denckla et al., 2020)

- Emotional dysregulation is when an individual has difficulty managing painful emotions, having irregular sleeping patterns, or is unable or unwilling to experience positive emotions (Denckla et al., 2020)
- Be Proactive About Reaching Out For Help
  - In general, if one is feeling that they need professional help or support through their grief, then they should reach out to someone right away before their grief gets to be too much to handle

### PCORI Grief and Loss At a Glance Chart

Citation	Information
	<b>Grief and Loss Defined</b>
(Doka, 1989)	<ul style="list-style-type: none"> <li>● What is disenfranchised grief and who experiences it</li> <li>● How to help mitigate disenfranchised grief</li> <li>● How can relationships create disenfranchised grief</li> </ul>
(American Psychiatric Association, 2013, p. 194)	<ul style="list-style-type: none"> <li>● Bereavement defined</li> </ul>
(Nelson and Lange, 2020)	<ul style="list-style-type: none"> <li>● Description of Anticipatory Grief</li> </ul>
(Petry et al., 2021)	<ul style="list-style-type: none"> <li>● Description of Cumulative Grief</li> <li>● Description of Complicated Grief</li> <li>● Policies to promote healthy grieving</li> </ul>
	<b>Types of Loss</b>
(Borghi & Menichetti, 2021)	<ul style="list-style-type: none"> <li>● Six coping strategies for family members who have lost loved ones during COVID-19               <ul style="list-style-type: none"> <li>○ Unique ways for funerals/celebration of life</li> <li>○ Normalization of loss (elderly/already sick)</li> <li>○ Faith</li> <li>○ Using isolation to cope</li> <li>○ Support those around you</li> <li>○ Control the information</li> </ul> </li> </ul>
(Verdery et al., 2020)	<ul style="list-style-type: none"> <li>● A tool has been developed to help identify a potential social health crisis forming</li> <li>● For every one COVID death, 9 people will be in bereavement</li> </ul>
(Keesee et al., 2008)	<ul style="list-style-type: none"> <li>● Parental grief is increased if the loss of a child does not make sense</li> <li>● Parents may lose sense of identity</li> </ul>
(Mancini et al., 2015)	<ul style="list-style-type: none"> <li>● Personality and attachment styles impact bereavement styles</li> </ul>
(Gesi et al., 2020)	<ul style="list-style-type: none"> <li>● Not being able to say goodbye to family members or being a part of decision making may cause complicated grief</li> </ul>
	<b>Other Losses Not Necessarily Related to Death</b>
(Weir, 2020)	<ul style="list-style-type: none"> <li>● Loss of plans for the future create grief</li> </ul>

