

Needs Of Fathers Experiencing Perinatal Grief

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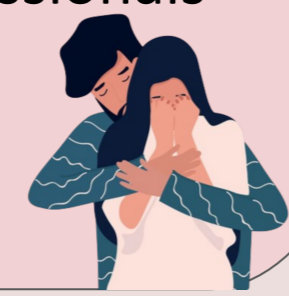
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INTRODUCTION



A stillbirth is considered when a baby dies after 28 weeks of pregnancy but before or during childbirth⁽¹⁾

Pregnancy symbolizes hope and future, but the loss of a child causes a significant emotional impact on both parents and the professionals involved.⁽²⁾



Unknown for many professionals⁽³⁾

There is not any universal symbol, shared knowledge⁽⁴⁾



Perinatal grief does not receive validation or recognition in society⁽⁵⁾



OBJECTIVE

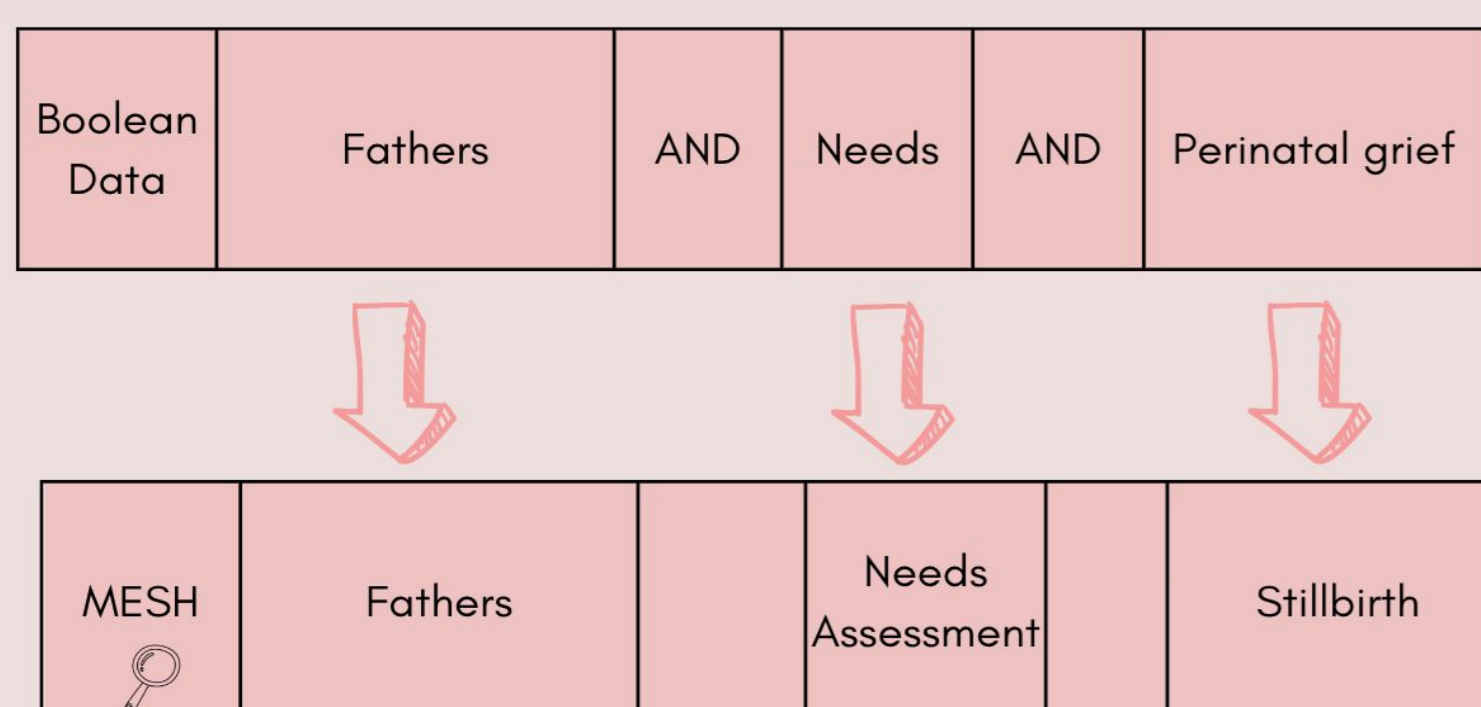


To examine existing scientific research to understand the needs of parents who have experienced perinatal loss and are going through the grieving process.

