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PII: S0885-3924(20)30207-4
DOI: https://doi.org/10.1016/j.jpainsymman.2020.04.012
Reference: JPS 10453

To appear in: Journal of Pain and Symptom Management

Received Date: 29 March 2020
Revised Date: 7 April 2020
Accepted Date: 8 April 2020

Please cite this article as: Wallace CL, Wladkowski SP, Gibson A, White P, Grief During the COVID-19 Pandemic: Considerations for Palliative Care Providers, Journal of Pain and Symptom Management (2020), doi: https://doi.org/10.1016/j.jpainsymman.2020.04.012.

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Grief During the COVID-19 Pandemic: Considerations for Palliative Care Providers

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GRIEF DURING THE COVID-19 PANDEMIC

Abstract

The COVID-19 pandemic is anticipated to continue spreading widely across the globe throughout 2020. To mitigate the devastating impact of COVID-19, social distancing and visitor restrictions in healthcare facilities have been widely implemented. Such policies and practices, along with the direct impact of the spread of COVID-19, complicate issues of grief that are relevant to medical providers. We describe the relationship of the COVID-19 pandemic to anticipatory grief, disenfranchised grief, and complicated grief for individuals, families, and their providers. Further, we provide discussion regarding countering this grief through communication, advance care planning, and self-care practices. We provide resources for healthcare providers, in addition to calling on palliative care providers to consider their own role as a resource to other specialties during this public health emergency.

Keywords: grief; COVID-19; end of life; loss; communication; self-care; advance care planning
Introduction

The COVID-19 pandemic has disrupted usual experiences of grief and modifications of approaches to support grief are needed. Uncomplicated grief encompasses multiple responses – emotional, cognitive, physical, and behavioral – that are common reactions following a loss(1). We are all currently susceptible to multiple losses daily—loss of financial security, loss of social/physical connections, and loss of autonomy to move freely in the world. Many individuals are also experiencing a loss of physical/mental health and general safety and autonomy. Others are isolated in facilities where, due to directives to limit physical contact, families are not allowed to visit. For many hospitalized patients, visitors are limited or prohibited, regardless of a COVID-19 diagnosis. For bereaved individuals, funerals and burials are postponed or held remotely, often without presence of family or the possibility of the warm embrace from loved ones. Social media feeds are full of devastating stories—families denied opportunities to say goodbye before a death, or loved ones saying goodbye over phone/video, uncertain whether each communication is the last. Clinicians are isolating themselves from their own families indefinitely due to worry about potentially spreading infection. Individuals are urgently updating advance directives and wills, making complex decisions on ventilation and resuscitation, and considering who will care for their children if they die. Grief is inherently a normal part of this myriad of COVID-19 experiences. Here, we provide discussion to help palliative care providers consider important aspects of grief related to the pandemic, how key practices of advance care planning, quality communication, and provider self-care can help mitigate that grief, and the necessary role of palliative care in serving as a resource to other specialties amid this pandemic.

Grief in Context

The complex and rapid changes from COVID-19 impact processes which are best
understood through a lens of grief (see Table 1). Traditionally, anticipatory grief is the normal mourning that occurs for a patient/family when death is expected(2). With the number of COVID-19 deaths currently doubling within days(3), medical personnel are expecting to experience death at unprecedented rates. Viewing maps of global spread, individuals can anticipate the virus coming closer, increasing distress. Experiences of death become more personal as COVID-19 affects communities broadly. Anticipatory grief results from uncertainty as well as trying to make sense of what is coming. In response to these projected numbers, hospitals are preparing and planning for a surge of patients with potential limitations in necessary equipment, such as personal protective equipment (PPE), ventilators, and intensive care unit (ICU) beds. For patients and families, there can be unsettled feelings of not knowing how disease will progress or how they will be impacted by changing hospital and facility policies. These experiences that occur before death have a lasting impact on grief experiences of loved ones and providers alike(4-6).