	<ul style="list-style-type: none"> <li>○ Events</li> <li>○ Finances</li> <li>○ Personal connections</li> </ul>
(Thomas, 2021)	<ul style="list-style-type: none"> <li>● Loss of physical abilities or health <ul style="list-style-type: none"> <li>○ Anosmia</li> </ul> </li> </ul>
(Richter, 2020)	<ul style="list-style-type: none"> <li>● Loss of control creates uncertainty</li> </ul>
(Linos et al., 2021)	<ul style="list-style-type: none"> <li>● Loss of child care heightens stress and anxiety</li> </ul>
<b>Traditional Knowledge of Grief and Loss</b>	
(Gross, 2018)	<ul style="list-style-type: none"> <li>● Grief and loss looks different for everyone</li> <li>● 3 main responses to grief and mourning: <ul style="list-style-type: none"> <li>○ Belief of relationships with the living beyond death</li> <li>○ Being angry with those responsible</li> <li>○ Prescribing a time when mourning should end</li> </ul> </li> <li>● Cultural similarities and differences of the mourning process</li> </ul>
(Harvard Health, 2015)	<ul style="list-style-type: none"> <li>● Spiritual people can lean on their beliefs for comfort and stability</li> <li>● On the other hand, people might lose their belief and blame God</li> </ul>
(Rosenblatt, 2013 as cited in Walsh, 2020)	<ul style="list-style-type: none"> <li>● Spiritual connections are valuable resources to support adaptation, and assisting to honor and grieve all that was lost and move forward with life</li> </ul>
(Walsh, 2020)	<ul style="list-style-type: none"> <li>● Families can endure and rise above their losses and rise above it</li> </ul>
(Lee & Neimeyer, 2020)	<ul style="list-style-type: none"> <li>● The loss of a loved on is one of the most stressful events one can endure</li> <li>● Behavioral, psychological, and behavioral health issues can be results of losing a loved on</li> </ul>
<b>Grief and Loss Specific to COVID-19</b>	
(Merschel, 2021)	<ul style="list-style-type: none"> <li>● Survivors guilt is common for surviving family members</li> </ul>
(Hospice Foundation of America, 2021)	<ul style="list-style-type: none"> <li>● Added guilt if family member is responsible for bringing COVID in the home</li> <li>● Social distance and quarantine guidelines keep families from death rituals</li> <li>● “Why me?” “ Why my family?”</li> </ul>
(Goveas & Shear, 2020)	<ul style="list-style-type: none"> <li>● People are feeling emotional responses that are different than the typical reactions to death and loss</li> </ul>
(Doka, 1989)	<ul style="list-style-type: none"> <li>● Anticipatory grief <ul style="list-style-type: none"> <li>○ Grien can occur before loss has even happened</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Changes in personalities due to substance abuse, mental health issues, or physical health issues can cause grief</li> </ul>
(Borghi et al., 2021)	<ul style="list-style-type: none"> <li>● Complicated grief <ul style="list-style-type: none"> <li>○ People are dying alone without being able to say goodbye.</li> </ul> </li> </ul>
(Rabow et al., 2021)	<ul style="list-style-type: none"> <li>● Disenfranchisement of non-COVID deaths <ul style="list-style-type: none"> <li>○ They become less important</li> </ul> </li> </ul>
(Walsh, 2020)	<ul style="list-style-type: none"> <li>● Disenfranchisement of other losses <ul style="list-style-type: none"> <li>○ Loss of employment, housing, and food security</li> <li>○ Business closures and economic recovery</li> </ul> </li> </ul>
(Crowell, 2020)	<ul style="list-style-type: none"> <li>● Children and disenfranchised grief <ul style="list-style-type: none"> <li>○ Children should be given knowledge and time to grief properly</li> </ul> </li> </ul>
<b>COVID-19 and People of Color</b>	
(Rabow et al., 2021)	<ul style="list-style-type: none"> <li>● Racial disparities <ul style="list-style-type: none"> <li>○ Disproportionate experience among people of color</li> <li>○ Poorer health, few resources available, mistrust in healthcare system</li> <li>○ A rise in anti-Asian biases</li> </ul> </li> <li>● Healthcare workers of Color <ul style="list-style-type: none"> <li>○ 2 times more likely to test positive for COVID</li> <li>○ 63% of HCW who dies were of color</li> </ul> </li> </ul>
(Alcendor, 2020)	<ul style="list-style-type: none"> <li>● Black communities are more likely to experience dismissal within the healthcare system due to the systemic racism and implicit racial bias that is still prevalent within the healthcare system</li> </ul>
(Petry et al., 2021)	<ul style="list-style-type: none"> <li>● Black Americans are already more likely to experience cumulative loss early in life and throughout their lifetime and seem to be at greater risk for complicated grief</li> </ul>
<b>Grief and Loss Effects on Healthcare Workers and Caregivers</b>	
