

PSYCHOSOCIAL INTEGRITY HOMEWORK

Review the following types of grief and note nursing actions to support the client and family

Type of Grief	Description	Nursing Actions
Anticipatory	A grief reaction that occurs in anticipation to an expected loss i.e. when a loved one is going to die	<ul style="list-style-type: none">• Use active listening skills and open communication to assess the client/family's grief and what type of suffering they are experiencing• Assess for denial, listen and support• Keep family up to date on client's condition• Encourage family to express feelings and touch client during dying process
Disenfranchised	Grief that is not recognized by society i.e. loss of a pet, trauma in a prior generation, abortion, adoption	<ul style="list-style-type: none">• Acknowledge that the loss the client experiences is valid• Use actions in anticipatory grief

<p>Complicated</p>	<p>Incapacitating feelings of loss that do not improve over time (months) or become worse i.e. chronic state of mourning</p> <p>Mourning: grief due to a death of a person</p>	<ul style="list-style-type: none"> • Assess for signs of complicated grief (worthlessness, hopelessness, anorexia, insomnia, fatigue, anxiety that persist long after the death), self destructive behaviour • Refer to experienced professional
<p>Bereavement</p>	<p>Period of mourning after a death</p>	<ul style="list-style-type: none"> • Acknowledge the death of a loved one • Validate the experiences of bereavement • Explore the family's main concerns • Reinforce family's strengths • Provided guidance around grief reaction and bereavement experiences

Review the 5 stages of Grief as outlined by Kübler-Ross (Kübler-Ross, Wessler, & LV, 1972).

Denial: Client experiences denial or difficulty accepting a situation

Anger: Client experiences anger, expresses aggression

Bargaining: Client negotiates for the situation to be changed or for a cure

Depression: Client experiences sadness, as they are unable to change the situation

Acceptance: Client accepts situation and makes future plans

Culture

In studying for the NCLEX-RN you may be required to know transcultural theory on various health belief systems. To prepare develop a chart about some of the different health/ belief systems for the following religious cultural groups:

Catholic, Protestant, Jewish, Muslim, Hindu, Buddhist, Mormon, Christian Scientist, Jehovah Witness, Native Americans (Canada: First Nations people including Aboriginal, Metis & Inuit), folk healing amongst rural populations, complementary therapies.

Religion/ Culture	Basic beliefs	Dietary restrictions	Holy Days	Death and dying/ Health Beliefs
Roman Catholic	<p>Pope is the head of the church.</p> <p>Many practices are based on practices of Christianity</p> <p>Monotheistic</p>	<p>No meat on Friday's (optional).</p> <p>Encourage Fasting before Easter (Lent)- where individuals will generally only eat one meal a day in the evening.</p>	<p>Ash Wednesday</p> <p>Palm Sunday</p> <p>Good Friday</p> <p>Easter Sunday</p> <p>Ascension</p> <p>All Saints Day</p> <p>Immaculate Conception</p> <p>Christmas</p>	<p>Parish priest will perform baptism for fetus when it is born or child when near death; anointing of the sick during a terminal illness or immediately after death</p>
Protestant	<p>A term which applies to a large number of Christian groups.</p> <p>Monotheistic</p>	<p>May also participate in fasting for Lent</p>	<p>Lent-40 days before Easter</p> <p>Palm Sunday</p> <p>Good Friday</p>	<p>Consult individual regarding wishes for health practices</p>

	<p>Was initially formed as a group that broke away from the Roman Catholic religion.</p> <p>Bible is the source of authority for the church.</p> <p>Belief in one God.</p>		<p>Easter</p> <p>Christmas</p>	
Jewish	<p>Monotheistic</p> <p>Holiness is shown by way of the contract between God, Jews and the Law (Torah).</p> <p>Circumcision is performed on eighth day of life by a Mohel.</p>	<p>May require Kosher diet</p> <p>No pork/pork products</p> <p>Dairy products and meat are prepared separately and not served together</p> <p>No leavened food during Passover</p>	<p>Sabbath is sunset Friday to sunset Saturday</p> <p>Rosh Hashanah- New Year's</p> <p>Yom Kippur- Day of Atonement</p> <p>Passover- Festival of Freedom</p> <p>Hanuhkkah- Festival of Lights</p>	<p>Rabbi-teacher and spiritual leader in Synagogue and on request make pastoral visit and conduct final confessions.</p> <p>Burial occurs as soon as possible</p>
Muslim	<p>Monotheistic</p> <p>Members have five duties: faith, prayer, charity, fasting and pilgrimage to Mecca.</p>	<p>Food may be Halal (lawful) or Haram (unlawful)</p> <p>Often vegetarian but eats fish</p>	<p>Usually Fridays</p> <p>Prayers five times a day where they can face toward Mecca</p>	<p>Same sex caregivers are mandatory</p> <p>Only small portion of body should be uncovered</p>

