

# "Bereavement Care - building an integrated approach in Ireland"

Orla Keegan, April 21 2021

**[www.hospicefoundation.ie](http://www.hospicefoundation.ie)**

- Our Vision

is an Ireland where people experiencing dying, death and bereavement are provided with the care and support they need.

- Our Mission

is to work towards the best end-of-life and bereavement care for all.

# Death and bereavement in Ireland

## Deaths



30,000 annually



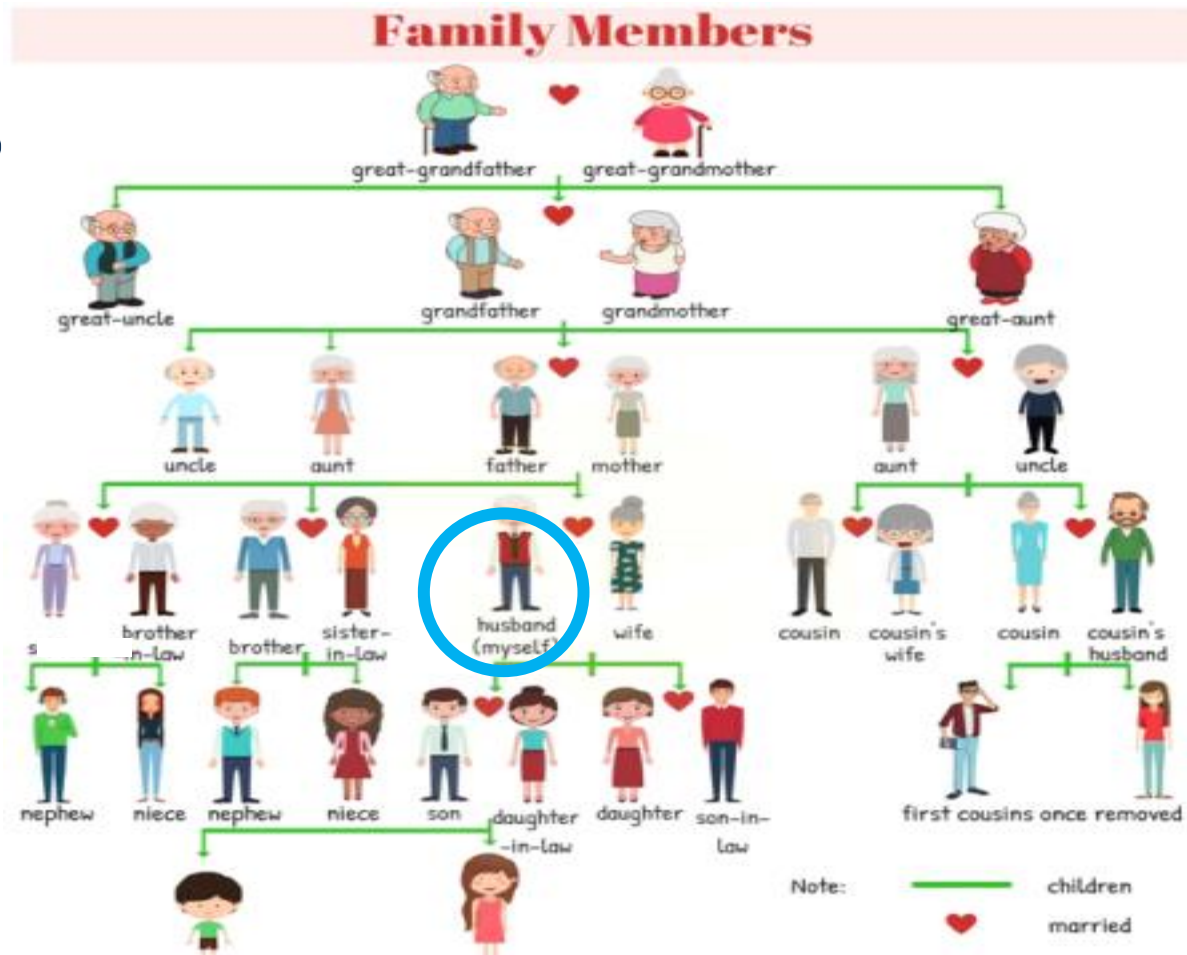
POPULATION  
4,803,748

DEATHS  
per **year**  
30,484

DEATHS  
per **day**  
80







Friends

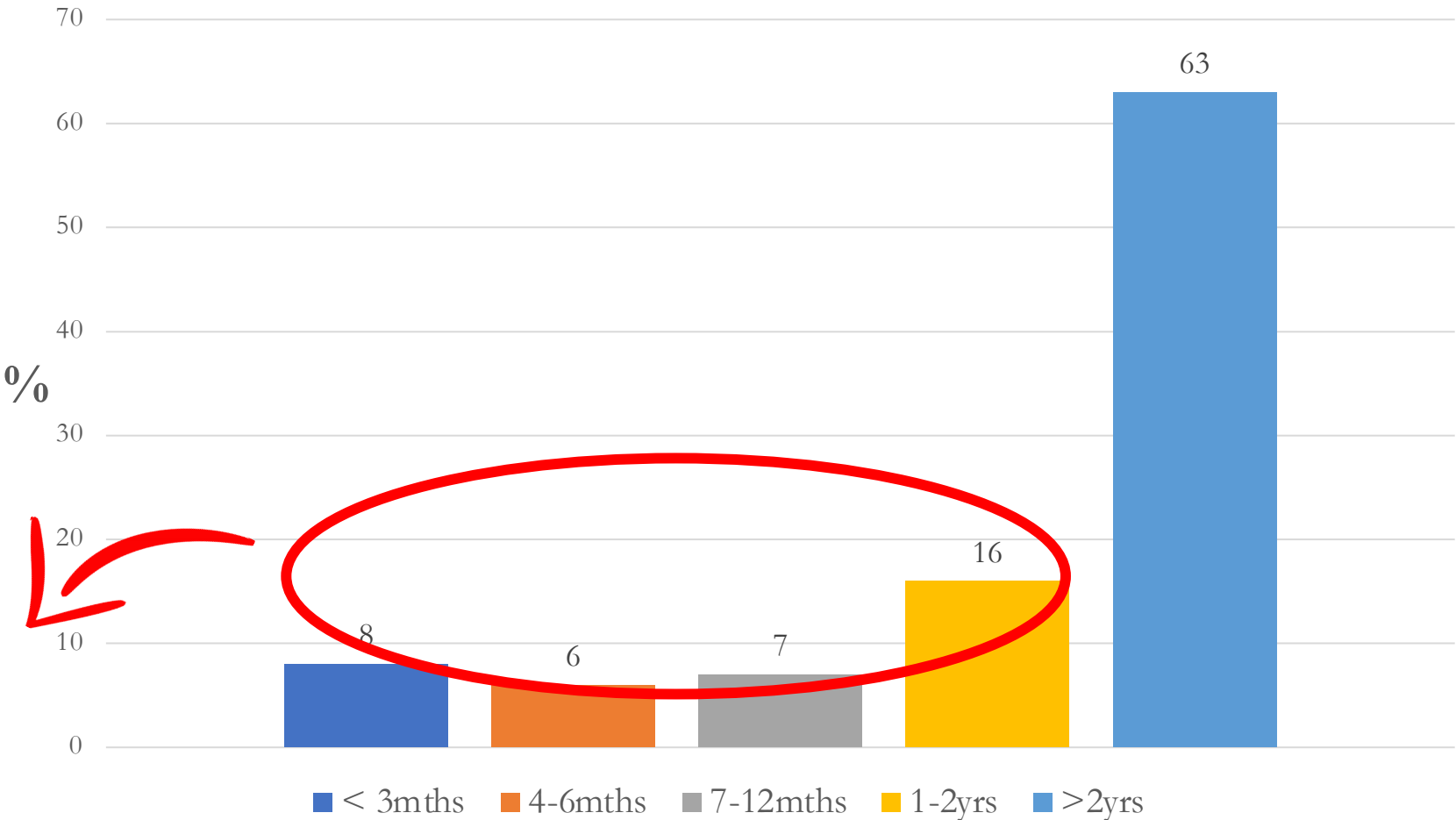


Work colleagues

RESULTS



How long ago was the most recent death  
(of someone close to you) (n=767)?

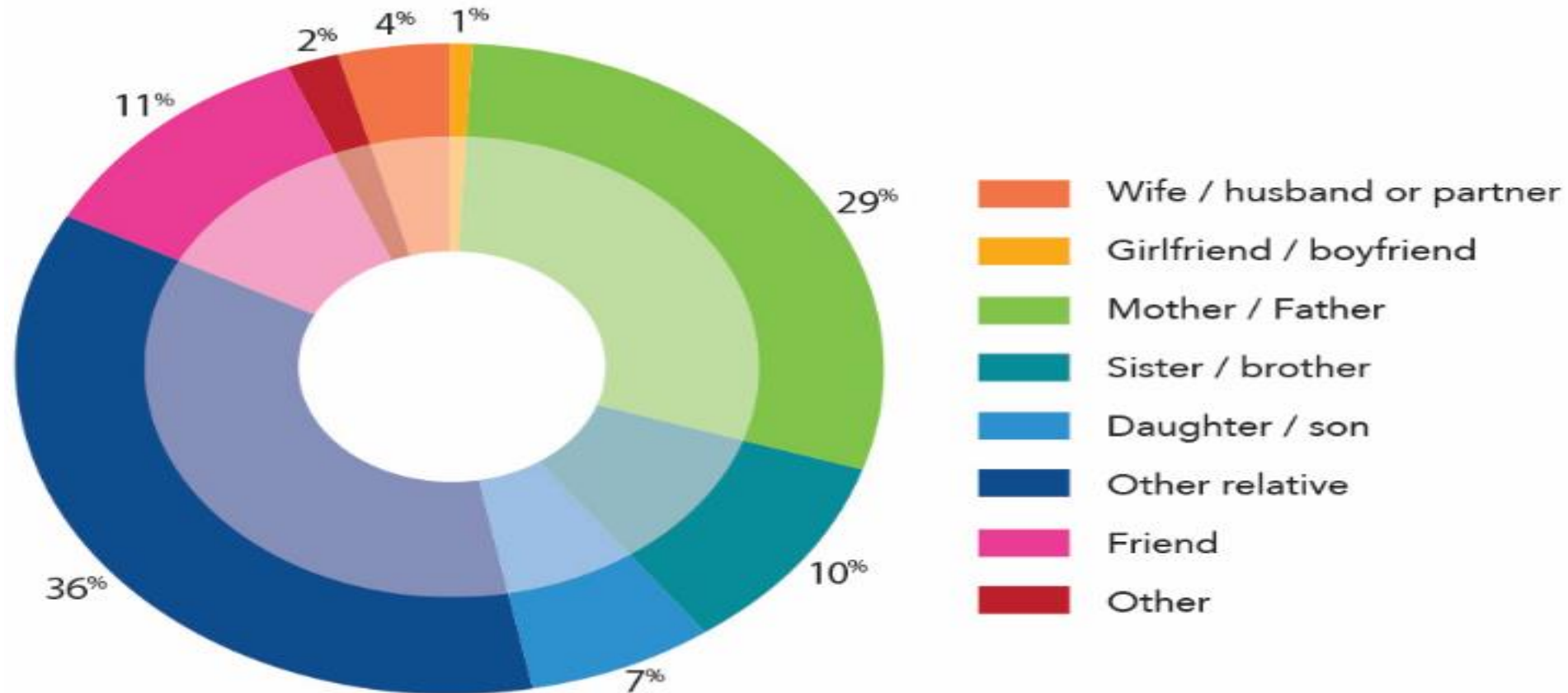


37%



(767/908)

