

The Birth and Bereavement Bundle

...Kathryn Budzinska RNM PGDipPsych
The Grief Centre of Western Australia
Understanding Support Recovery

Food for Thought



Philosophies of GCWA

• The primary function of GCWA is to provide psychological and emotional support to the bereaved,

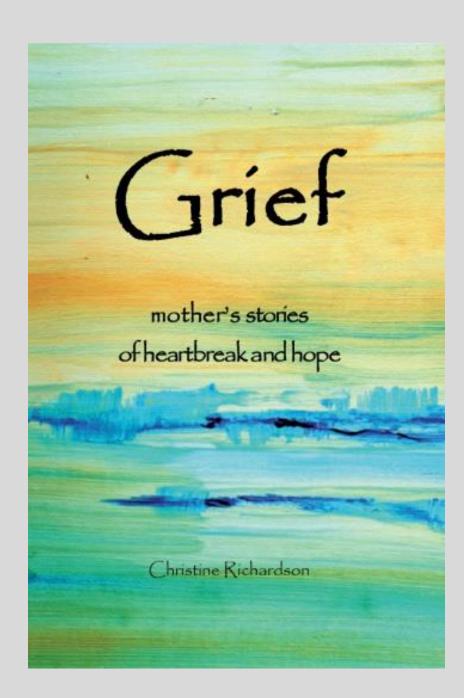
- without regard as to
 - the relationship of the bereaved to the deceased
 - the manner in which the person died or
 - how long ago the death occurred.

The Objectives

• To inform people about the philosophies and services of The Grief Centre of Western Australia (GCWA)

• To outline the Birth and Bereavement Bundle Model of care that we aspire to provide.

• To discuss outcomes of grief, both transgenerational, personal and professional.



Support, Understanding and Recovery...

- Time, Space and Compassion
- Knowledge and support:
 - Bereavement Group support
 - -Individual Counselling
 - Workshops of various modalities
- Reiki
- Yoga
- Meditation
- (And one day massage)

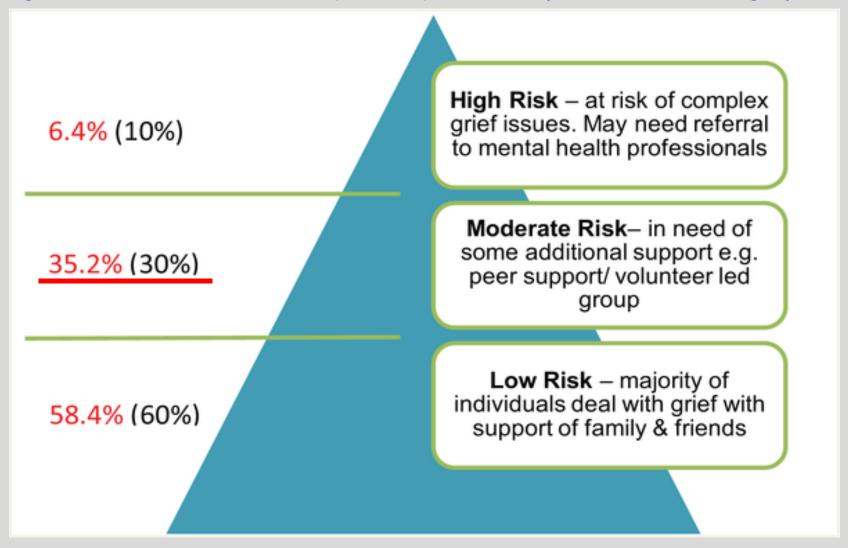
Referral Pathway

- Self referral, by phone or email
- 08)9444 7659
- www.griefcentrewa.org.au
- Contact with GCWA staff established
- Situation and needs discussed, and plan agreed upon.
- Contact made with appointment coordinator by GC staff
- Counsellor notified and liaises with client

The Birth and Bereavement Bundle

- Referral process as per self referral pathway
- Offer of all modalities
- Individual counselling
- Facilitated bereavement group support
- Birth and Bereavement workshop (9/11/19)

Fig 2. The Public Health Model: Predicted (in brackets) and Actual Proportions for the three risk groups.



