

Hospice Foundation of America's Program

LIVING WITH GRIEF SINCE COVID-19

Self-Study ONLINE Course

DESCRIPTION

The coronavirus pandemic has contributed to an unprecedented level of loss since March 2020. Non-death losses as well as deaths both due to and unrelated to COVID-19 have shattered the assumptive world, the view that the world is reasonably safe, benevolent, and predictable, and have created a sense of collective trauma and grief. As of mid-January 2021 over 400,000⁺ people have died in the U.S. due to COVID-19 (CDC) and the number continues to rise. A recent study has found that approximately nine people are impacted by a single COVID-19 death (Verdery, 2020). Combined with other causes of death (which have also increased during this period) and mounting non-death losses such as isolation, employment, routine, and sense of safety, those experiencing grief in the U.S. alone is conservatively in the millions.

Through an expert panel discussion and live and recorded interviews, *Living with Grief Since COVID-19*, will help professionals effectively respond to the onslaught of pandemic-related grief and bereavement needs in their communities and equip them with tools to support counseling, treatment, stabilization, and posttraumatic growth. Acknowledging that healthcare and grief professionals are coping with their own losses and the exposure to trauma related to the pandemic, this program will address ways to empower professionals to employ self-care techniques and suggest ways that employers can help. Finally, recognition of the grief and bereavement challenges the pandemic has posed will enable professionals to better support those who need help with their grief, reflect upon and safeguard their own mental health and wellbeing, and identify opportunities for improvement in grief support.

+Centers for Disease Control and Prevention (CDC). (2021). CDC COVID data tracker (maps, charts, and data provided by the CDC). Retrieved Jan. 21, 2021 from https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days

PROGRAM DETAILS

Hospice Foundation of America has taken this popular *Living with Grief*[®] program and created a self-study course for professionals. This educational program combines a moderated discussion, informative interviews, and additional complimentary learning materials.

- RELEASE DATE:** Program originally premiered March 2, 2021
- ON DEMAND:** to registered individuals for 1 year after purchase
- LENGTH:** 120 minutes + selected book reading (two PDF chapters)
- CE HOURS:** 2.5 hours for a wide variety of professional boards
- CE FEE:** One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each.
- CONTENT LEVEL:** The program is mainly for professionals already working in the field but is practical for all levels of education – entry level, intermediate or advanced.
- TARGET AUDIENCE:** The course is useful to health professionals, psychologists, counselors, clergy, social workers, nurses, and other health care workers, educators, and community members who support older adults.

HOW THE ONLINE SELF-STUDY PROGRAM WORKS

Step 1 - Register/purchase the course

Step 2 - View the course online through the link in your confirmation email or in your account.

Step 3 - Read the pdf chapters provided

Step 4 - Follow the instructions provided to receive your CE certificate*.

*An evaluation and a short exam are a part of this process.

TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. Please test your system ahead of time to ensure you have the capabilities to view and hear the program. Mobile service provider charges may apply.

TEST LINK for Audio and Video:

<http://hospicefoundation.org/Professionals/All-Programs/All-Self-Studies/Video-Test-Page>

REGISTRATION INFORMATION/FEES

Register directly online, on HFA's website: www.hospicefoundation.org. To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at educate@hospicefoundation.org.

For current prices, please refer to HFA's website at <https://hospicefoundation.org/Education/HFA-CE-Programs>.

There are no refunds on registration. *Few exceptions may occur depending on the circumstance. To request a refund, a written request must be received (and granted) by HFA.

REGISTRATION POLICY

INDIVIDUAL REGISTRATION

Provides one person, the registrant, access to the self-study course for personal viewing.

MULTIPLE VIEWER REGISTRATION

Provides one person, the registrant, access to the webcast for streaming from one computer to a group of people. Program access fees remain the same; CEs are included in course fees for the registered user and are \$12 per additional participant per course. **Please note that self-study courses accommodate individual learners only unless prior arrangements are made through HFA for additional certificates.** Contact HFA at 202-457-5811 or email us at educate@hospicefoundation.org to register the additional participants.

MATERIALS AREA

Course materials are accessible to all registered individuals immediately after registering. Program materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." Materials contain the full-length video, CE instructions, the program's slides, and additional program material. Information will be posted to your account as they become available.

LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

1. Identify the multiple types of death and non-death loss people may have experienced throughout the pandemic and how these losses may contribute to disenfranchised grief and/or cumulative loss.
2. List the numerous factors of the pandemic that may complicate grief reactions and interventive strategies to support those grieving a loss at this time.
3. Explain the added stressors COVID-19 has placed on healthcare and bereavement professionals and paraprofessionals and recommend personal and organizational strategies for self-care.
4. Outline the opportunities and challenges presented by providing grief support virtually.
5. Discuss how the hospice team approach and community-based care may inform positive changes to health delivery and grief support moving forward.
6. Describe the need for improved and expanded professional grief training for counselors and mental health professionals in supporting those with complicated grief.

PROGRAM OUTLINE

Segment 1: Loss and Grief in COVID-19 (1 hour)

- I. Introduction (Brief history/update on COVID-19)

- II. Types of Losses Experienced (20 mins)
 - A. Deaths by COVID
 - a. Unknown disease, treatments
 - b. Often in hospital, alone
 - B. Non-COVID Deaths
 - a. Higher than normal number of deaths from other causes
 - b. May be disenfranchised
 - C. Non-Death Losses
 - a. Financial losses
 - b. Loss of routine
 - c. Significant events - graduations, weddings, funerals, etc
 - d. “Long haulers” – loss of previous level of health
 - D. Medical Staff
 - a. Moral Distress – care rationing, beyond scope of training/practice
 - b. Repetitive deaths/trauma
 - c. Nursing homes –
 - i. High number of deaths/trauma
 - ii. concerns about bringing disease to patients and to their families
 - d. Turnover rates - number of nurses/staff leaving the field
- III. Grief: Complicating Factors (40 mins)
 - A. Loss of an Assumptive World
 - a. Loss of safety predictable nature of world.
 - b. isolation
 - B. Sudden, Unexpected, and Unpredictable Deaths
 - a. Impact on family, community
 - b. Impact on medical staff and others working at health care facilities
 - C. Multiple and Cumulative Loss
 - a. Numbing effect of numerous losses
 - b. Spread of disease through families – survivor guilt?
 - D. Quarantines and Restrictions on Visits
 - a. Isolation
 - b. Fear of spreading to vulnerable vs. decline due to isolation
 - E. Limitations on Rituals
 - a. Postponed grief reactions
 - b. Support limitations due to lack of rituals
 - c. Delays may lead to no rituals at all
 - F. Racial/Economic Disparities
 - a. Historical distrust
 - b. Minorities more likely to be essential workers; less likely to be able to work from home
 - c. Larger families in smaller spaces
 - d. Access issues for rural communities – clean water, distance to drs/hospitals

Segment 2: The Coming Pandemic of Complicated Grief (1 hour)

- IV. Assessment tools
 - A. Neimeyer COVID anxiety scales
 - B. Complicated Grief/Prolonged Grief Disorder+ Indicators (Shear, Columbia)
- V. Interventive Strategies (40 mins)
 - A. Vaccines: The Issue of “If onlys”
 - a. Reluctance/hesitation in underserved communities
 - b. length of roll out – issues of access, equity, justice
 - c. We’ve been here before – lessons from other treatments/vaccine advancements
 - d. Role of faith communities and chaplains
 - e. Healthcare workers as role models and educators

- B. Telemedicine and Virtual Support Groups
 - a. Pros – increased reach, access for more people
 - b. Cons - less personal, tactile, intimate
- C. Strategies for Rituals
 - a. Implications of delaying rituals
- D. The Role of Hospice
 - a. Model of care as asset – team approach, community bonds
 - b. Compassionate Communities
- E. Professional Self-Care
 - a. Increased need for professionally trained grief staff
- VI. Conclusion: The Coming Pandemic of Complicated Grief (20 mins)
 - A. Challenges
 - B. Opportunities
 - a. Possible change in models of delivery – wider reach, team approach
 - b. expansion of grief training and education

+ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7320675/>

CONTINUING EDUCATION

This program is available for 2.5 credits of continuing education. CE credits are available to the registered participant online (after completing the course). One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each. A complete list of board approvals for this course is posted to HFA's website (at www.hospicefoundation.org).