In response to the spread of the COVID-19 pandemic, communities have begun implementing large-scale “stay-at-home” orders, which in many cases are mandated by local or state leaders. Hospitals and other facilities are limiting or banning the physical presence of visitors. As deaths occur, the physical, mental, and social consequences of isolation of social distancing may impact the potential for complicated grief (CG). While clinicians should not assume that all patients or family members are experiencing CG now during the height of the COVID-19 pandemic, it is important to understand how current circumstances may set the stage for CG to occur following death. CG can present symptoms such as recurrent intrusive thoughts of the person who died, preoccupation with sorrow including ruminative thoughts, excessive bitterness, alienation from previous social relationships, difficulty accepting the death, and
perceived purposelessness of life(7). Under usual/pre-COVID-19 circumstances, family
members of patients who died in the hospital or intensive care unit were at a higher risk for
prolonged grief(8). In one national survey, the dying patient's inability to say ‘goodbye’ to
family before death was significantly associated with CG(4). Other studies show that severe pre-
loss grief symptoms(5), lower levels of social support(5), lack of preparation for the death(6),
and guilt(9) predicted CG and post-loss depression—all relevant factors in facing death in the
context of the COVID-19 pandemic.

The type(6) and volume(10) of losses a person experiences also impacts the bereavement
process and likelihood for CG. Due to COVID-19, it is not uncommon for families and
communities to experience multiple losses given the methods by which the disease spreads. In
one study among home hospice patients, nearly half experienced high anxiety and/or depression
during the last week of life(11). However, symptom management and quality of care at end of
life is generally better in hospice compared to hospital deaths(8), suggesting that anxiety and
depression may be even higher at the end of life in hospitals. This seems particularly likely with
additional context that deaths during this time may be complicated by ethical decisions in
triaging resources(12), quick transitions between ‘ill’ and ‘dying’ in previously healthy patients,
and limitations in visitors who can be physically present at the bedside. While research cannot
yet report on psychologic processing at end of life during social isolation of the COVID-19
pandemic, one can reasonably extrapolate that many are dealing with higher levels of
anxiety/depression during this uncertain time. These likely contribute negatively to the quality of
the dying experience, which predicts experiences of CG(6).

Individuals may also feel they are experiencing disenfranchised grief, when grief is not
publicly mourned or socially sanctioned by the larger community(13). For example, when an
individual has not followed the social or mandated "rules" to limit exposure and becomes infected or spreads illness to others, feelings of blame, anger, and sadness, among others, will be entwined with their experience of loss of health. This experience is heightened as language used in society and media presents an emotional distance to whom will contract and/or die from COVID-19 infection. Patients can experience intense guilt and self-blame as some perceive only older adults and the immunocompromised are at risk for infection or severe outcomes. Bereaved individuals may grapple with the fact that the person they lost was so much more than a statistic and have difficulty fitting their grief within these societal messages. Disenfranchised grief can also occur when families are unable to grieve in traditional practices of funeral services or being unable to attend a loved one’s burial. Many funeral and burial providers have discontinued services during the pandemic, or greatly limited the number of attendees along with other restrictions, minimizing options families have for mourning the loss of a loved one.

Though much of the grief outlined above is focused on that of patients and families, the experiences of providers must also be considered. During times of crises, many providers rely on strategies of avoidance or compartmentalization to continue treating patients, which can lead to unresolved grief(14). It is common for persons helping with response efforts to experience secondary traumatic stress (STS), a stress response that can occur as a result of knowing or helping a person(s) experiencing trauma. Symptoms include excessive worry and fear, feeling ‘on guard’ all the time, recurring thoughts, and physical signs of stress(15). Within the additional context of challenging ethical decisions and impacts of new policy decisions, moral distress may be another common experience for providers. Moral distress is “the physical or emotional suffering that is experienced when constraints (internal or external) prevent one from following the course of action that one believes is right”(16). Moral distress is a significant issue facing
critical care providers and is associated with burnout, where providers experience emotional exhaustion and depersonalization, or even dehumanization, of the patients and families in their care(17). Personal challenges away from work, such as decisions to isolate oneself from personal support systems to limit risk of exposure, or feelings of guilt for those who are quarantined due to overt exposure or their own diagnosis, may cause additional grief for providers.

**Recommended Practices to Mitigate Grief**

With COVID-19 contributing to increasingly difficult circumstances and the potential for amplified grief, healthcare clinicians need tools and resources to mitigate that grief for patients/families and to cope with and process grief for themselves. Quality communication, advance care planning (ACP), and provider self-care are three recommended practices that can assist now in addressing this changed landscape of grief. Table 2 outlines relevant resources across these recommended practices.