(Hospice Foundation of America, 2021)	<ul style="list-style-type: none"> <li>● Papadatou's model of caregiver grief <ul style="list-style-type: none"> <li>○ Difference between experiencing and containing grief <ul style="list-style-type: none"> <li>■ Experience leads to burnout and compassion fatigue</li> <li>■ Containing leads to damaging a career</li> </ul> </li> </ul> </li> </ul>
(Rabow et al., 2021)	<ul style="list-style-type: none"> <li>● Personal/work related grief and loss <ul style="list-style-type: none"> <li>○ HCW stretch thinner leaving less time to process grief</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Providers can feel unqualified or that they lack the skills necessary leading to a stronger sense of guilt</li> </ul>
(PCORI, January 6, 2021)	<ul style="list-style-type: none"> <li>● On top of having to experience the loss of their patients and family members or friends in their personal lives, healthcare workers are also dealing with the loss of their coworkers, either those who passed away or those who were unable or unwilling to risk coming back to work during COVID</li> </ul>
(Nelson and Lange, 2020)	<ul style="list-style-type: none"> <li>● Healthcare workers are experiencing significantly higher levels of anticipatory grief that have never been seen before in the healthcare system</li> </ul>
(Doka, 1989)	<ul style="list-style-type: none"> <li>● Healthcare workers may not be recognized as having a loss when they lose a patient</li> </ul>
(Siegel, 2021)	<ul style="list-style-type: none"> <li>● Can lead to poor concentration, communication, and care; increased levels of tension and conflict, and in extreme cases, addiction disorders</li> </ul>
(Linos et al., 2021)	<ul style="list-style-type: none"> <li>● Anxiety among women in healthcare is disproportionate among levels of burnout, women being mothers during the pandemic, and childcare affects</li> </ul>
<b>Grief and Loss after COVID</b>	
(Goveas and Shear, 2020)	<ul style="list-style-type: none"> <li>● Adjusting to life and loss</li> <li>● Prolonged grief disorder</li> </ul>
(Lee & Neimeyer, 2020)	<ul style="list-style-type: none"> <li>● Heightened complicated grief contributors: <ul style="list-style-type: none"> <li>○ Social isolation</li> <li>○ Unexpectedness of death</li> <li>○ Inability to make sense of loss</li> </ul> </li> </ul>
(Health Essentials, 2021)	<ul style="list-style-type: none"> <li>● COVID longhaulers <ul style="list-style-type: none"> <li>○ Experiencing symptoms of COVID 2-3 months after infection</li> <li>○ Inability to resume functioning after the virus is gone due to symptoms</li> </ul> </li> </ul>
(Tingey et al., 2020)	<ul style="list-style-type: none"> <li>● ICU Covid-19 survivors are at a heightened risk of experiencing anxiety and depression in the first year of their recovery</li> </ul>
(Doka, 1989)	<ul style="list-style-type: none"> <li>● Disenfranchised grief brought on due to lack of death rituals</li> </ul>
<b>Grief and Loss Moving Forward</b>	
(Centers for Disease Control and Prevention, 2019)	<ul style="list-style-type: none"> <li>● Support Individuals <ul style="list-style-type: none"> <li>○ Validate client feelings and normalize reactions</li> <li>○ Work on a sense of stability</li> <li>○ Grief looks different for everyone</li> </ul> </li> <li>● Support children with honesty <ul style="list-style-type: none"> <li>○ Take into account developmental level</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Do not sugarcoat things to protect them</li> </ul>
(Menichetti et al., 2021)	<ul style="list-style-type: none"> <li>● Normalized bereavement process <ul style="list-style-type: none"> <li>○ Loved ones alone so healthcare workers built relationships with COVID patients and their families to bridge the gap</li> </ul> </li> </ul>
(Hospice Foundation of America, 2021)	<ul style="list-style-type: none"> <li>● COVID specific support groups</li> </ul>
(Weir, 2020)	<ul style="list-style-type: none"> <li>● Take time to talk and grieve to help the healing process</li> </ul>
(Yousuf-Abramson, 2020)	<ul style="list-style-type: none"> <li>● Women’s four tasks of mourning <ul style="list-style-type: none"> <li>○ Accept the reality</li> <li>○ Work through the pain</li> <li>○ Adjust the environment in which the deceased is missing</li> <li>○ Find an enduring connection with the deceased</li> </ul> </li> </ul>
(Feder et al., 2021)	<ul style="list-style-type: none"> <li>● Develop communication <ul style="list-style-type: none"> <li>○ Bridge the communication gap</li> <li>○ Telehealth, etc</li> </ul> </li> </ul>
<b>Seeking Help for Grief and Loss</b>	
(Denckla et al., 2020)	<ul style="list-style-type: none"> <li>● Awareness of “Red Flags” for coping <ul style="list-style-type: none"> <li>○ Maladaptive or catastrophizing thoughts</li> <li>○ Dysfunctional behaviors and bodily reactions</li> <li>○ Emotional dysregulation</li> </ul> </li> <li>● Be proactive about reaching out for help</li> </ul>

