



# Mental Health Effects and Coping with COVID-19 Pandemic

Part 2: Loss and Grief

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## Learning Objectives:

1. Identify types of loss and grief.
2. Identify COVID-19 related causes of loss and grief.
3. Identify the stages of grief.
4. Discuss healthful ways to respond to COVID-19 related loss and grief

# **OBJECTIVE 1:**

Identify types of loss and grief



*“No one goes through life without experiencing loss and grief.”*

- Loss
- Grief
- Anticipatory Grief
- Complicated Grief
- Bereavement
- Mourning

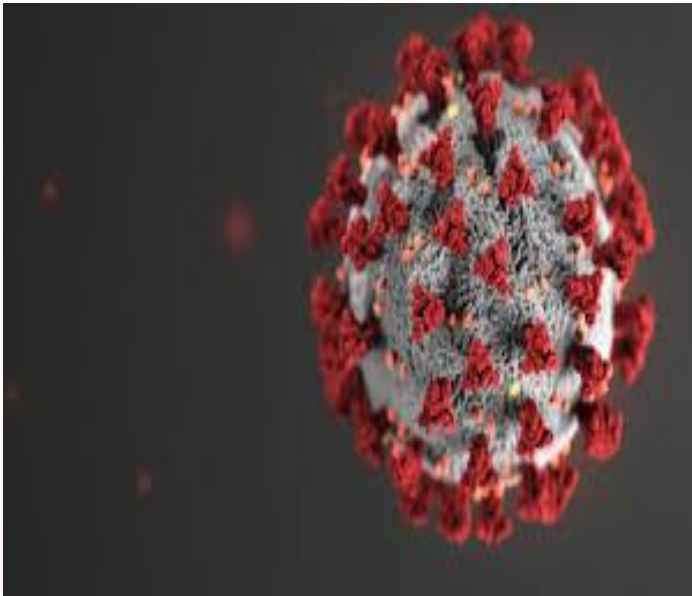


## **OBJECTIVE 2**

Identify COVID-19 related  
causes of loss and grief

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COVID-19:  
*It's more than a  
physical problem...*



## **Polling question:**

What types of losses  
have you experienced  
since the onset of the  
pandemic?

*“America is about to experience an unprecedented loss of life.”*

Emily Smith-Greenaway

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**OBJECTIVE 3:**  
Identify the stages of grief

# The Four Phases of Grief

by Bowlby and Parkes

Phase  
1

**Shock  
and  
Numbness**

**Yearning  
and  
Searching**

Phase  
2

Phase  
3

**Despair  
and  
Disorganization**

**Reorganization  
and  
Recovery**

Phase  
4

what's  
your  
grief?

# 5 Stages of Grief



PsychCentral.com



## **OBJECTIVE 4:**

Discuss healthful ways to respond to  
COVID-19 related loss and grief

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# Worden's Four Tasks of Mourning

To accept the reality of the loss.

TASK  
#1



TASK  
#2

To process the pain of the grief.

To adjust to a world without the deceased.

TASK  
#3



habits for wellbeing

Reference:  
Worden, W. (2009). Grief Counselling and Grief Therapy - A Handbook for the Mental Health Practitioner. New York, USA: Springer Publishing Company.

TASK  
#4

To find an enduring connection with the deceased while embarking on a new life.

To accept  
Experience the pain  
Adjust to the new  
Reinvent in reality

# POLLING QUESTION

Frankl's logotherapy (1984) **emphasizes that human beings cannot live fully unless they have a sense of purpose for their lives and an understanding of the ultimate meaning for their existence.**



What is your purpose? What is your meaning?  
Who are you (identity)? What really matters (values)?  
Where are you headed (purpose)?  
How do you live the good life in spite of suffering and death (happiness)?

# Q & A

## References

CDC. Coronavirus disease 2019 (COVID-19) Situation Report. Retrieved <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html> on April 9, 2020.

Miller, Jenesse (2020). Millions of Americans Could Lose a Parent or Grandparent to COVID-19. *USC News*. Retrieved from <https://news.usc.edu/167724/covid-19-death-family-parent-grandparent-grief-usc-research/> on April 10, 2020.

Information on Novel Coronavirus *New York State Office of Mental Health* Retrieved from [https://omh.ny.gov/omhweb/disaster\\_resources/pandemic\\_influenza/how\\_to\\_deal\\_with\\_grief.html](https://omh.ny.gov/omhweb/disaster_resources/pandemic_influenza/how_to_deal_with_grief.html) on April 9, 2020.

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WHO. Practical considerations and recommendations for religious leaders and faith-based communities in the context of COVID-19 Interim guidance 7 April 2020