Aoun SM, Breen LJ, Howting DA, Rumbold B, McNamara B, et al. (2015) Who Needs Bereavement Support? A Population Based Survey of Bereavement Risk and Support Need. PLOS ONE 10(3): e0121101. https://doi.org/10.1371/journal.pone.0121101 https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121101



"I thought the staff who took care of us were fantastic. They were people, not programmed machines in a huge organisation. People who cared, who dared to cry with us, who dared to stand by us in our pain and sorrow. Just totally fantastic.' 16(p192)

Trulsson O, Ra°destad I. (2004)

"...midwives identified that they struggled with the emotional commitment needed, to provide perinatal loss care, as well as with how to communicate openly and share information with women."

Providing Care for families who have experienced still birth: Comprehensive systematic review



Implications for practice 1.- 41.

7.Training for health professionals is important and can better prepare them to offer appropriate support to parents and families affected by stillbirth at every stage of the experience.

Providing Care for families who have experienced still birth: Comprehensive systematic review

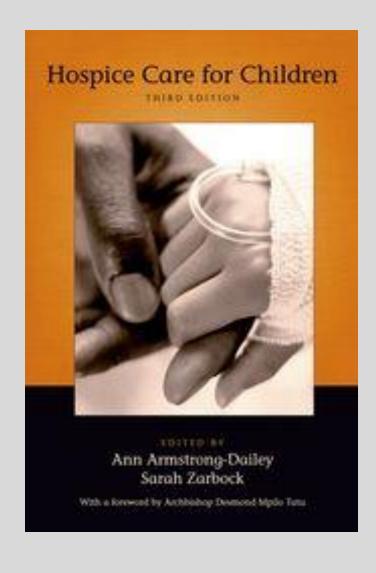
Implications for practice 1.- 41.

"12. Continuity of care is maintained following the initial diagnosis of stillbirth. Parents often wish to continue to see the same health care professionals after the initial diagnosis and have the same staff involved at induction of labour ..."

Providing Care for families who have experienced still birth:

Comprehensive systematic review

Monahan's Model of Bereavement



- To Understand –
 Cognitive, spiritual
 and emotional
- To Process

 emotional spiritual
 physical social
 behavioural
- To Validate cognitive spiritual social and emotional

"Spoiler alert – life is terminal!"

"Life is but a journey between two points of nakedness, for some the journey is very long and for some the journey is very short".

Pastor at funeral service of Baby T.





The Physiology of Grief

Pituitary secretes

Adrenocorticotropic hormone (ACTH)

and

Cortisol

ACTH stimulates Adrenalin

→ Fight / Flight / Freeze

Cortisol

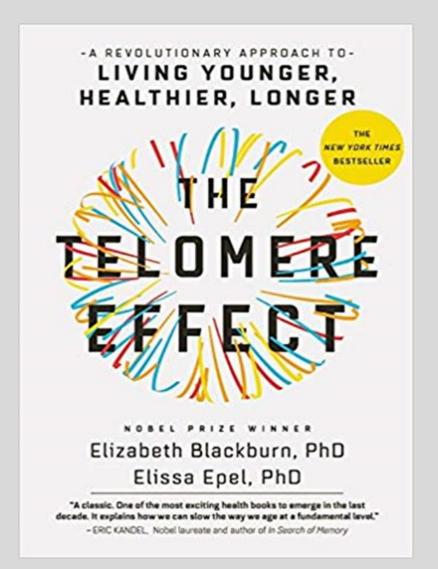
Cortisol → immunosuppressant →

 \downarrow production of T-lymphocytes \rightarrow

1 mortality & morbidity

Long-term stress-response and overexposure to cortisol

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment



Transgenerational Effects

- Telomeres, at tips of chromosomes, protect genes from damage
- Telomerase protects cells that replicate, reproduce and replenish tissue
- Epigenetics = Telomere length influenced by Mother and Father
- Chronic stress shortens telomeres

