

12:00 **Parallel Sessions: Bereavement across the ages**

1. Grief when there is no bereavement: exploring loss in the context of infertility

Professor Abha Maheshwari, Consultant Reproductive Medicine, Director and Person Responsible, Aberdeen Fertility Centre, Lead Clinician, Fertility Scotland, National Network

There are several scenarios when bereavement support is not available as it does not fit in traditional understanding of bereavement. It is important that these are recognised, and people are supported. We will discuss how these can be recognised and an individualised support is provided.

2. Traumatic bereavement in children and young people

Dr David Trickey, Consultant Clinical Psychologist & Co-Director, UK Trauma Council

This workshop will briefly explain the way that traumatic events can colour a child or young person's views of the world, themselves and others, and the way that memories for traumatic events unlike memories for other events, are intrusive, vivid and distressing. We will then consider how for some children and young people, the traumatic nature of the death of a loved one can obstruct or derail the more natural grieving process. It's difficult to grieve the loss of someone by remembering their life, if the memories of their death keep getting in the way. Finally, we will think about what the evidence says can help a child or young person 'process' the event of the death, so that they can start to grieve their loss.

3. Unexpected Death - An Emergency Department perspective

Dr Katherine Ritchie, Consultant in Emergency Medicine, NHS Grampian (North East Scotland), **Julie McWilliam**, Emergency Department Senior Staff Nurse, NHS Grampian, **Suzanne Edwicker**, Emergency Department Porter, NHS Grampian and **Sarah Black**, Physician Associate,

George's Hospital Emergency Department, London

Although death in the Emergency Department is not uncommon, the majority of the time it is unexpected. This can be difficult for relatives, clinicians and the wider ED team (e.g. Porters, Reception Staff, Domestic Staff), and they may encounter distressing or traumatic scenes they did not feel prepared for. In this session, a panel of ED team members will discuss these experiences and how they deal with such events - questions very welcome.

4. Supporting those who are bereaved following substance use

Martha Rae, Senior Virtual Family Support Practitioner, Scottish Families affected by Alcohol and Drugs

The workshop will be focusing on the additional complications of grief following substance use, what all substance related deaths have in common and what we can do to support someone who has lost someone to alcohol or drugs. This will include a particular focus around the role of stigma in preventing people accessing support and increasing the feeling of isolation following a death.

5. Creating more bereavement-friendly workplaces

Rebecca Patterson, Director of Good Life, Good Death, Good Grief, Scottish Partnership for Palliative Care, **Alison Bunce**, Programme Lead, Compassionate Inverclyde / Inverclyde Cares and **Jen Somerville**, Development Co-ordinator: Scotland, Child Bereavement UK

This session will explore different approaches to making workplaces more supportive for people who are bereaved and grieving. It will look at how people can be affected by bereavement at work and examine the practical measures that can be put in place by managers, Human Resources teams and employees themselves to support people. The four speakers will also highlight how the Bereavement Charter Mark for employers can help employers make their organisations more supportive

6. Bereavement support through companionship: A spiritual care approach

Maureen O'Neill, Director, Faith in Older People and **Ruth Aird**, Research Associate, Faith in Older People

The workshop will consider different scenarios around the spiritual dimension and companionship.

14:15 **Parallel Sessions: Diversity of bereavement experiences**

7. The impact of premature death in homelessness

Dr Johanna Reilly, General Practitioner and **Doneil Macleod**, Mental Health Nurse, Access Practice, NHS Lothian

Featuring two speakers from the Access Practice in NHS Lothian, this session will look at the impact of premature death on those experiencing homelessness and the support that can be provided

8. Death in Custody - Supporting those affected by bereavement in prison

Rev Jill Clancy, Prison Chaplain, HM Prison Barlinnie, Glasgow

Your loved one has died and you cannot be with them, you couldn't say goodbye, you can't grieve, and you have to go to the funeral handcuffed to strangers. How do you cope? You open a door like any normal day but you don't know what is going to be behind it. Dealing with death at work, colleagues and families.

Drink, Drugs, Anger, Emptiness, Rage, Murder, Mental Health.... How to cope with unprocessed grief.

9. Creating a humanities resource bank for bereavement - pointing to writing, poems, art and movies

Dr Neil Turner, Professor of Nephrology, University of Edinburgh and **Dr Eleri Williams**, Consultant in General Medicine and Nephrology, St John's Hospital, Livingston

Ian Rankin on bereavement:

scottishmedicalhumanities.org/human/death-from-the-other-side-of-the-bed

People often resort to writing, music, art, poems, video or movies to help them with bereavement. So do staff to help cope with the stress of our jobs. Can we pool resources to help?

The Scottish Medical Humanities site tries to do this.

More examples: scottishmedicalhumanities.org/human/category/death

We will break into small groups with examples of different works that could be useful, discuss why, and how they might be presented and used, and show these to other groups. Your own ideas welcomed by neil.turner@ed.ac.uk

10. Faith, cultural and spiritual considerations after death where an early burial is required
Dr C George M Fernie, Senior Medical Reviewer and Caldicott Guardian, Appraisal Lead National Services Scotland and Partner Organisations, Death Certification Review Service, Healthcare Improvement Scotland, **Ephraim Borowski**, Director, Scottish Council of Jewish Communities, **Fiona Blair**, Senior Registrar Births, Deaths, Marriages & Civil Partnerships, Association of Registrars of Scotland and **Cathy Dunlop**, Senior Registrar Births, Deaths, Marriages & Civil Partnerships, Association of Registrars of Scotland

In this session, the speakers will discuss advance registration of death, which allows the funeral to be carried out before the review of the MCCD is complete. Applications for advance registration will be considered in special circumstances such as:

- religious or cultural reasons (such as faith requirements to bury a person's body quickly)
- compassionate reasons (where delays would cause significant and unnecessary distress), or
- practical or administrative reasons (for example, family have travelled from abroad to attend the funeral).

11. Anticipatory Grief - exploring how we can be affected before a person dies

Dr Paul Baughan, General Practitioner / National Clinical Advisor for Ageing and Health, Dollar Health Centre / CMO Directorate, Scottish Government, **Dr Gemma Edwards**, ST6 Neonatal Trainee, Princess Royal Maternity Hospital, NHS Greater Glasgow & Clyde, **Dr Fariel Rahman**, Consultant Community Child Health and Neurodisability, Glasgow Specialist Children's Services

This session will feature a range of speakers looking at how we can be impacted by grief and loss even before a person's death due a variety of different circumstances and life events. Known as anticipatory grief, this may affect people at different stages of their lives – the session will explore experiences of e.g. those caring for a partner who has dementia or a parent whose baby or child has a life-limiting condition or illness. The speakers will discuss the impact this can have on people, and look at ways of providing support to those affected.