With the likelihood of fewer (or no) family allowed to visit, clinicians must be open to having honest conversations while exploring ways to offer connection. Helping prepare for likely death is a critical part of anticipatory grief work, particularly because lack of preparedness is associated with post-death CG(18). Anticipatory grief work with families is a crucial component in effective ACP(19), as participation in ACP can enhance outcomes for families during the bereavement period(20). Communication-based management, including recognizing, responding, and validating emotional responses, is one key strategy for addressing anticipatory grief among critically ill patients and their families(2). Patients and families who are provided opportunities for cognitive and emotional acceptance of death show better outcomes in quality of life for bereaved family members six months following the loss(21).
Additionally, EOL decisions inherently impact the grief experience for all involved(13) and critical decisions are being made daily for individuals facing COVID-19 infection diagnoses. Clinicians must be ready to approach these difficult and uncertain conversations directly and should not shy away from discussing emotions, grief, and overall patient and family distress during ACP conversations(22). Ideally, ACP conversations should occur early with the goal of avoiding unwanted/unneeded hospitalizations and intensive treatment(23). However, the rapid clinical decline of moderate/severe COVID-19 infection presents unprecedented urgency in discussing goals of care, especially with older patients with chronic disease(24).

ACP with patients within weeks/days of life expectancy should also include discussions of desired spiritual practices and funeral/memorial(25). For caregivers, the unpredictable trajectory of illness, practical and emotional preparedness for death, and coping with fear of unknown factors and a future without the care recipient all contribute to tension between the present and an uncertain future(18). Connecting patients/families to resources to help them consider post-death planning needs and providing additional grief support is important. While forced to disengage from traditional funeral and burial services during the COVID-19 outbreak, many are turning online to telecommunication-based alternatives, which can be an effective means of extending services(26). Additionally, many licensing boards have been temporary lifting restrictions on how licensed professionals can facilitate telehealth and remote services.

Healthcare clinicians are often trained to put aside their own feelings and emotions to put patient well-being and care first. During a time of a crisis this focus can be amplified, and the concept of self-care may feel counterintuitive. However, dealing with the personal thoughts and emotions that arise during care is pertinent to providing ongoing ethical care for patients and families(27). This self-awareness, or the ability to attend to the needs of the patient, the overall
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work environment, and one's own subjective experience, can enhance the role of self-care in
overcoming accumulated stress and grief in providers(28). In fact, personal awareness, along
with inner and social self-care, is positively associated with a health care professional’s ability to
cope with death in their professional setting(29). Self-care is of utmost importance to minimize
potential for long-term outcome effects so that providers are able to continue caring for patients
during this unprecedented strain on the health care system(30). Some self-care strategies to help
individuals cope with stress during an event include: being able to take breaks and disconnect
from the disaster event, feeling prepared and informed in facilitating their response role, being
aware of local resources and services to refer patients to for additional recovery assistance, and
having adequate supervision and peer support while facilitating response(31) (see Table 2).

Conclusion

Grief is an ongoing and important factor of the COVID-19 pandemic that affects patients,
families, and medical providers. Some grief processes are novel related to social
distancing/isolation, uncertainty/self-blame related to infection, and inability to implement usual
burials/funerals. Others are typically experienced near end of life but are occurring on an
unprecedented scale that has the potential to have devastating individual/societal effects in the
short- and long-term. Based on their training and expertise in working with patients near EOL,
palliative care providers are perfectly positioned to serve as a resource to their colleagues in
other specialties(32). Understanding the complexities of this grief, in addition to accessing and
sharing resources for improved communication, telehealth, ACP, and self-care, are important
components to supporting patients, families, colleagues, and ourselves.

