

Evidence Informed Bereavement Care: A Primer for Systems Change

**Ariella Lang RN, PhD
Nurse Scientist, VON Canada
Assistant Professor, Ingram School of Nursing
McGill University**

**RRISIQ General Assembly
November 5th 2014
Montreal, Quebec**

SERVICE GAP

- ▶ Bereavement care tends to focus on those who present with complications rather than on primary prevention and health promotion interventions.
- ▶ Addressing the needs of the bereaved in an upstream, preventative, and health promoting manner calls for a shift in the way professionals interact with individuals and families surrounding the death of a loved one.



Overview of the Evidence

- ▶ Deleterious effects on the health of the bereaved
 - Increased morbidity and mortality
- ▶ Lead to:
 - Higher healthcare costs
 - Decreased vibrancy and productivity
 - Diminished health and wellbeing

NURSES AND OTHER PROFESSIONALS OFTEN FEEL ILL-PREPARED. . .

- ▶ This discomfort can lead to ethical dissonance, emotional distress, and contributes to potential burnout. (Granger et al., 1995; Tse et al., 2006)
- ▶ Words and actions from staff surrounding the time of loss are not forgotten.
- ▶ Care providers can actually intensify grief when they fail to recognize how their actions may impact on the experiences of individuals and families.
(Ujda & Bendiksen, 2000; Leon, 1992; Ryan et al., 1991)



Multi-phase program of research on Bereavement Care

- ▶ Development of evidence-informed guideline (Canadian Nurses Foundation 2005-2007)
- ▶ Stakeholder review (GRISSIQ – 2010-2011)
- ▶ Knowledge-to-Action Grant (CIHR 2011-2014)
- ▶ JBI systematic review to update guideline (RRISIQ Pilot funding 2013-2014)



Réseau de recherche en interventions
en sciences infirmières du Québec
Quebec Nursing Intervention
Research Network





Knowledge-to-Action in Tri-County, Nova Scotia (CIHR 2011-2014)

Purpose:

To increase organizational and practitioner uptake and application of an evidence-informed primary bereavement care guideline at through a researcher knowledge- user partnership.



Team

Researchers

- ▶ Dr. Ariella Lang, RN PhD
(VON Canada)
- ▶ Dr. Fabie Duhamel, RN PhD
(University of Montreal)
- ▶ Dr. Megan Aston, RN PhD
(Dalhousie University)
- ▶ Dr. Tracy Carr, RN PhD
(University of New Brunswick, Saint John)
- ▶ Andrea Fleiszer, RN PhD(c)
(McGill University)

Knowledge Users (VON Canada)

- ▶ Heidi Carr, RN BScN
MAdEd
- ▶ Suzanne D'Entremont, RN
BScN
- ▶ Janet Purvis, RN BSc MN
CCHN
- ▶ Catherine Butler, RN MHA
- ▶ Sharon Goodwin, RN(EC)
MN

Research Staff

Lynn Toon, RN MSc
(VON Canada)



Overview of Research

This study supported partnerships between researchers and knowledge-users to bridge a knowledge-to-action gap around primary bereavement care, while furthering empirical understanding of the knowledge-to-action process.

Using a system perspective and a collaborative and participatory approach, we implemented strategies and methods to drive evidence-informed recommendations into practice and primary healthcare delivery.



Next steps

- ▶ This KTA study successfully increased organizational, practitioner, and community uptake as well as application of the evidence-informed guideline, focused on improving primary bereavement care for individuals and families at home and in the community.
- ▶ We plan to build and extend on these findings. To this end we are applying for a CIHR operating grant in 2015 to sustain and spread this initiative across diverse populations, types of death and bereavement experiences.
- ▶ **JB1 review – dual purpose**
 - Up date guideline
 - Prep for operating grant in 2015



Joanna Briggs Institute Review Update

- ▶ completed the first level assessment in the major databases and using **QUARI software** to formally assess the suitability of each of the accepted articles using this JBI standardized tool. This step will narrow the number down further.
- ▶ completed a search of the gray literature and are importing accepted articles into JBI's **CReMS software**, so that we can apply the QUARI tool to these selected articles.
- ▶ Found number of studies related to primary bereavement care that have been published since 2006.



ACKNOWLEDGMENTS



▶ CIHR



▶ Fonds de la recherche en santé



▶ Canadian Nurses Foundation



▶ Groupe de recherche interuniversitaire en interventions en sciences infirmières du Québec (*GRIISIQ*)



Réseau de recherche en interventions
en sciences infirmières du Québec
Quebec Nursing Intervention
Research Network