

Priority Topic: **GRIEF**

Key Features:

An overview of the topic: PowerPoint on [Grief and Bereavement CPD UofT](#)

1. In patients who have experienced a loss, [prepare them](#) for the [types of reactions](#) (e.g. emotional, physical, varying length) they may have.

What you should study:

✓ [Grief BMJ Infographic 2017](#)

2. In [all grieving patients](#), especially those with a prolonged or complex grief reaction:

a) [Inquire about depression, suicidal ideation, self-medication, and alcohol and substance use.](#)

b) [Consider the requirement for additional treatments or referral .](#)

What you should study:

✓ [Grief and MDE AAFP 2014 - DSM 5 Controversies](#)

✓ [Complicated Grief NEJM 2015](#)

✓ [Comforting a Grieving Parent AAFP 2011](#)

3. Recognize that **grief reactions** may vary based on the **individual's context and experiences**; **life cycle and development stages** ; and **cultural and family contexts**.

What you should study:

- ✓ **Grief reactions over the lifespan ACA**
- ✓ **Toward Cultural Assessment of Grief and Grief-Related Psychopathology Culture Mental Health Services 2018**

4. In patients with presentations **suggestive of grief reactions** without obvious triggers, **look for triggers** that may be unique to each patient (e.g. death of a pet, loss of a job, reactions to anniversary).

5. In patients with **unexplained or unresponsive physical or mental health concerns**; **alcohol or substance use** ; or **functional or behavioural change** , ask about **loss and/or grief** as possible **contributing factors**.