

## Format and Structure of Bereavement Debriefing Sessions

(Keene, E, Hutton, N, Hall, B, Rushton, C 2010, 'Bereavement Debriefing Sessions: An Intervention to Support Health Care Professionals in Managing Their Grief After the Death of a Patient', *Continuing Nursing Education*, vol. 36, no. 4, pp. 185-189.)

### Welcome/Introductions

- Review purpose of bereavement debriefing sessions
- Invite participants to give names and answer
- "How were you involved in care for this patient and family?"

### Factual Information

- Review time of death circumstances

### Case Review

- "What was it like taking care of this patient?"
- "What was the most distressing aspect of the case?"
- "What was the most satisfying aspect of the case?"

### Grief Responses

- "What have you experienced since the death?" (Elicit physical, emotional, behavioral, cognitive, or spiritual responses)

### Emotional

- "What will you remember most about this patient/ family?"

### Strategies for Coping with Grief

- "How are you taking care of yourself so you can continue to provide care for other patients and families?"
- Review grief coping strategies
- Review available resources

### Lessons Learned

- "What lessons did we learn from caring for this patient/family?"

### Conclusion

- Acknowledge care provided
- Review bereavement support available for families and staff