## References for Grief and Loss Toolkit During and After Covid-19

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*Journal of pain and symptom management*, S0885-3924(21)00164-0. Advance online publication. <https://doi.org/10.1016/j.jpainsymman.2021.01.139>

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*Proceedings of the National Academy of Sciences - PNAS*, 117(30), 17695–17701.

<https://doi.org/10.1073/pnas.2007476117>

Walsh F. (2020). Loss and resilience in the time of COVID-19: Meaning making, hope, and transcendence. *Family Process*, 59(3), 898–911. <https://doi.org/10.1111/famp.12588>

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## **EMMI; Additional Resources for Grief and Loss During and After Covid-19**

### **And Directions to Use EMMI**

#### **How to Access EMMI from CareConnect:**

##### **Step 1:**

Log into CareConnect

##### **Step 2:**

Click on Epic Box (Top left corner)

Locate RRH Internal Links

Click on Knowledge Builders

##### **Step 3:**

On new webpage scroll over Internal Links (along blue bar)

Click on EMMI

##### **Step 4:**

Click TryEmmi.com link

Access Code: roch16

##### **Step 5:**

Scroll to EmmiEngage+ (Click to see more for a list of over 4,400 Programs offered)

## EMMI Resources Specific to Grief and Loss

### **Title: Format:**

Dealing With Death, Adult Article

Dealing With the Death of a Pet Article

Dealing with Miscarriage Article

Helping a Child Deal with a Family Member & #39;s Severe Illness or Death Article

Helping a Child Deal with Death Article

Helping a Teen Deal with Death Article

Helping a Very Young Child Deal with Death Article

Miscarriage Article

Miscarriage Discharge Instructions Article

Neonatal Loss after 20 Weeks Discharge Instructions Article

Pregnancy Loss (Miscarriage) ED Article

Repeated Miscarriage Article

Stillbirth Article

Threatened Miscarriage Discharge Instructions Article

When Your Child Dies Article

When Your Parent Dies Article

## Annotated Bibliography for Outline of Grief and Loss

### During and After Covid-19

Alcendor, D. J. (2020). Racial disparities-associated COVID-19 mortality among minority populations in the US. *Journal of Clinical Medicine*, 9(8), 2442.

This article seeks to explain how minorities are being affected by the Coronavirus pandemic. It is asserted that racial disparities can be attributed to the higher rates of comorbidity among non white people in the US. The main focus of the article though is to provide essential resources and education about how to close this gap and protect those at risk populations.

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. <https://doi.org/10.1176/appi.books.9780890425596>

The DSM V is used to define and classify mental disorders in order to create common guidelines to use in treatment and research.

Borghi, L., & Menichetti, J. (2021). Strategies to cope with the COVID-related deaths among family members. *Frontiers in Psychiatry*, 12, 622850. <https://doi.org/10.3389/fpsy.2021.622850>

This article focuses on coping strategies for those who have lost someone because of COVID 19. People reported that not attending the funeral was hard. They also reported that they used unique ways to celebrate their loved ones' lives. These new rituals alleviated some of the closure that was missing from not attending a death ritual. The article goes on to provide ways people can lessen the impact of loss and grief by having

control over the situation and using supportive people to have as close to a “normal” grieving process as possible during COVID.

Centers for Disease Control and Prevention. (2019). Grief and Loss. *Centers for Disease Control and Prevention*. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>.

This article highlights the idea that grief looks different for everyone. Covid has also changed how individuals and families grieve because of the social distancing orders. The article goes through practical resources, such as a self-care plan, to aid people's mental health during this difficult time. Lastly, the report also discusses ways to identify and help children going through the grieving process.

Crowell, J. (2020). *Dealing with loss during covid-19: Helping children and families*. [https://www.stonybrookmedicine.edu/Crowell\\_Dealing\\_with\\_loss\\_during\\_COVID19](https://www.stonybrookmedicine.edu/Crowell_Dealing_with_loss_during_COVID19)

This article focuses on the loss of a loved one. Specifically, this article focuses on how death and loss affects children. The authors encourage parents to be open and honest with their children who may be experiencing this as it can cause inner turmoil if not. They need to feel safe to express their feelings in order to grow and move on.

Denckla, C., Koenen, K., & Shear, K. (2020). Managing bereavement around the Coronavirus (COVID-19). *The Center for Complicated Grief*. <https://complicatedgrief.columbia.edu/wp-content/uploads/2020/04/Managing-Bereavement-Around-COVID-19-HSPH.pdf>

This handout discusses how grief and bereavement have changed in light of the COVID-19 pandemic. Because of the travel restrictions and social distancing guidelines, people cannot properly gather to grieve the loss of their loved ones or even be present with them during their last breaths. The authors talk about the importance of staying connected with loved ones during the process of grief, and that physical distancing does not mean emotional distancing. The handout also discusses helpful ways to cope during one's loss and when to seek help if one is experiencing maladaptive thoughts, dysfunctional behaviors and bodily reactions, or emotional regulation.