	<p>Traditionally women are usually covered from head to ankles, or may be required to cover their heads/ hair; Men covered from waist to knees therefore hospital gowns require pants</p> <p>Circumcision is performed on all male children</p> <p>Women may need the consent of the head male family member before consenting to admission or treatment</p>	<p>No pork/pork products (or products from animals with cloven hooves), blood or carnivorous animal, no animal fat</p> <p>Meat is ritually slaughtered (Halal)</p> <p>No tobacco</p> <p>Usually uses the right hand to eat</p> <p>No food or drink from dawn to sunset during month of Ramadan</p>	<p>Hajj- Pilgrimage to Mecca: dates determined by Islamic lunar calendar</p>	<p>at a time</p> <p>Position a dying/deceased client towards Mecca</p> <p>Preparation of the body after death is done by family members of the same sex according to Muslim tradition</p> <p>Burial as soon as possible</p>
Buddhist	<p>A religion of understanding. Began in India in the 6th century BCE. Life is seen as an inevitable process of birth, aging, illness and death and liberation occurs by attaining Enlightenment or Nirvana</p>	<p>May be vegan, lacto-ovo-vegetarian or semi-vegetarian</p> <p>No alcohol or tobacco</p>	<p>Full moon day in May</p> <p>Buddha's birth, enlightenment and passing</p> <p>Prayers 5x/day</p>	<p>May wish for quiet place to mediate</p> <p>"Last rites" performed by Buddhist monk</p> <p>Prefer cremation</p>

Mormon	A Christian denomination that began in early 1800s. Young adults serve as missionaries for two years.	No tea or coffee No alcohol or tobacco Mostly fruits, vegetables, grains, little meat		Blessing of healing form elders may be requested Burial
Christian Scientist	Founded in 1879. Relies on spiritual means for healing through prayer and spiritual renewal.			Members decide individually what care they will accept Prefer to be free form the use of medications
Jehovah Witness	A Christian society, developed in 1879. Take a neutral stand and do not participate in politics or ward of any nations	Abstain from consuming blood from improperly drained foods.	Observation of Christ's death (coincides with the Passover)	No blood or blood product (exception may be individual and include: albumin, clotting factors, immune globulin)

<p>First Nations/ Native Americans</p>	<p>Composed of different religions, traditions and ways of knowing, dependent on tribe, region and history.</p> <p>Beliefs may be based on close relationship between physical, and spiritual realm and nature.</p> <p>Celebrations may be displayed by singing, dancing and storytelling of legends handed down from elders</p>	<p>Different communities may avoid different foods or drinks. E.g. Some communities avoided eating bear, rattlesnake and owls, the Navajo may avoid eating during an eclipse.</p>	<p>Feast Days (various times of year depending on the community). A way to come together and celebrate language, culture and religion.</p> <p>Some Native American Communities July marks the season of Spirit Dances.</p> <p>Days following a new moon may also be considered sacred in some communities.</p>	<p>Historically a healer known as a shaman or medicine man provided healthcare.</p> <p>Strong belief in the connection of the mind and the body often influenced healing practices.</p> <p>Death and dying rituals often involved the individual's ancestor's and request that ancestor's be present.</p>
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Complementary Therapy: For your Review

http://nccam.nih.gov/sites/nccam.nih.gov/files/CAM_Basics_What_Are_CAIHA_07-15-2014.2.pdf

http://www.cno.org/Global/docs/prac/41021_CompTherapies.pdf

References

Griffith, J.K. (2009). The religious aspects of nursing care. Vancouver, BC retrieved November 6, 2014 from:
<http://www.nursing.ubc.ca/AboutUs/documents/ReligiousAspectsofNursingCareEdition.pdf>