

PEACE

Pregnancy Early Access Center

Emotional Care & Perinatal Loss

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updated 11.6.17

Factors impacting patient coping & emotional care

- Coping strategies
- Access to resources for coping
- Support system
- Stigma of abortion/miscarriage
- History of trauma
- Sociocultural factors

Emotional Support Assessment at PEACE

- Patient completes Emotional Triage form in waiting area
- Assessment: MD takes pre-operative history including
 - Story of this pregnancy
 - Medical/Psych conditions exacerbated by pregnancy or effecting pregnancy
 - Social factors complicating pregnancy
 - Safety
 - Coercion
 - Barriers to Care
 - Fetal diagnosis
 - Pregnancy Loss

Emotional Support Assessment

- RN discusses with MD/reviews emotional triage form
- Assesses patient
 - How are they faring?
 - Needs/Concerns/Preferences/Sociocultural
 - Support system
 - Coping strategies/coping resources
 - Access to resources

Emotional Support Plan & Interventions

- RN & patient make plan for coping
 - Time off to grieve/emotional recovery
 - Using support people to disclose to other family
 - Rituals for healing and closure
 - Self-care
 - Resources

Emotional Care Interventions

- Encouraging pt to talk about feelings
- Listen
- Provide empathy & validation
- Offer food & drink
- Offer hand to hold/hug
- Offer resources
- ER for psych emergencies

Interventions for Emotional Care

- RN provides counseling & resources for
 - Coping
 - Grief
 - Sexual Violence/Relationship Violence
 - Addiction
 - Etc.

Decedent Services at PEACE

- **Ivy Hill cemetery**
 - Gestation >15w6d (at this gestation pt must decide between Ivy Hill & private burial/cremation)
 - University of Penn plot
 - Free/managed by the hospital
 - Patient has no control over timeline or management of remains
- **Private burial/cremation**
 - May be a cost for services
 - Pt can obtain ashes/have control over burial
 - Chaplain Statham can assist with arrangements
- **Memorial Service**
 - Chapel in Dulles
 - Every October

Keepsakes & Rituals for Grief

- **Keepsakes**
 - Memory stone
 - Sono picture
 - Memory box
 - Footprints (only in 2nd tri; ask MD if possible before offering)
- **Rituals for closure**
 - Candle lighting
 - Journaling/writing a letter
 - Creative works (art, music, gardening)

Resources for abortion & pregnancy loss

- Peace *Pregnancy Loss* pamphlet
- Hotlines (abortion specific)
 - Exhale, Backline, Connect & Breathe
- Websites-Mymiscarriagematters.com
- UNITE support group
- Books
 - *Peace after Abortion/A Time to Decide*
 - *Guide to Emotional & Spiritual Resolution After An Abortion*
- Pastoral Care-Chaplain Statham
- Clergy for Reproductive Choice/Catholics for Choice/Faith Aloud
- Ending a Wanted Pregnancy on-line support group

Resources for Sexual Violence/Relationship Violence

- Women Organized Against Rape (WOAR)
 - Court accompaniment
- Philadelphia SVU/PSARC
- Women's Law Project
- Pennsylvania Coalition Against Rape (PCAR)
- Rape Incest National Network (RAINN)
- Evidence Collection in office/OR
- Offer resources & encourage to use when ready
- Reinforce that pt is not to blame
- Don't push pt to share if they do not want to talk about their experience

Relationship Violence

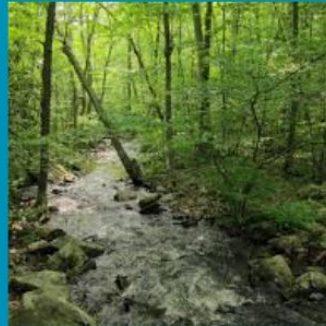
- Women Against Abuse
- National Domestic Violence Hotline (fold out cards)
- Order of Protection
- Women's Law Project
- Child Line (DHS)
- Safety plan
 - Bag with important papers/medicines/clothes
 - Always tell someone where you are going/when returning
 - Keep hotline number in your phone

Self Care is Essential!



THANK YOU

- debrief with your coworkers
- journal
- exercise



FOR EVERYTHING

- spend time in nature
- meditation/yoga
- comedy



YOU DO!!!

- time with loved ones
- listen to music
- vacation