

Reproductive Grief Care Best Practices

Goals

- ❖ Start the conversation
- ❖ Respond with compassion
- ❖ Give permission to grieve

Principles of Care	
1. Validate the loss and legitimize grief	6. Be open and listen with intent
2. Encourage patients to share their feelings	7. Be empathetic
3. Acknowledge patients' feelings	8. Be honest and realistic
4. Assess level of patients' knowledge	9. Provide reassurance where appropriate
5. Provide additional information	10. Maintain confidentiality

(Provincial Council for Maternal and Child Health, 2017)

Intake: Screen for Loss(es)

- ❖ How many children do you have?
- ❖ Have you had any additional pregnancies?
- ❖ Can you tell me what happened?
- ❖ Have you struggled with fertility?
- ❖ How are you doing now?

Respond to Loss(es)

- ❖ **What to Say:**
 - I'm so sorry. You are not alone.
 - How are you doing?
 - It's okay to cry (to be numb, angry, etc.).
 - Everyone grieves differently.
 - May I give you some resources?
- ❖ **What to Do:**
 - Treat couple with dignity – always include the partner.
 - Brief family members on how to provide support.
 - Provide or offer referrals for counseling services/support groups.
 - Give printed resources such as patient information sheet.
 - Discuss mementos and remembrance (if appropriate).
- ❖ **Patients leave feeling:**
 - Relief because grief is normalized
 - Empowered to seek help
 - Hopeful