Doka, K. J. (1989). *Disenfranchised Grief*. Lexington Books.

This book describes the concept of disenfranchised grief, outlining what it is and who would be likely to experience it. The book describes ways that people may develop disenfranchised grief, such as the inability to attend death rituals, and some ways to help mitigate it. The book provides specific information on relationships that may create disenfranchised grief.

Feder, S., Smith, D., Griffin, H., Shreve, S. T., Kinder, D., Kutney-Lee, A., & Ersek, M. (2021). "Why Couldn't I Go in To See Him?" bereaved families' perceptions of end-of-life communication during COVID-19. *Journal of the American Geriatrics Society*, 69(3), 587–592. <https://doi.org/10.1111/jgs.16993>

This article highlights how technology has become vital during the COVID pandemic when no one was allowed to be in physical contact with each other. The author explains how so many families felt they were being excluded from important communications about their loved ones in the hospital. There were complaints of not being able to say goodbye to loved ones and not being involved in major medical

decisions. There was an emphasis on teaching everyone how to utilize technology to bridge some of this gap because it is possible. The article concluded that being able to use technology and communicate with one another is going to be crucial as we recover and move forward from COVID 19.

Gesi, C., Carmassi, C., Cerveri, G., Carpita, B., Cremone, I. M., & Dell'Osso, L. (2020). Complicated grief: What to expect after the Coronavirus pandemic. *Frontiers in Psychiatry*, 11, 489. <https://doi.org/10.3389/fpsy.2020.00489>

This article examines complicated grief in situations where the circumstances parallel the COVID pandemic such as ICU care or Natural Disasters to assess and infer what may happen after the COVID Pandemic. Lack of communication, control, and resources impact a families' grieving process. To combat this, the authors suggest providing as much input towards a loved one's care as is possible, along with attending end of life if able. Families in bereavement need social support. The authors explain that they found higher rates of complicated grief in those who lived alone after a death than those who lived with others.

Goveas, J. S., & Shear, M. K. (2020). Grief and the COVID-19 pandemic in older adults. *The American Journal of Geriatric Psychiatry*, 28(10), 1119-1125.

[https://www.ajgponline.org/article/S1064-7481\(20\)30397-3/fulltext](https://www.ajgponline.org/article/S1064-7481(20)30397-3/fulltext)

This article begins by discussing the concept of prolonged grief disorder and how the Covid-19 Pandemic has negatively impacted older adults. Because of the social distancing rules, many older adults have been in isolation and dying alone. The Pandemic has also affected the bereavement process for many by eliminating the regular gatherings

for individuals and families. This article will help provide information on how the Pandemic has negatively impacted older high-risk adults.

Gross, R. (2018, June 6). The psychology of grief: Cultural differences in death and dying. *Welldoing*. <https://welldoing.org/article/psychology-grief-cultural-differences-death-dying>.

This article discusses the critical difference among cultures on the subject of death and dying. The report provides three significant responses to grief and loss depending on specific cultures. Furthermore, the article goes into some similarities and differences between cultures and their mourning process. This article will provide detailed information for the toolkit's cultural differences section and assist in reaching more people.

Harvard Health. (2015, August). Easing grief through religion and spirituality. *Harvard Health Publishing*. <https://www.health.harvard.edu/mind-and-mood/easing-grief-through-religion-and-spirituality>.

This article goes into detail about the importance of spirituality in the subject of grief and loss. Many individuals would consider themselves spiritual, which will change their grieving process depending on their spirituality or religion. This article goes into specific ways people might handle grief and loss depending on their particular beliefs. Lastly, the report highlights the importance of being spiritually sensitive to every client since spirituality and religion can aid individuals in times of grief.

Health Essentials (2021). What it means to be a Coronavirus "Long-Hauler". *Health Essentials from Cleveland Clinic*. <https://health.clevelandclinic.org/what-it-means-to-be-a-coronavirus-long-hauler/>.

A Covid “Long-Hauler” is someone who experiences Covid symptoms months after they were infected. The article states that it affects around 10% of individuals who’ve had Covid. The article goes into detail about the symptoms and effects having prolonged symptoms can have on individuals. The article also states that Covid symptoms can affect everyone differently, and every “Long-Hauler” experiences different lengths of symptoms.

