

02

Putting

the

Pieces

Together

Putting the Pieces Together

Presenters:

Linda Couvillion McGrath, PhD, IBCLC, CHES

La Leche League Leader

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Vincent R. McGrath, EdD

Professor, MSU College of Education

vmcgrath@colled.msstate.edu

Abstract: In grief support, health care professionals need to be aware of the resources available to assist them in preparing discussions that will encourage parents to work through grief. Death of an infant or child is one of the most intensive grief encounters that can be experienced by adults. Perinatal hospice has become an important addition to the services offered by many medical facilities. Professionals who are open to innovative ways that have been used successfully by others can handle the situations in wise strategies founded on sound psychological and social research methods and a mix of common sense. To be effective, health care professionals need to develop comfort to be an active participant in the healing process, which may take months and years.

The arts have been recognized as effective tools that assist healing. Journaling and writing poetry have encouraged healing in adults as well as in children and adolescents. Art studios that allow adults to create artworks have encouraged recovery during personal grief. The establishment of scholarships, community events, permanent structures, etc., can serve as an important element in positive resolution for the family and all involved.

Objectives:

At the end of this session, participants will be able to:

1. Discuss the stages of grief.
2. Integrate the arts in grief recovery.
3. Participate more effectively in the positive resolution of grief.
4. Discuss the various venues developed to memorialize the loved one.
5. Locate important resources of support service to bereaved families.

Outline:**A. Personal Introductions**

1. Death of spouses
2. Presenters at international, national, state, and community meetings

B. Integrating the Arts in Grief Recovery

1. Personal poems
2. Music background
3. Drawings

C. Multidisciplinary Perinatal Care Meeting (Birmingham, 9/26-27/07)

1. Ethical Principles
 - Autonomy – patient’s right to decide
 - Beneficence – do no harm
 - Justice – all treated alike (societal balance)

D. Death during Pregnancy, Childbirth, or Infancy

1. Loss during pregnancy
2. Loss at childbirth
3. “Comfort care”

E. Stages of Grief

1. Shock and numbness
2. Searching and yearning
3. Disorientation
4. Reorganization (integration)

F. How to Comfort

1. Be present
2. Listen with the heart
3. Avoid clichés.
4. Please touch
5. Stay in contact
6. Send a note
7. Give a book
8. Extend an invitation
9. Be patient
10. Encourage activity
11. Recommend help

G. Resources to Consider

1. Grief support groups such as Compassionate Friends
2. Milk banks
3. Perinatal hospice
4. Personal library
5. Venues to memorialize loved ones
6. Continued personal contacts through telephone calls, emails, letters, and cards

Expected due date, Anniversary of positive pregnancy test, Anniversary of death

Resources:

- American Academy of Pediatrics. (2002). Clinical Report: Perinatal Care at the Threshold of Viability. **Pediatrics**. 110:5, 1024-1027.
- Beattie, M. (1996). **Journey to the Heart**. San Francisco: HarperCollins Publishers.
- Buscaglia, L. (1982). **The Fall of Freddie the Leaf**. Thorofare, NJ: SLACK Inc.
- Drake, T. R. (2007, September). My daughter and my career – in memory of Chloe Marie Drake. **Family Focus on Family Science Careers**. National Council on Family Relations. 52:3, F17, 19.
- Faldet, R. and Fitton, K. (eds.). (1997). **Our Stories of Miscarriage**. Minneapolis: Fairview Press.
- Indahl, H. (2009). Breastfeeding support following loss. **Leaven**, (1), 10-11.
- Lewis, C. S. (1996). **A Grief Observed**. San Francisco: HarperCollins Publishers.
- O’Leary, J. (2001, December). Death and dying during pregnancy: Perinatal hospice. **Family Focus on Death and Dying**. National Council on Family Relations. FF12, F6-7.
- Pausch, R. (2008). **The Last Lecture**. New York: Hyperion.
- Price, E. (1982). **Getting through the Night**. New York: Ballantine Books.
- Ramsey, P. S. (2007, September). **The Threshold of Viability – An Obstetric Perspective**. Presented at the Alabama conference Multidisciplinary Perspectives in Perinatal Care. Birmingham, Alabama.
- Schelonka, R. (2007, September). **Borderline Viability: When Is Small, Too Small?** Presented at the Alabama conference Multidisciplinary Perspectives in Perinatal Care. Birmingham, Alabama.
- Varley, S. (1984). **Badget’s Parting Gifts**. New York: Lothrop, Lee & Shepard Books.
- Vickers, A. (2007, April). **Mothers’ Milk Bank of North Texas**. Presented at the Mississippi WIC and La Leche League of ALMSLA annual meeting Breastfeeding: the Gold Standard. Jackson, Mississippi

Websites:

www.arttherapy.org

www.hmbana.org

www.perinatalhospice.org

www.tcfkacspmcjafter/zoomshare.com

www.tcfatlanta.org/online

ATTACHMENT B
Educational Design I
Documentation Format

Title of Activity: Gold Standard 2010: Putting the Pieces Together

Total Number of Contact Hours: 1.5 hrs.