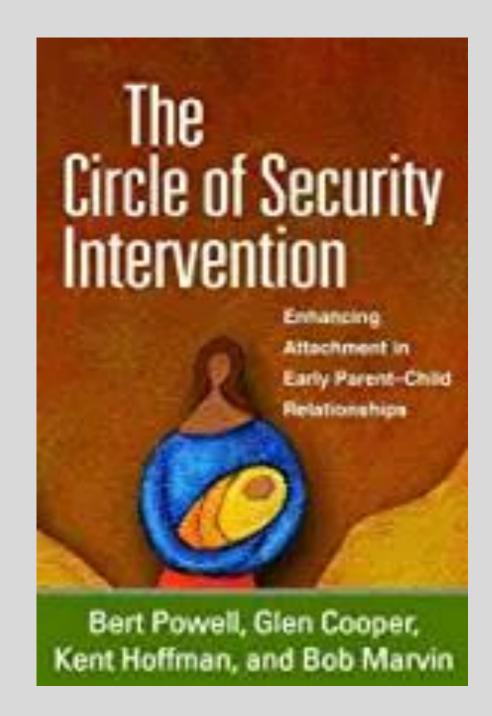
Telomeres

 Influenced by genetics & environment (including prenatal)

 "Length is transmitted from mother to infant ...the starting point is the most influential point...

• a critical period... parents can improve their health [&] be influential for their children."

Proceed and predict future (ill)health



THE 4 TYPES OF ATTACHMENT STYLES

Attachment Styles	The child's general state of being	Mother's responsiveness to her child's signals and needs	Fulfillment of the child's needs (why the child acts the way it does)
Secure Attachment	Secure, explorative, happy	Quick sensitive consistent	Believes and trusts that his/her needs will be met
Avoidant Attachment	Not very explorative, emotionally distant	Distant, disengaged	Subconsciously believes that his/her needs probably wont be met
Ambivalent Attachment	Anxious, insecure, angry	Inconsistent; sometimes sensitive, sometimes neglectful	Cannont rely on his/her needs being met
Disorganised Attachment	Depressed, angry, completely passive, nonresponsive	Extreme, erratic: Frightened or frightening, passive or intrusive	Severely confused with no strategy to have his/her needs met
			Gooey Brains

Primary and Secondary Losses

Death
is the
primary loss

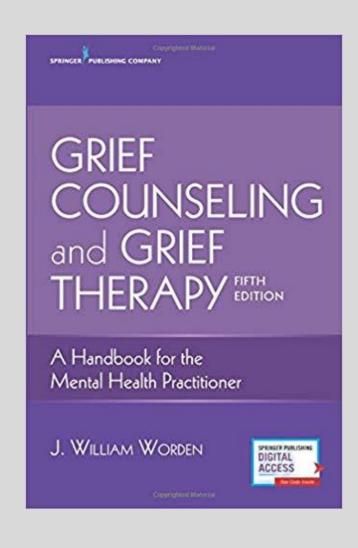
Secondary Losses Abound

Hopes and dreams Loss of the future Loss of the past Expectations from self and others Our Assumptive World **Grief and Guilt**

The Siblings of the Deceased

Inhibited grief work of family Competing with a ghost – Not given the "full story" Individuality and freedom Triggers memories "does not fit" Grief and guilt

Worden's Tasks of Grief



- To accept the loss
- Experience the pain
- Adjust to the new environment
- Reinvest in the new reality



Shakespeare: Macbeth act 4 scene 3

MALCOLM:

"Merciful heaven!

What, man!

Ne'er pull your hat upon your brows.

Give sorrow words.

The grief that does not speak whispers the o'erfraught heart and bids it break."

Thank You For Your Attention

www.griefcentrewa.org.au

08)9444 7659

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