Hospice Foundation of America. (2021). *Living With Grief*. [PowerPoint Slides] <https://hospicefoundation.org/hfa/media/Files/Webinar%20slides/LWG21-Slides-Final-handout.pdf>

These PowerPoint slides look at how Covid regulations such as social distancing and quarantine have impacted complicated grief. These slides go over how to identify complicated grief for individuals and common symptoms one might experience: For example, guilt in sharing the virus with a loved one, or guilt in not being able to attend an end of life ritual. The slides also examine how Covid might have changed how complicated grief looks for some clients. Lastly, the slides go over Worden’s Task Model and how clients can use it to provide support during a time of complicated grief.

Keesee, N. J., Currier, J. M., & Neimeyer, R. A. (2008). Predictors of grief following the death of one's child: The contribution of finding meaning. *Journal of Clinical Psychology*, 64(10), 1145–1163. <https://doi.org/10.1002/jclp.20502>

This article explains how painful and hard it is for parents to lose a child. It is reiterated multiple times that it is extremely difficult for parents to move forward and regain some sense of normalcy. This may be due to losing a sense of self as well as the loss of someone dearly beloved. The article allowed many considerations for what can aid or hurt this process but the most significant was the violence of the death of the child. The authors also found that women grieve longer and harder than the men. These may be indicators of complicated grievers. The biggest indicator of a complicated griever is not being able to make sense with the situation. The study found that when parents can come to terms and make sense of the death they can move forward and grieve “normally.”

Lee, S. & Neimeyer, R. (2020). Pandemic Grief Scale: A screening tool for dysfunctional grief due to a COVID-19 loss. *Death Studies*.

<https://www.tandfonline.com/doi/full/10.1080/07481187.2020.1853885>

This article begins with data related to grief and loss. It then moves to look at a study done to screen people who are experiencing dysfunctional grief during the Covid-19 Pandemic. The point of this screening tool was to help individuals identify what type of grief they were experiencing during this Pandemic. The study created the Pandemic Grief Scale, which helped determine the probable cause of dysfunctional grief associated with a Covid-19 death. This article will help to identify specific symptoms people face during a time of complicated grief.

Linos, E., Halley, M. C., Sarkar, U., Mangurian, C., Sabry, H., Olazo, K., Matthews, K. S., Diamond, L., Goyal, M. K., Linos, E., & Jagsi, R. (2021). Anxiety levels among

physician mothers during Covid-19 pandemic. *The Journal of Psychiatry*, 178(2). 203-204. <https://doi.org/10.1176/appi.ajp.2020.20071014>

This article describes the experiences mothers who are physicians, working in the healthcare field are dealing with during Covid-19. Women are disproportionately showing signs of burnout and anxiety as measured by the GAD-7. Part of the stressor increase relates to the absence of childcare.

Mancini, A. D., Sinan, B., & Bonanno, G. A. (2015). Predictors of prolonged grief, resilience, and recovery among bereaved spouses. *Journal of Clinical Psychology*, 71(12), 1245–1258. <https://doi.org/10.1002/jclp.22224>

This article examines personality and attachment styles to assess how it affects the bereavement process. It found recovery to be easier for people who have more social support as they reported being less lonely and having people to talk with about their feelings. Those who were interdependent have a hard time grieving and recovering as they have lost a sense of self. The study found two groups, prolonged grievers and resilient grievers. The prolonged grievers had a hard time adjusting and in some cases never recovered. Resilient grievers had higher social interaction and independence from their spouse.

Menichetti Delor, J. ., Borghi, L., Cao di San Marco, E., Fossati, I., & Vegni, E. (2021). Phone follow up to families of COVID-19 patients who died at the hospital: Families' grief reactions and clinical psychologists' roles. *International Journal of Psychology : Journal Internationale de Psychologie*, 10.1002/ijop.12742. Advance online publication. <https://doi.org/10.1002/ijop.12742>

This article talks about a study conducted in Italy by psychologists who were calling families of patients who died to try and help them. The psychologists reported similar responses from families—they felt like their loved ones death had happened fast, they may have been scared and alone and it was unfair. To alleviate some of these things, psychologists developed speeches and an outline to follow that emphasized their loved ones' great care, comfort and inevitable peace. They emphasized closeness and warmth while talking to the patients. They hoped that this would allow everyone to feel more peace and bridge the gap in the bereavement process. The authors suggest that we may see similar outcomes as we engage more with those who lost someone from COVID 19.