AUTHOR DISCLOSURE/CONFLICT OF INTEREST STATEMENT

No competing financial interests exist.
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| CHANGES DUE TO COVID-19 | IMPACT | CONTEXT OF GRIEF | RECOMMENDATIONS |
|------------------------|--------|------------------|-----------------|
| **Pandemic/Spread of Disease** | Fear, worry, anticipation of spread  
Multiple losses in families; communities; long-term care facilities  
Individuals consider updates to advance directives – considerations for ventilation and resuscitation | Anticipatory grief for community – will someone I love be affected? When will the spread reach MY community?  
Anticipatory grief for medical personnel – planning for the ‘surge’ | Preparing patients/families for a likely death is critical part of anticipatory grief work, which can impact likelihood for complicated grief. Utilize communication-based management, including recognizing, responding, and validating emotional responses, to address anticipatory grief(2).  
Approach difficult conversations directly and do not shy away from discussing emotions, grief, and overall patient and family distress during advance care planning conversations(22).  
During advance care planning, include discussions of desired ritual or spiritual practices and funeral/memorial plans(25).  
Connect patients/families to resources to help them consider post-death planning needs and provide/refer to additional grief support through telehealth services.  
To enhance the role of self-care in overcoming accumulated stress and grief in providers, practice self-awareness (28).  
Some self-care strategies to help individuals cope with stress during an event include: being able to take breaks and disconnect from the disaster event, feeling prepared and informed in facilitating their response role, being aware of local resources and services to refer patients to for additional recovery assistance, and having adequate supervision and peer support while facilitating response(31). |
| **Social Distancing or “Stay at Home” Orders** | Loss of financial security, loss of social/physical connections and support, loss of autonomy to move freely in the world  
Limitations in Visitors or Banning physical presence of family at bedside (in hospitals, long-term care facilities)  
Survivors must quarantine based on exposure to loved one  
Changes to end of life practices – how patients/family communicate/say goodbye; communication between patients & providers, between families & providers; Delays and limitations to funerals and/or burials | Overall, grief is an inherent part of our experiences due to the breadth of losses individuals are experiencing to ‘normal’ life.  
Increase in likelihood for complicated grief (CG) for bereaved family based on impact as the following factors are associated with CG – inability to say ‘goodbye’(4), pre-loss grief symptoms(5), lower levels of social support(5), lack of preparation for death(6), guilt(9).  
Disenfranchised grief can occur when an individual does not follow social/mandated ‘rules’ and becomes infected or spreads illness.  
Disenfranchised grief can occur when families are unable to grieve with normal practices of social support and rituals in burial and funeral services. | |
| **Increase in deaths, overburdening of hospital systems** | Ethical considerations – Triaging of resources, consideration of DNRs  
Providers may choose to isolate themselves from personal support systems to limit risk of exposure to family  
Guilt may be experienced by professionals who are unable to work due to exposure/contraction of COVID-19 | Anticipatory grief for patients, families, providers – experiences that occur before death have lasting impact on grief(4-6)  
Quality of the dying experience can impact occurrence of complicated grief in bereaved family.  
Potential for moral distress or secondary traumatic stress in medical personnel – use of avoidance, compartmentalization can lead to burnout and unresolved grief(14). | |
| Organization, Author(s) | Title (with hyperlink) | Purpose/Description |
|------------------------|-----------------------|---------------------|
| **Communication**      |                       |                     |
| Vital Talk             | COVID-Ready Communication Skills(33) | Practical advice on how to talk about difficult topics related to COVID-19 |
| Serious Illness        | Specific phrases and word choices that can be helpful when dealing with COVID-19(34) | Resources include: helpful responses during times of restrictive visiting; Guide to virtual family meetings; End-of-life topics that may arise; Supporting staff; Team support |
| Conversations – Kelemen, Altilio, & Leff | SWHPN – Halpern | Working with families facing undesired outcomes during the COVID-19 crisis(35) |
| SWHPNa – Halpern       |                       | Tip sheet of suggestions and considerations when communicating with families |
| **Telehealth Guidance** | CAPCb | CAPC COVID-19 Response Resources(36) |
|                        |                       | Toolkit includes communication tips, symptoms management protocols, palliative care team tools, using telehealth, among other resources |
|                        |                       | Resources include: those to help clinicians have conversations about treatment preferences before a medical crisis; Tools to support specific treatment decisions in high risk individuals (CPR, Breathing assistance – Ventilator, User guide); Resources for high risk individuals and their agents/loved ones |
| Respecting Choices     | COVID-19 Resources(37) | Includes information related to likelihood of survival, along with symptoms, statistics and facts. The tool also prompts a ‘decision point’ about advance directives |
| **Advance Care Planning** |                       |                     |
| NHPCOc                 | COVID-19 Shared Decision-Making Tool(38) | A complete approach to discussing and documenting care choices; document meets legal requirements for directives in 42 states |
| Aging with Dignity – Five Wishes | Five Wishes Advance Directive(39) | Provides tips and resources for reducing stress |
|                        |                       | Includes information on: Preparing for a response; Understanding and identifying burnout and secondary traumatic stress; Getting support; Self-care techniques; and Resources |
| CDCd                   | COVID-19: Stress & Coping(40) | Includes Self-Care tips, videos and presentations, articles, and other resources |
| Self-Care              | Emergency Responders: Tips for Taking Care of Yourself(15) | Includes foundational information about self-care; Self-care assessments, exercises, and activities; and Resources for developing a self-care plan (including for use during an emergency) |
| AAHPMe                 | Resilience and Well-Being(41) |                     |
| University of Buffalo, School of Social Work | Self-Care Starter Kit(42) |                     |

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