### Relationship to the deceased (Full sample)



# Death and bereavement in Ireland

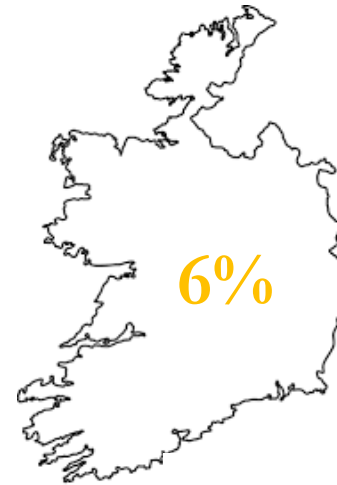
## Deaths



30,000 annually



## Bereaved



Assuming 10 people  
impacted by each  
death 300,000 annually

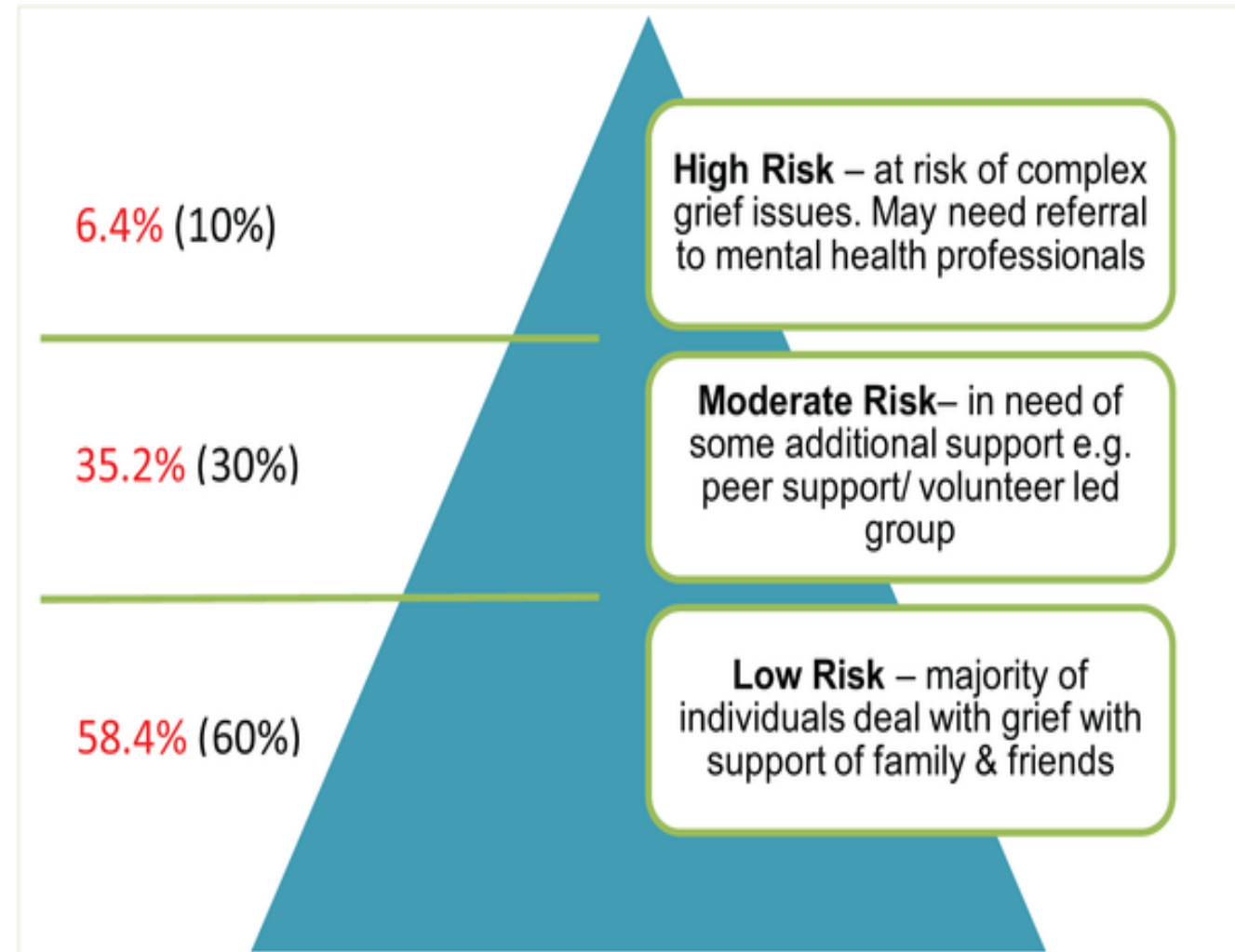


Irish  
Hospice  
Foundation

## **Translating a public health approach to bereavement... A work in progress**

- Attempt to understand the national shape, the lifecycle, and experience of bereavement in Ireland
- Identify sources and experience of support
- How can experience, research and expertise come together? Working collaboratively across sectors
- Develop a shared map to understand bereavement needs and develop appropriate responses)





Aoun SM, Breen LJ, Howting DA, Rumbold B, McNamara B, et al. (2015) Who Needs Bereavement Support? A Population Based Survey of Bereavement Risk and Support Need. PLOS ONE 10(3): e0121101.