Merschel, M. (2021). Surviving COVID-19 survivor's guilt. *American Heart Association*.  
<https://www.heart.org/en/news/2021/02/04/surviving-covid-19-survivors-guilt>.

This article looks at how survivor's guilt has negatively impacted many families and individuals throughout this Pandemic. Many people have questioned why they did not get the virus or questioned if they infected someone else. This type of survivor's guilt can cripple an individual. This article looks into how survivor's guilt is unique to the Covid-19 Pandemic. Lastly, the article also discusses ways to identify and cope with survivor's guilt during this Pandemic.

Nelson, K. & Lange, R. (2020). Navigating loss induced by COVID-19. *American Nurse*.  
<https://www.myamericannurse.com/navigating-loss-induced-by-covid-19/>

This article provides a definition for grief and looks at the importance of going through the grieving process during the Covid-19 Pandemic. The article also discusses how Covid has impacted the grieving process for individuals in the helping field. They are currently

unable to properly grieve because of the high demands of their jobs during the Pandemic while also living with higher levels of anticipatory grief. Lastly, the article discusses ways to move forward with the grieving process. It looks at ways to take care of oneself and others during this time.

PCORI. (2021, January 6). PCORI Advisory Board Meeting Minutes.

Petry, S. E., Hughes, D., & Galanos, A. (2021). Grief: The epidemic within an epidemic. *American Journal of Hospice and Palliative Medicine*®, 38(4), 419–422.

<https://doi.org/10.1177/1049909120978796>

These authors discuss the two pandemics the United States is currently experiencing: Covid-19 and unmitigated grief. Grief is further broken down into the definitions of bereavement, complicated grief, disenfranchised grief, and cumulative grief. The author also addresses policies that could help to promote healthy grieving and coping mechanisms such as paid leave and other economic support for grieving individuals. The article warns that grief that is left unacknowledged and unvalidated is likely to turn into complicated grief which has much more serious consequences. In addition, the authors explain that Black Americans already experience higher levels of cumulative grief, which added to the pandemic could lead to complicated grief.

Rabow, M. W., Huang, C. S., White-Hammond, G. E., & Tucker, R. O. (2021).

Witnesses and victims both: Healthcare workers and grief in the time of COVID-19.

*Journal of Pain and Symptom Management*, S0885-3924(21)00164-0. Advance online publication. <https://doi.org/10.1016/j.jpainsymman.2021.01.139>

This article highlights how grief and feelings related to the loss of control have changed for healthcare workers in the context of COVID-19. Healthcare workers face the unique challenge of supporting bereaved individuals and attending to their grief in the process. Because of the intense and fast-paced environment they work in, they cannot truly process their grief, leading to higher rates of burnout. The article also discusses deaths that are not related to Covid, stating that these deaths, at this time, may be looked at as lesser, meaning the loss is not recognized as being as impactful as a Covid death. The article also discusses how the pandemic has disproportionately affected people of color, and 63% of the U.S. HCW's who died of Covid were identified as people of color. In addition, it addresses the increase in anti-Asian prejudice.

Richter, J. (2020, April 13). *Perspective on control during the COVID-19 pandemic*.

Mental Health Association in New York State, Inc. <https://mhanys.org/perspective-on-control-during-the-covid-19-pandemic/>

In this article, the author challenges people to look within their environment and take control of the things that can be controlled. The author acknowledges that the impact of Covid-19 has made people feel out of control but there are ways to take back that control.

Siegel, A. W. (2021). Can you PACE yourself? Using PACE in the clinical setting, at end of life and in grief work. *Journal of Radiology Nursing*.

<https://www.sciencedirect.com/science/article/pii/S1546084320301942>.

This author describes how the acronym “PACE” (Presence, active listening, compassion, and empathy) can be helpful in a clinical setting for nurses who previously have little

knowledge around helping individuals dealing with grief and loss to better understand and support them. The author also talks about the importance of supporting healthcare workers who are experiencing grief as they care for dying patients. If healthcare workers are unable to resolve their grief, there is a higher chance of conflict and tension, poor care and communication, addiction disorders, and staff dissatisfaction in the workplace.