COURSE COMPLETION REQUIREMENTS

Participants must view the entire 120-minute program (online-streaming video) and read the selected book chapters (available in PDF format). Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (1 year after purchase of course). In order to go online, two codes will be issued to you and verified online; a Site # (same as your Order/Invoice #) and the Course Code (provided in your CE instruction sheet). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary).

Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America's list of board approvals*). Participants will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA's CE site at <https://educate.hospicefoundation.org>).

*A complete list of board approvals is posted on HFA's website at www.hospicefoundation.org.

MODERATOR:

Frank Sesno, is Director of Strategic Initiatives, The George Washington University School of Media & Public Affairs, a former anchor for CNN, and a longtime moderator of the *Living with Grief*[®] program. He is an Emmy-award winning journalist and creator of PlanetForward.org, a user-driven web and television project that highlights innovations in sustainability, and he is the author of *Ask More: The Power of Questions to Open Doors, Uncover Solutions and Spark Change*.

EXPERT SPEAKERS

Kenneth J. Doka, PhD, MDiv, is Senior Bereavement Consultant to Hospice Foundation of America (HFA) and the recipient of the 2019 Lifetime Achievement Award from the Association of Death Education and Counseling (ADEC). A prolific author and editor, Dr. Doka serves as editor of HFA's *Living with Grief*[®] book series, its *Journeys* newsletter, and numerous other books and publications. He has been a panelist on HFA's *Living with Grief*[®] program for 28 years. Dr. Doka is a past president of ADEC, a former board member of the International Work Group on Death, Dying and Bereavement, and an Advisory Board member to the Tragedy Assistance Program for Survivors (TAPS). He is the recipient of The International Work Group on Death, Dying, and Bereavement's prestigious Herman Feifel Award and ADEC's Award for Outstanding Contributions in the Field of Death Education. In 2006, he was grandfathered in as a

Mental Health Counselor under New York's first state licensure of counselors. Dr. Doka is an ordained Lutheran minister.

Katherine P. Supiano, PhD, LCSW, F-GSA, FT, APHSW-C, is an Associate Professor in the College of Nursing, and the director of Caring Connections: A Hope and Comfort in Grief Program at the University of Utah College of Nursing. She teaches *Interdisciplinary Approaches to Palliative Care* for graduate students in Pharmacy, Social Work and Nursing, *Geriatric Care Management* and in the Interprofessional Education Program. Dr. Supiano's research is in clinical interventions in complicated grief, suicide survivorship and prison hospice. She has been a practicing clinical social worker and psychotherapist for over 30 years. Her clinical practice has included care of older adults with depression and multiple chronic health concerns, family therapy, end-of life care, and bereavement care. Dr. Supiano is a Fellow in the Gerontological Society of America, a Fellow of Thanatology, and a founding member of the Social Work Hospice and Palliative Care Network. She received her PhD in Social Work at the University of Utah as a John A. Hartford Foundation Doctoral Fellow.

Beverly Wallace, MDiv, PhD, is currently the associate professor of Congregational and Community Care at Luther Seminary in St. Paul, MN. Dr. Wallace has authored several articles and book chapters including *Narratives of Grieving African Americans About Racism in the Lives of Deceased Family Members; A Womanist Legacy of Trauma, Grief, and Loss: Reframing the Notion of the Strong Black Woman Icon; Hush No More: Constructing an African American Lutheran Womanist Ethic*; and is the co-author (with Paul Rosenblatt) of *African American Grief*. Her current research agenda includes understanding community trauma and end-of-life decisions among older African Americans. She is also in the process in writing her second book, *African American Grief – Revisited*.

REVIEWER

Pamela Kushner, MA, MD, FAAFP, *Clinical Professor Family Medicine*, University of CA Irvine
Lynda Shand, CHPN, CNE, RN, PhD, *Associate Professor*, Mercy College

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Tracking the reach of COVID-19 kin loss with a bereavement multiplier applied to the United States
Ashton M. Verdery, Emily Smith-Greenaway, Rachel Margolis, Jonathan Daw Proceedings of the National Academy of Sciences Jul 2020, 117 (30) 1769517701; DOI: 10.1073/pnas.2007476117

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SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA)

Reasonable accommodation may be made available, on an individual basis. To request accommodation, please contact HFA via email at educate@hospicefoundation.org or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

CONFLICT OF INTEREST

Planners (Panelists and Reviewers) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES PLEASE CONTACT

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