<https://doi.org/10.1371/journal.pone.0121101>

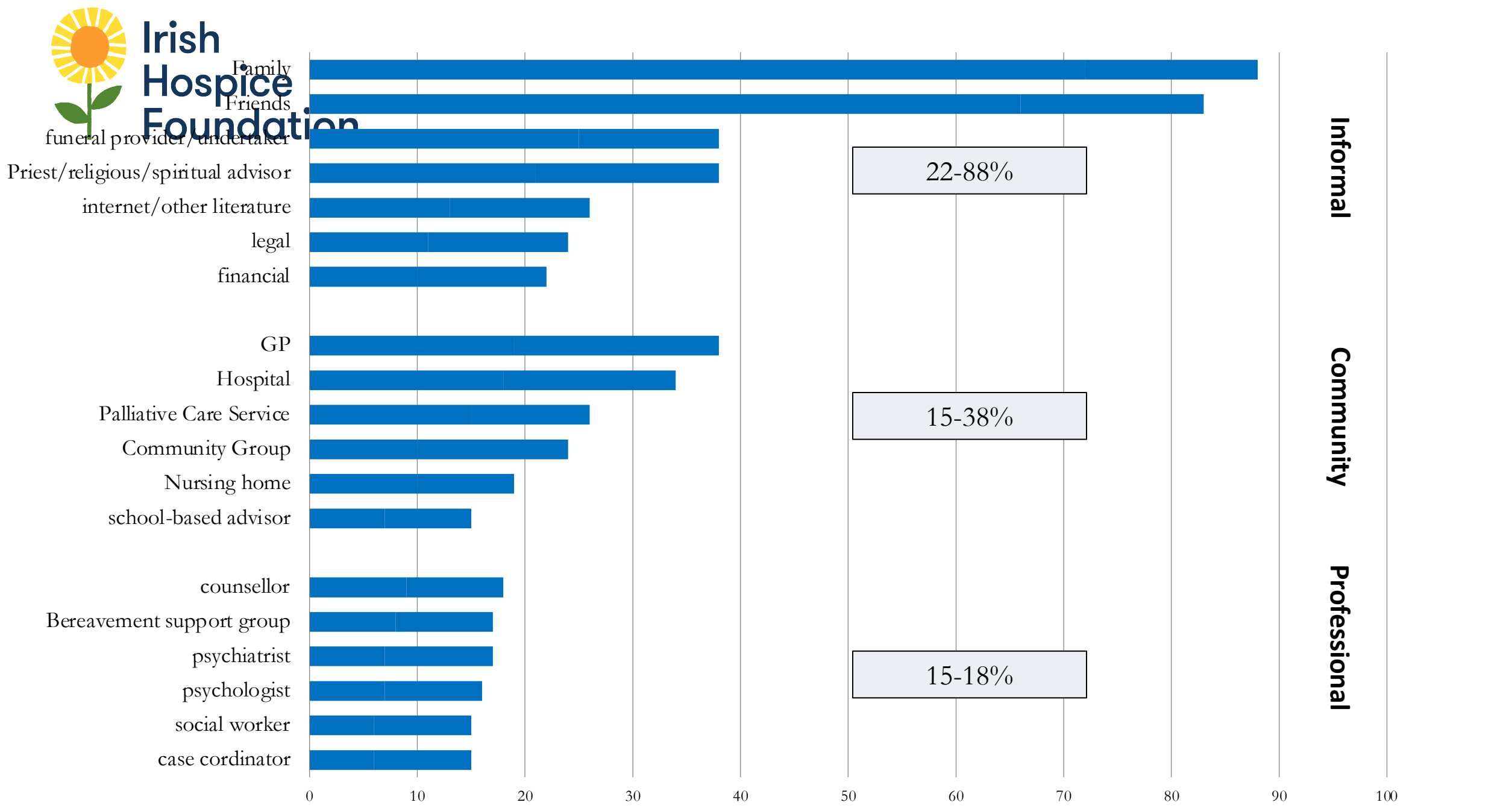
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121101>

# Terminology

- Component 1, Component 2, Component 3 (NICE, 2004)
- Primary, secondary, tertiary (Schut & Stroebe, 2005)
- Universal, Selective, Indicated (Currier et al, 2008)
- Level 1, Level 2, Level 3 (Aoun et al 2015)

RESULTS

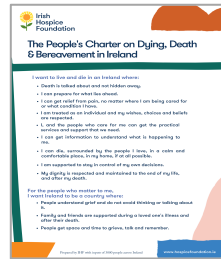
SUPPORT ACCESSED AFTER THE DEATH (Full sample)



