



RAMA
UNIVERSITY

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FACULTY OF NURSING

GRIEF AND BEREAVEMENT

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GRIEF

DEFINITION

Grief is the normal process of reacting to the loss. Grief reactions may be felt in response to physical losses (for example, a death) or in response to symbolic or social losses (for example, divorce or loss of a job)

SYMPTOMS OF GRIEF

Grief is expressed physically, emotionally, socially, and spiritually. Physical expressions of grief often include , headaches, loss of appetite, difficulty in sleeping, weakness, fatigue, nausea, aches, pains, headaches, palpitations

Stages of grief

- **Denial-** It is first stage which is also known as shock phase. In this stage, the world becomes meaningless and hide from the facts.
- **Anger-** In the second stage, anger may be directed toward fate (destiny), God, family members, healthcare providers.

- **Bargaining-** In third stage, bargaining occurs as the client seeks to delay the dreaded event; the client bargains with God for more time and, in return, promises to do something to repay God for this favor.
- **Depression-** In the fourth stage, depression occurs when the client acknowledges the reality and inevitability (unable to avoid) of the impending death.
- **Acceptance-** In the final stage, person is able to make peace with loss, and start interest in worldly activities.

BEREAVEMENT

DEFINITION

Bereavement is the period of sadness and loneliness that we experience from a loss.

Typically this loss is the death of a loved one;

however, the loss can be due to other factors. *For*

example, it is possible for someone to experience

bereavement as a result of losing a spouse in a divorce.

The length of bereavement depends on numerous factors, including:

- Age at the time of the loss
- Reason for the loss
- Closeness to those lost
- Support systems in place
- If there was anticipation for the loss

THANK YOU