METHODOLOGY



PIO Search question: What are the needs of parents experiencing perinatal grief?



P (Population): Fathers
I (Intervention): Needs
O (Outcome): Perinatal Grief

IDENTIFICATION
SELECTION
INCLUSION

Studies identified in the databases (n=157)
PUBMED (n=75)
CINAHL (n=82)

Studies included after applying limits: Language (n=150)
PUBMED (n=74)
CINAHL (n=76)

Studies included after removing duplicates (n=114)

Studies included after reading title and abstract (n=35)

Studies included after reading the full text (n=9)

Studies excluded after removing duplicates (n=36)

Studies excluded after reading title and abstract (n=79)

Studies excluded after reading the full text (n=26)
Due to lack of access (n=4)
For not meeting the eligibility criteria (n=22)



PUBMED CINAHL October 2023



English Prolonged Grief Disorder

Spanish Needs Of Pathological Grief

Nursing Interventions



Fathers Stillbirth Needs Assessment

RESULTS



Recognition of the deceased baby:

This child is present throughout the rest of their days and they feel the need to express it⁽⁶⁾

They need to be able to act according to their beliefs: baptism⁽⁷⁾



Creation of memories in their honor:

Parents value preserving memories and participating in mourning rituals according to their beliefs⁽⁷⁾

They need to spend time with their babies in order to have the opportunity to say goodbye and reinforce their emotional connection⁽⁸⁾



Need for information and administrative support:

Men report taking on additional responsibilities⁽⁹⁾

The autopsy takes long to be released → Many times is inconclusive, intensifying suffering⁽⁷⁾

They demand more information in order to understand the reasons behind what happened and to avoid blaming themselves.⁽⁷⁾

They need clear, easy-to-understand, and well-organized information, using appropriate verbal and non-verbal communication⁽¹²⁾.

They appreciate being offered choices and given the necessary time to think⁽¹²⁾.



Need to be able to experience grief and be recognized as a grieving person:

Providing support becomes an emotionally challenging task⁽⁹⁾ → Silencing their grief and experiencing it as unauthorized⁽⁸⁾

Lack of support from family and friends. They tend to isolate themselves in order to avoid inappropriate comments⁽⁹⁾

Limited assistance from healthcare professionals; they don't provide follow-up care⁽⁶⁾

They empathise with their wives⁽⁹⁾ but they feel frustrated because not having clear guidance to support them⁽¹⁰⁾



They appreciate the efforts of hospital staff to create a compassionate environment: removing signs with pictures of newborns⁽¹¹⁾



Need for support during the grieving process:

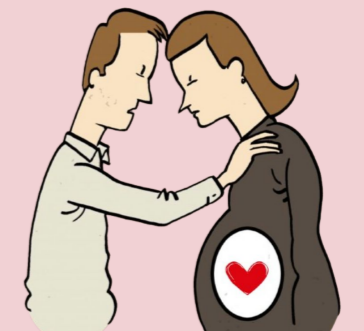
Professionals do not provide necessary support and information: refer to the baby as a "product" and use inappropriate terms⁽¹³⁾

Need for mental support⁽⁹⁾ → Individualized care from professionals⁽¹²⁾

Need of a figure of a healthcare professional who provides support and follow up⁽⁷⁾

They feel valued when attended by familiar staff during their care⁽¹²⁾ → The midwife is the primary support⁽⁶⁾

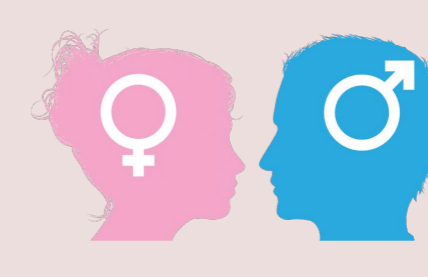
Various types of support: follow-up phone calls, medical assistance⁽¹¹⁾



CONCLUSIONS



Considering all these aspects, the results of this review have preliminarily contributed to identifying the needs of parents experiencing perinatal grief, aiming to give them voice and recognition as grieving parents, thus equating the care provided to that of grieving women.



Implications for practice: Promotion of self-care → Nurses can encourage parents to take care of themselves during grief

Implications for research: Promotion of Resilience → Development of intervention programs

Implications for teaching: Mental Health Education → Nurses trained in perinatal grief care



BIBLIOGRAPHY