# Developing a Framework for ADULT Bereavement Care



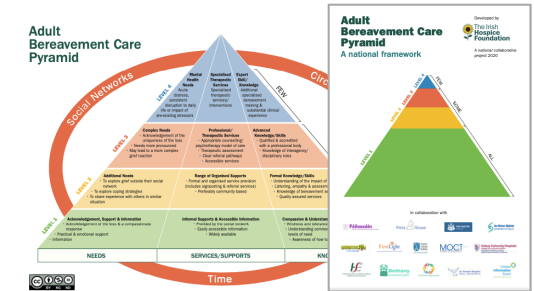
Survey



Charter



National Forum



Developed Framework

2016

2017

2018

2019

2020



Report

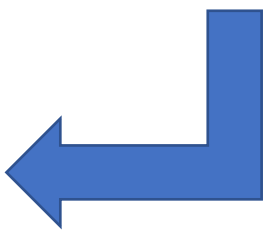
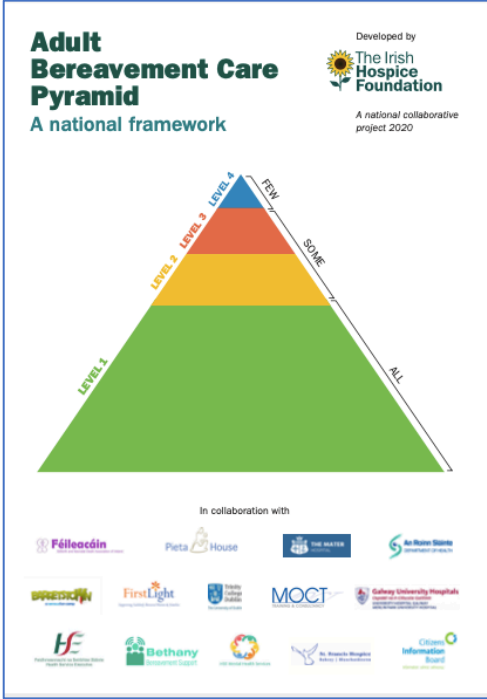
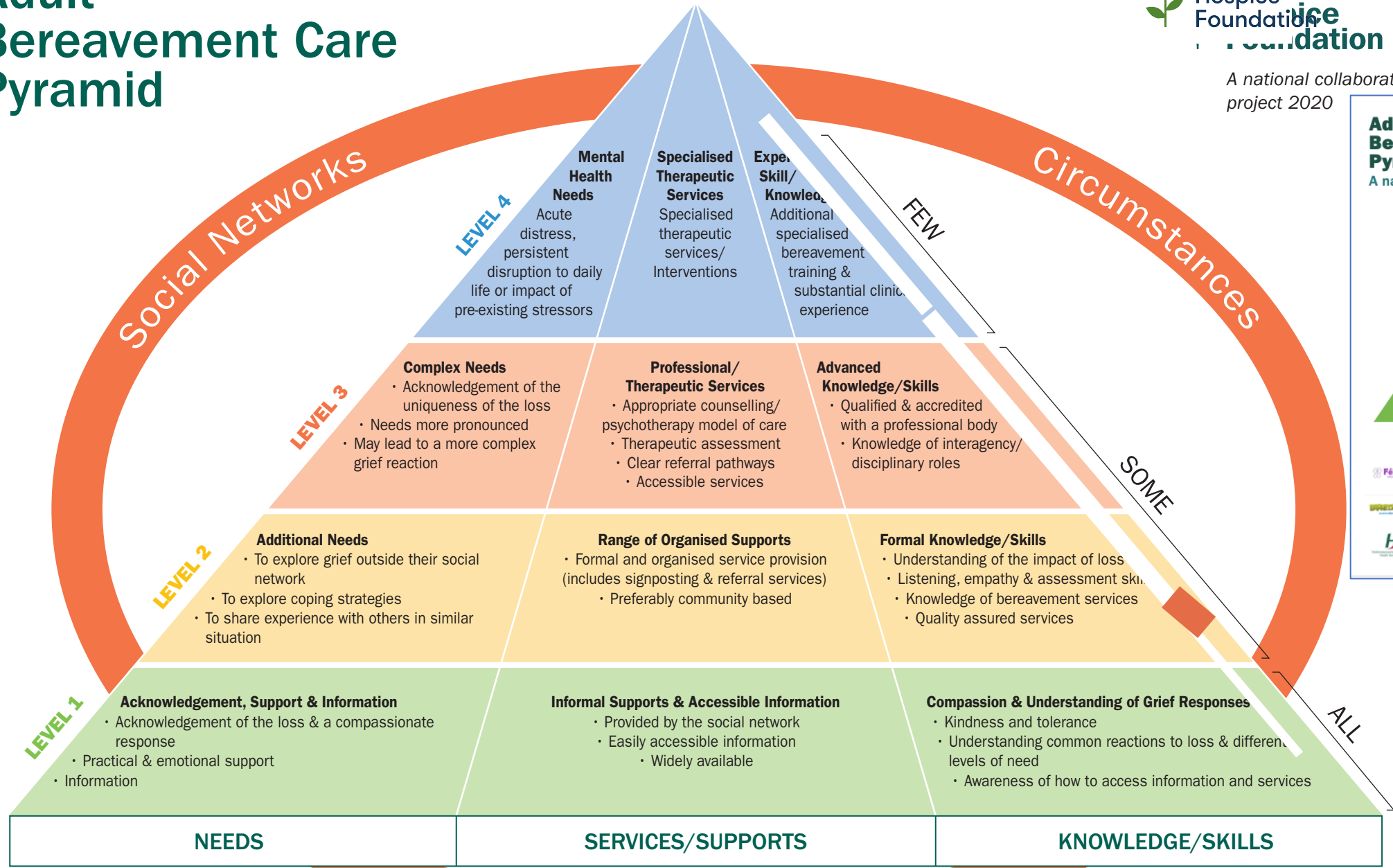