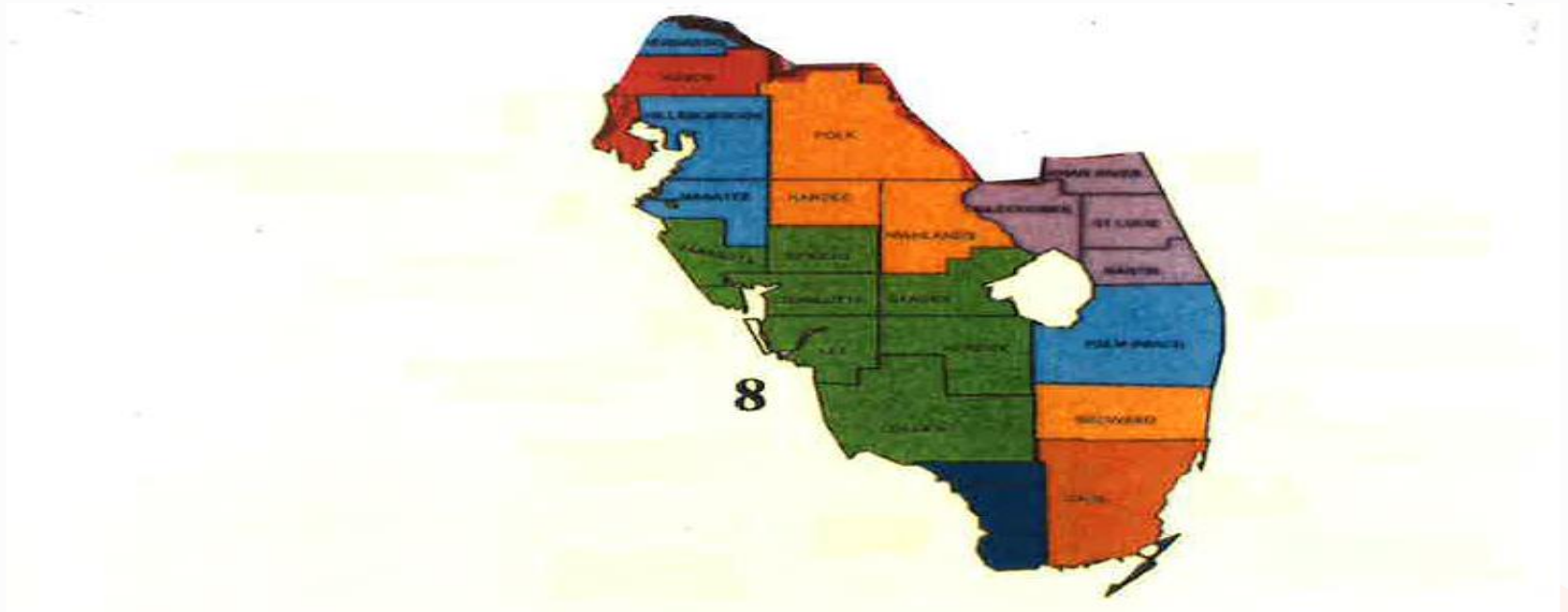
Wong, PTP (2008). Transformation of Grief through Meaning: Meaning-Centered Counseling for Bereavement. *Existential Psychology, Meaning Therapy, Writing*. Retrieved from <http://www.drpaulwong.com/transformation-grief-meaning/> on April 9, 2020.

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The AIDS Education and Training Center (AETC) Program is the training arm of the Ryan White HIV/AIDS Program. The AETC Program is a national network of leading HIV experts who provide locally based, tailored education, clinical consultation and technical assistance to healthcare professionals and healthcare organizations to integrate high quality, comprehensive care for those living with or affected by HIV.

# Florida Counties



The U.S. Department of Health and Human Services (DHHS) has released updated versions of its antiretroviral treatment guidelines for adults and adolescents, and for children with HIV. The new adult guidelines include revised recommendations for first-line antiretroviral therapy (ART) as well as management of treatment-experienced patients. The revised pediatric guidelines include a discussion of very early treatment for HIV-infected infants.

## References

HHS Panel on Antiretroviral Guidelines for Adults and Adolescents.

[\*Guidelines for the Use of Antiretroviral Agents in HIV-1-Infected Adults and Adolescents.\*](#) Updated April 8, 2015.

DHHS Panel on Antiretroviral Therapy and Medical Management of HIV-Infected Children. [\*Guidelines for the Use of Antiretroviral Agents in Pediatric HIV Infection.\*](#) Updated March 5, 2015.



# TRAINING OPPORTUNITIES

## Preceptorships

An intensive clinical training program offered to healthcare providers in Florida who have an interest in learning more about the diagnosis and management of HIV/AIDS, opportunistic infections, and co-morbid conditions. Each preceptorship is structured to meet the unique needs of the individual participant based on his or her previous experience, geographic location, and time available. Experience 4 to 240 hours of clinical training at adult, pediatric, obstetric, and/or family practice clinics where care is provided to HIV-infected patients. All training provided is consistent with current guidelines from the Department of Health and Human Services or other nationally recognized guidelines when available.

## Clinical Consultation

Individual and group clinical consultations are offered. Individual clinical case consultation is provided on the diagnosis, prevention, and treatment of HIV/AIDS and related conditions. These consultations take place by telephone, email or face-to-face meetings. Group clinical consultation with case-based discussions include information on pharmacology, clinical antiretroviral therapy updates, drug-drug interactions, and antiretroviral resistance.

**FOR MORE INFORMATION, PLEASE  
VISIT:**

**<http://hivaidsinstitute.med.miami.edu/partners/se-aetc>**

# National HIV/AIDS Clinicians' Consultation Center UCSF – San Francisco General Hospital

## **Warmline**

National HIV/AIDS Telephone Consultation Service  
*Consultation on all aspects of HIV testing and clinical care*  
Monday - Friday  
9 am – 8 pm EST  
Voicemail 24 hours a day, 7 days a week

## **PEPline**

National Clinicians' Post-Exposure Prophylaxis Hotline  
*Recommendations on managing occupational exposures to HIV and hepatitis B & C*  
9 am - 2 am EST, 7 days a week

## **Perinatal HIV Hotline**

National Perinatal HIV Consultation & Referral Service  
*Advice on testing and care of HIV-infected pregnant women and their infants*  
*Referral to HIV specialists and regional resources*  
24 hours a day, 7 days a week

HRSA AIDS ETC Program & Community Based Programs, HIV/AIDS Bureau  
& Centers for Disease Control and Prevention (CDC)  
[www.nccc.ucsf.edu](http://www.nccc.ucsf.edu)

# Need Additional Information?

## Contact the South FL SE AIDS Education and Training Center

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