

## Management of the client experiencing a loss

- History
- Assessment of personal coping resources
- Physical assessment

# Loss and Grieving

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| <ul style="list-style-type: none"> <li>• <b>Previous Losses</b></li> <li>✓ Have you ever lost someone or something very important to you?</li> <li>✓ Have you or your family ever moved to a new home or location?</li> <li>✓ What was it like for you when you first started school? Moved away from home? Got a job? Retired?</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Current Grieving</b></li> <li>• Are you having trouble sleeping? Eating? Concentrating? Breathing</li> <li>• Do you have any pain or other new physical problems?</li> <li>• What are you doing to help you deal with this loss</li> <li>• Are you taking any drugs or medications to help you cope with this loss?</li> </ul> |
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## Diagnoses

- *Grieving*: A normal complex process that includes emotional, physical, spiritual, social, and intellectual responses and behaviors by which individuals, families, and communities incorporate an actual, anticipated, or perceived loss into their daily lives.
- *Complicated Grieving*: a disorder that occurs after the death of a significant other, in which the experience of distress accompanying bereavement fails to follow normative expectations and manifests in functional impairment. *Risk for Complicated Grieving*
- *Risk for Dysfunctional Grieving*

- *Interrupted Family Processes* :if the loss has such impact on the individual and family that usual effective roles and interactions are negatively affected.
- *Risk-prone Health Behavior*: if the client has great difficulty placing the loss in appropriate perspective to his or her other life activities.
- *Risk for Loneliness* related to the loss of relationships with others.

## Example of care Process

- *Diagnosis: Grieving*
- *Desired Outcomes: Grief Resolution (Adjustment to actual or impending loss)*
- *Indicators:*
  - ✓ Maintains living environment
  - ✓ Seeks social support
  - ✓ Progresses through stages of grieving
- *Interventions:*
  - ✓ Encourage discussion of previous loss experiences (e.g., husband leaving).

- Interventions:
  - ✓ Communicate acceptance of discussing loss
  - ✓ Identify sources of community support
  - ✓ Reinforce progress made in the grieving process