Framework Project Committee



# Adult Bereavement Care Pyramid

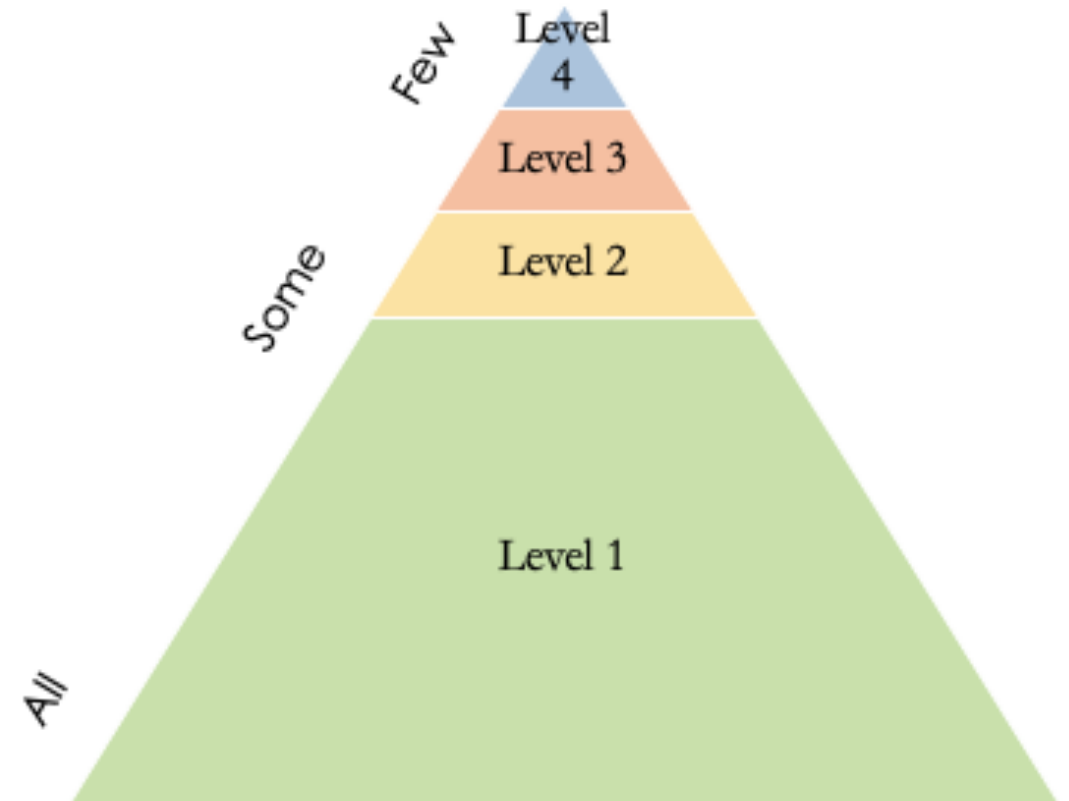
A national collaborative project 2020





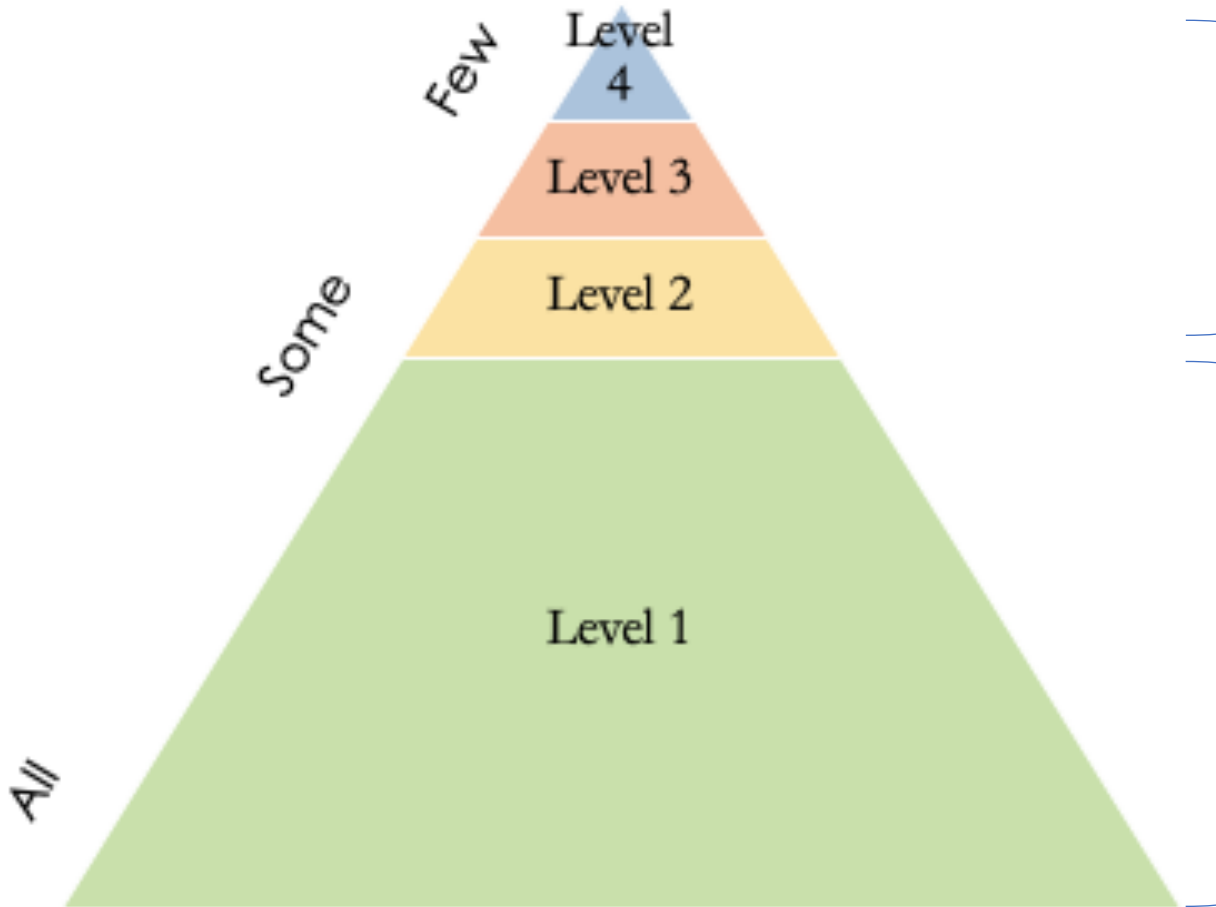
# How can the framework help enhance bereavement care in Ireland?