Thomas S. P. (2021). Anosmia in COVID-19: What care providers need to know. *Issues in Mental Health Nursing*, 42(4), 305–306.

<https://doi.org/10.1080/01612840.2021.1902207>

The author starts by examining one “long haul” symptom of COVID 19 which is loss of smell. Long haul symptoms are those that linger after patients are no longer ill. The author begins by explaining that anosmia is an early symptom of COVID meaning it is often an indicator. The author also mentions that this particular symptom affects women at higher rates than men. Anosmia can be accompanied by dysgeusia or loss of taste. Patients who had these symptoms reported feeling disoriented and confused. There were also reports of some people feeling disconnected from the world after losing one or both of these senses. The article seeks to emphasize how this can be a serious issue for patients. It was reported that there has been a lack of sympathy and understanding for those who are going through this. This can contribute to the deterioration of a patient's mental health if providers/ support systems are not vigilant with assessment and intervention if necessary. The article also explains that there is limited research on how to regain a sense of smell but that smell training can be helpful.

Tingey, J. L., Bentley, J. A., & Hosey, M. M. (2020). COVID-19: Understanding and mitigating trauma in ICU survivors. *Psychological Trauma : Theory, Research, Practice and Policy*, 12(S1), S100–S104. <https://doi.org/10.1037/tra0000884>

This article takes a more in-depth look at the idea of “Covid Long-Haulers” and how ICU survivors are more prone to anxiety and depression in the first year of their recovery following their stay in the ICU. Approximately one-third of the ICU survivors experience symptoms of posttraumatic stress disorder which can have more serious and lasting impacts on an individual’s life. Social support from family and friends is shown to have a significant decrease of these psychological symptoms in an individual, but Covid-19 restricts visitation rights which puts the individual at greater risk of suffering from long-term psychological effects.

Verdery, A. M., Smith-Greenaway, E., Margolis, R., & Daw, J. (2020). Tracking the reach of COVID-19 kin loss with a bereavement multiplier applied to the United States. *Proceedings of the National Academy of Sciences - PNAS*, 117(30), 17695–17701. <https://doi.org/10.1073/pnas.2007476117>

This article is explaining that there has been a tool developed that can be used to measure the impact of COVID-19 related deaths of bereavement. The authors state that from this tool they have learned that for every one person who dies from COVID 19, nine people will be grieving over them. The purpose is to help identify a potential social health crisis forming.

Walsh F. (2020). Loss and resilience in the time of COVID-19: Meaning making, hope, and transcendence. *Family Process*, 59(3), 898–911. <https://doi.org/10.1111/famp.12588>

In this article, the author addresses how Covid-19 has caused multiple different complex losses within family systems including loss of family or friends, loss of physical contact, loss of livelihood, loss of hopes and dreams, and loss of normalcy. Looking at loss from a cultural perspective in America, there is an aversion to directly addressing death and loss and also a mentality of “toughing it out on my own” instead of seeking help from someone. The author discusses the idea of “family resilience” and the importance of shared belief systems, like spirituality and values, in order for growth and healing from these traumatic losses.

Weir, K. (2020, June 1). Grieving life and loss. *Monitor on Psychology*.

<https://www.apa.org/monitor/2020/06/covid-grieving-life>.

Throughout this article, the author highlights the psychological crisis that Covid has now caused. During this pandemic, most individuals have experienced a loss. Whether that is a loss of a friend, family member, job, or social interaction, everyone has experienced some sort of impacting loss. This paper highlights the importance of acknowledging the grieving process for individuals and the difficulty of moving forward. Many people are dealing with the loss of someone important and the loss of self it creates in an individual's life.

Yousuf-Abramson, S. (2020). Worden's tasks of mourning through a social work lens.

*Journal of Social Work Practice*, ahead-of-print(ahead-of-print), 1–13.

<https://doi.org/10.1080/02650533.2020.1843146>

This author discusses the universality of loss and the detrimental effects it can have on an individual's functioning. The article goes over a brief history of grief theory before

delving more deeply into Worden's Four Tasks of Mourning. These four tasks are helpful to practitioners both in understanding the journey that an individual will take through their process of grief as well as providing ideas for better interventions and support for the grieving individual. This article outlines multiple different kinds of interventions that can be used from each task and highlights the importance of recognizing that each individual is unique and will grieve differently.