

## IMPORTANCE OF PHYSICIANS' KNOWLEDGE ABOUT GRIEF IN CASE OF STILLBIRTH

Authors: *Laura Dreijere*<sup>1</sup>, *Arta Kočāne*<sup>1</sup>,  
*Marija Jurčenko*<sup>1</sup>, *Madara Kurpniece*<sup>1</sup>

Scientific research supervisors: *MD Ieva Briedīte*<sup>2,3,4</sup>,  
*MD Artūrs Miksons*<sup>5</sup>

<sup>1</sup> *Rīga Stradiņš University, Faculty of Medicine, Latvia*

<sup>2</sup> *Rīga Stradiņš University, Department of Obstetrics and Gynecology, Latvia*

<sup>3</sup> *Rīga Maternity Hospital, Latvia*

<sup>4</sup> *Capital Clinic Riga, Latvia*

<sup>5</sup> *Rīga Stradiņš University, Department of Psychosomatic Medicine and Psychotherapy, Latvia*

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**Introduction.** In Latvia were 106 cases of stillbirth in 2015. Parental loss of an infant through stillbirth is recognized as a traumatic life event. (Kersting, Wagner, 2012) Grief has five stages – denial, anger, bargaining, depression and acceptance. (Kübler-Ross, 1969) Goals of the health care team are to help the family start a normal grief reaction, actualize the loss, acknowledge their grief, assure the family that their feelings are normal and meet the particular needs of each family. (Aerde, 2001)

**Aim.** To understand the importance of knowledge about parental grief reaction in case of stillbirth in physicians.

**Materials and methods.** In the study participated 106 midwives and obstetricians. Surveys were collected in the Perinatal Care Center of Pauls Stradins Clinical University Hospital and Riga Maternity Hospital. Research was made by originally created study protocol. Statistical analyses were performed using IBM SPSS 22.0.

**Results.** The study included 106 respondents, 97.2% (n = 103) were female. In the study participated 66% (n = 70) midwives and 34.0% (n = 36) obstetricians, 75.2% (n = 80) of respondents were certified. 72.6% (n = 77) of respondents were from Riga Maternity Hospital.

39.6% (n = 43) of respondents knew the stages of grief and their order; 26.4% (n = 29) knew the stages of grief, but did not know the order of them. 46.2% (n = 50) of respondents always, 32% (n = 34) sometimes, 11.7% (n = 12) in most of cases and 8.7% (n = 9) never had noticed grief stages in patients. Health care providers who knew the stages of grief more often noticed them in patients (p = 0.042). 84.5% (n = 90) of respondents think that knowledge about the stages of grief could help in emotional support of patients.

**Conclusion.** More than half of respondents know the stages of grief and they more often notice grief reaction in patients. Physicians think that knowledge about grief stages could help in emotional support of patients. Because of patient-physician relationship improvement and ability to help to cope with child loss, physicians should improve their knowledge about grief reaction and its stages.