- Service planning (national & regional level)
- Inform policy



# Provides a structure to view service provision

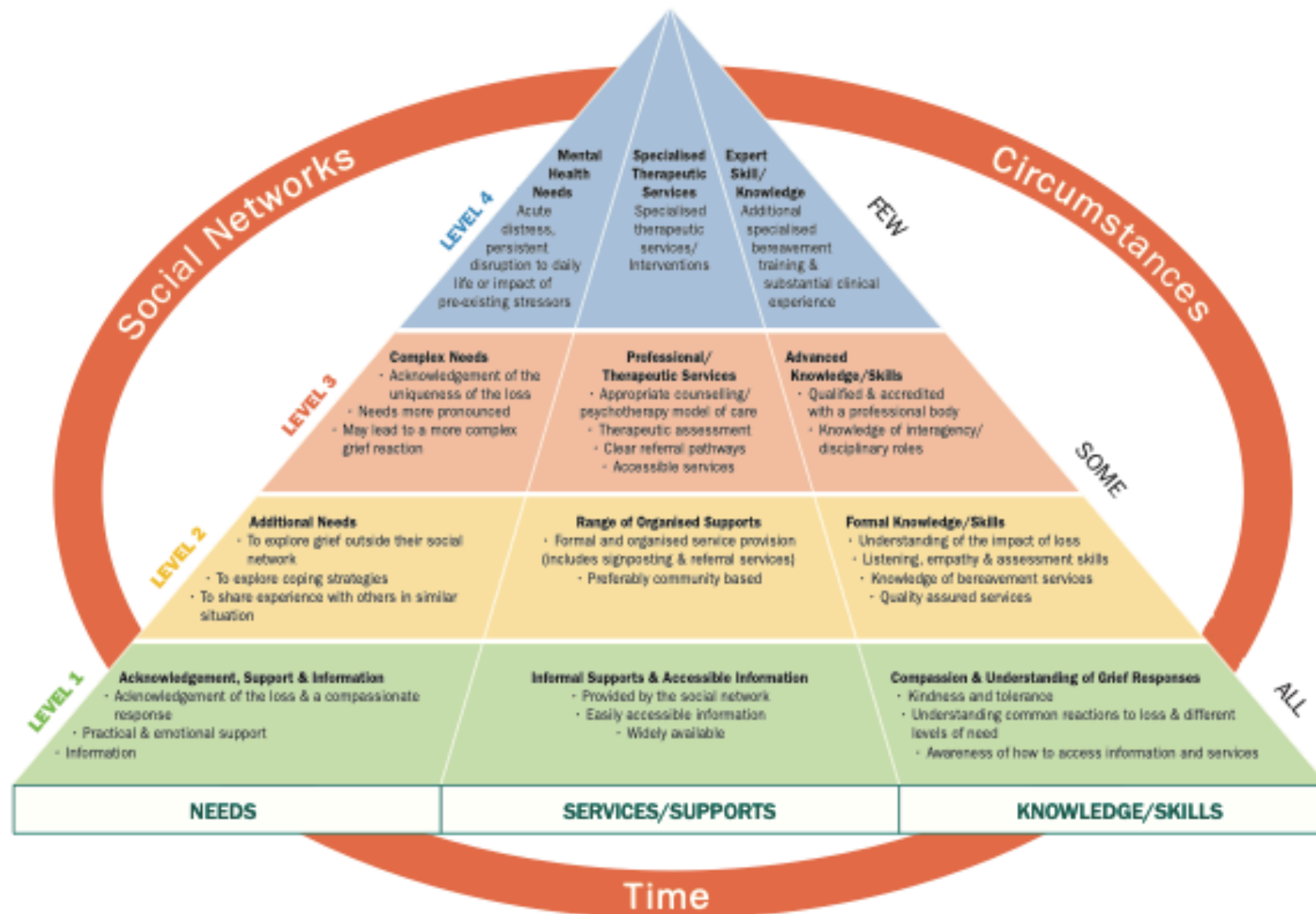
- at a national and regional level -



- Equity of access / referral pathway
  - Assessment (matching need with level of service provision)
  - Standards
  - Skills / training / education
- 
- Accessibility
  - Quality
  - Widely available

# How can the framework help enhance bereavement care in Ireland?

- Service planning (national & regional level)
- Inform policy
- Professionals (place themselves within the framework of care)



**And then..... March 2020**

**C****VID-19**









# Our Covid response

- Public information and dissemination
  - Care and Inform, grieving in exceptional times
- Bereavement Support (Psychological First aid + Bereavement model)
  - National bereavement support line with Health Service Executive
- Integrating the voluntary effort/ supporting services
  - Fortnightly webinars – statutory and voluntary sector
  - Greif at work/ staff support
- covid-specific research briefings weekly from Therese Brady Library @IHF
- Education and training – online shift
- Advocacy and collaboration May 2020
- <https://hospicefoundation.ie/wp-content/uploads/2020/12/Advocacy-Priorities-2020-forward.pdf>
- Planning
  - **Future needs and resources**
  - **Skill deficits**



**Irish  
Hospice  
Foundation**

<https://hospicefoundation.ie/covid19-care-and-inform/>

## **Our COVID-19 Care & Inform hub is divided into 3 sections:**



### **Grieving during COVID-19**

Continuing COVID-19 restrictions mean some of the ways we traditionally mark



### **Resources for healthcare**

Information, resources and advice for staff to support working in end-of-life

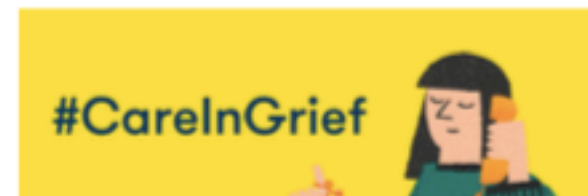
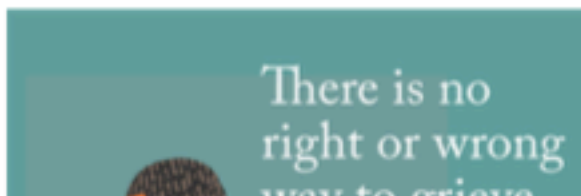


### **Support for carers**

Caring for a loved one who is near the end of life can be particularly



Telephone support line with our  
Health Service Executive





# Irish Hospice Foundation



## Draft bereavement pathway V2

Few  
(? 10% - 25%)  
9 + mths

### Level Four

Complicated grief therapy or CBT appropriate

SOME  
6-24Mths

Level Three b  
Bereavement counselling/therapy 6-12 sessions

Assess & Review

Existing service  
(GP/ Mental Health)

National Service (eg NCS, CIPC)

Panel

SOME  
0-6 Mths

Level Three a  
Brief therapy 1-6 sessions

SOME  
0-6 mths

Level Two  
Brief crisis focused intervention 1-3 sessions

Level Two  
Community bereavement support

Request more support

ALL

### Level One

Telephone support

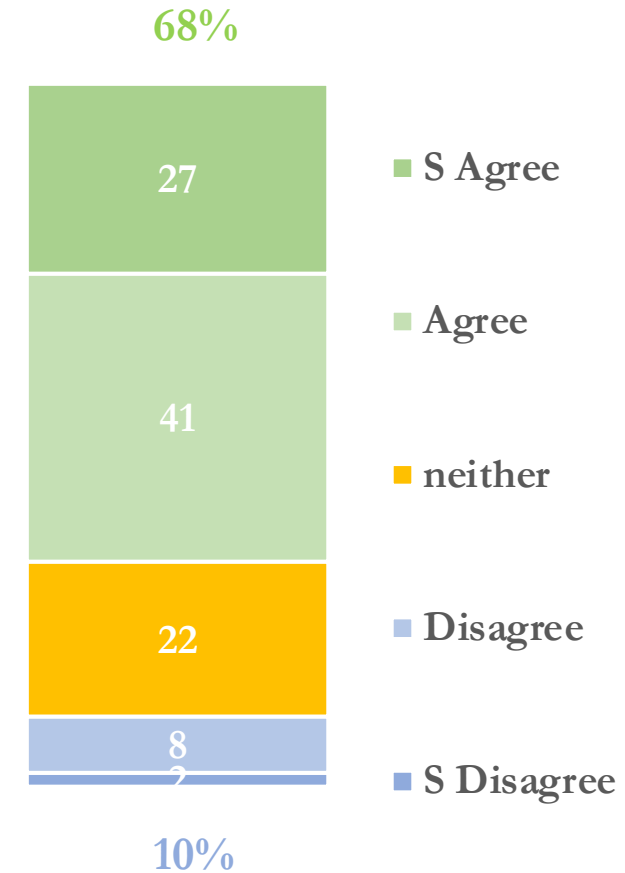
Distress; Disorganised thought or affect

GP/ mental health/ A&E



# COVID-19

COVID 19 has made  
Irish Society rethink  
the way it deals with  
death and  
bereavement



# Planning

- Health Service Executive Psychosocial response to the Covid-19 Pandemic
  - Ensure a public health/ evidence approach is taken
- Irish Childhood Bereavement Network - schools

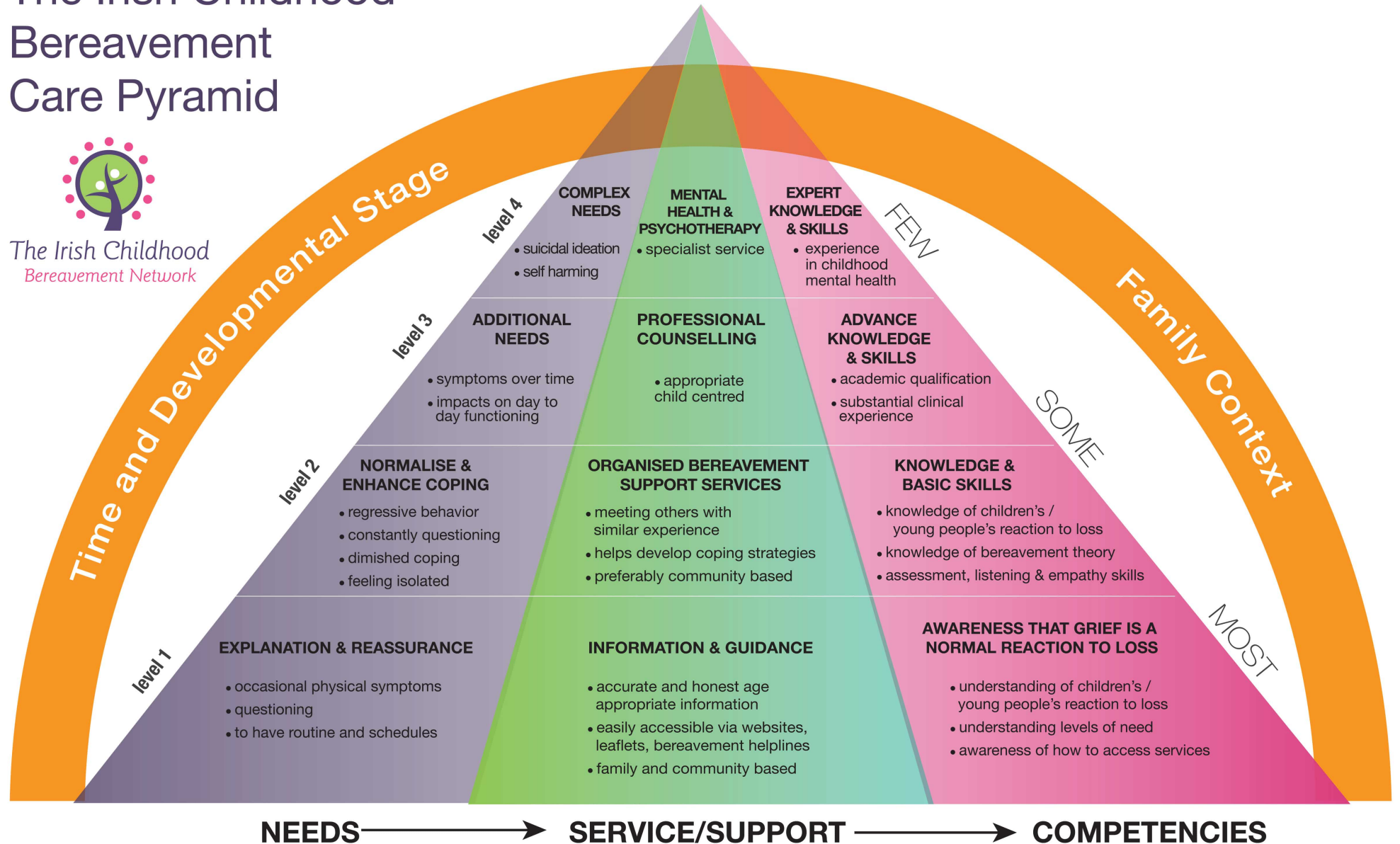


**Irish Hospice Foundation**

# The Irish Childhood Bereavement Care Pyramid



The Irish Childhood Bereavement Network



# **HSE** **Psychosocial** **Response to** **the Covid-19** **Pandemic**







The Irish Childhood  
Bereavement Network

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## Talking to Children About Grief

The first steps... sharing difficult news with  
children.



MSc Loss & Bereavement

MSc Loss & Bereavement (Counselling)









- Aoun SM, Keegan O, Roberts A, Breen LJ. The impact of bereavement support on wellbeing: a comparative study between Australia and Ireland. Palliative Care and Social Practice. January 2020. doi:10.1177/2632352420935132
- Adult Bereavement Care Pyramid explained
  - <https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/i-work-in-bereavement/adult-bereavement-care-pyramid/>
  - Logan, E. et al (2017) Social support following bereavement: The role of beliefs, expectations, and support intentions Social support following bereavement: The role of beliefs, expectations, and support intentions *Death Studies* 42 \*8) DOI: 10.1080/07481187.2017.1382610
  - Irish Childhood Bereavement Network <https://www.childhoodbereavement.ie/>
  - Advocacy pillars <https://hospicefoundation.ie/wp-content/uploads/2020/12/Advocacy-Priorities-2020-forward.pdf>
  - Schut and Stroebe (2005)  
[https://www.researchgate.net/publication/7278949 Interventions to Enhance Adaptation to Bereavement](https://www.researchgate.net/publication/7278949_Interventions_to_Enhance_Adaptation_to_Bereavement)
  - Aoun et al (2015)  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121101>