Objectives	Content (topics)	Time Frames	Presenter(s)	Teaching Strategies
List the educational objectives. <i>At the end of this activity the learner will be able to:</i>	Provide outline of content presented and indicate to which objectives(s) the content is related.	Provide time frame for each content area.	List presenter for each content area.	List the teaching strategies by each presenter for each content area.
<ol style="list-style-type: none"> 1. Discuss the stages of grief. 2. Integrate the arts in grief recovery. 3. Participate more effectively in the positive resolution of grief. 4. Discuss the various venues developed to memorialize the loved one. 5. Locate important resources of support service to bereaved families. Please allow for 5-10 minute evaluation period during the session.	<ol style="list-style-type: none"> A. Personal Introductions B. Integrating the Arts. C. Multidisciplinary perinatal care meeting D. Death during pregnancy, childbirth, or infancy E. Stages of grief F. How to comfort G. Resources to consider H. Venues to memorialize loved ones 	Ten minutes for each	Both will discuss each content area	Viewing of DVD with soldier's funeral and family friend's funeral Reading personal poems Group singing Group sharing

ATTACHMENT A

Name: Linda Couvillion McGrath

___ Nurse Planner

Title of Activity: Putting the Pieces Together

__x_ Presenter (ED I)

Biographical Data

Degree	Year	Institution
PhD	2006	Mississippi State University

Present Employer	Title	Description
Self-employed	IBCLC	Community Health Educator

Vested Interest

I. Have you received anything of value from a commercial supporter, which may be perceived as direct or indirect interest in the subject(s) you are addressing in this education activity?

II. If there is a commercial supporter, please describe your relationship:

___ speaker's bureau

___ major stockholder

___ consultant

___ other, please describe

grant/research support no relationship

If presenter / content specialist – also complete III, IV, V

III. Describe professional experience or areas of expertise (including publications) related to the presenter's involvement in continuing nursing education.

When Grief Strikes. (Winter 2004). KDP New Teacher Advocate, 12 (2), 4-5.

(2005-present) Workshops on Grief Therapy for local, state, regional, and international conferences for educators and healthcare professionals.

IV. During your presentation, will you include discussion of an unlabeled or the investigational use of a product, device or drug that has not been approved by the FDA, for the use being presented in this education activity?

No Yes, please explain:

V. Identify how you as the presenter / content specialist took part in the planning and evaluation of this activity:

planned objectives/content reviewed evaluation summary

planned time frame will utilize evaluation to revise

planned teaching strategies presentation as needed

Dec 11, 2009

Signature of Planner, Presenter or Content Specialist

Date

Linda Couvillion McGrath

1004 Southgate Drive

Starkville, MS 39759

662-324-3944

mcgrath004@bellsouth.net

EDUCATION:

Associate Degree in Secretarial Science, Nicholls State University,
Thibodaux, LA, January 1969

Bachelor of Science in the School of Human Sciences, with emphasis in
Human Development and Family Studies, Mississippi State University,
Starkville, MS, December 2001 GPA 3.55

Master of Science in the Leadership program in Agriculture and Extension
Education, Mississippi State University, Starkville, MS, May 2003 GPA
4.0

Doctor of Philosophy in Education in Agriculture and Extension Education,
Mississippi State University, Starkville, MS, August 2006

CREDENTIALS:

Certified Health Education Specialist (CHES), April 2005

Certified Natural Family Planning Provider, August 2001

International Board Certified Lactation Consultant (IBCLC), October 1999

La Leche League Leader, February 1976

EXPERIENCE:

Guest Lecturer. April 1999 – current. One to two hour lecture on appropriate infant and young child feeding to Mississippi State University human sciences and dietetic students, Mississippi University for Women nursing students, and Millsaps Vocational School daycare and medical technology students.

Participant/Facilitator. Emerson Family School, May 2001 – current. Workshops three times a year for pregnant women and couples in breastfeeding education.

Participant/Facilitator. Emerson Family School, May 2007 – current. Workshops in after-school tutoring program for pregnant teens and teen moms for the local high school.

Parent Educator. Emerson Family School, March – August 2008. Workshops on ABCs of Parenting with parents of pre-schoolers who are participating in the TAB program with Emerson.

Facilitator. Emerson Family School, 2005 – current. Workshops on grief support to encourage personal healing after a loss from death or other difficult event in life. Educators are invited to attend to gain confidence in encouraging grief recovery in their students.

Lactation Consultant. Conducts monthly meetings and offers telephone counseling to pregnant women and breastfeeding mothers; conducts workshops for daycare staff; lectures on breastfeeding techniques and advantages to compliment college courses.

Natural Family Planning Provider. Jackson Diocese, August 2001 – current. Conducts three session workshops with couples and telephone counseling on the sympto-thermal method of natural family planning.

Consulting Editor. Kappa Delta Pi, Teacher Advocate, Winter 2004. Authored an article and developed an issue on grief support for first year teachers.

University Campus Co-Counselor. Kappa Delta Pi, Mississippi State University, Jan 2002 – Dec 2009. Conducts spring and fall initiation ceremonies for pre-service teachers with 3.0 or better GPA. Facilitates spring and fall workshops for KDP members and pre-service teachers. Represents the chapter at the biennial convocation of the international honor society in education and conducts workshops for the participants.

WIC Lactation Consultant. Mississippi State Department of Health, Women, Infants and Children Supplemental Food Program, Breastfeeding Promotion Campaign, District IV, September 2002 – October 2004. Clinic visits and telephone counseling with pregnant women and mothers on breastfeeding techniques and advantages; and hospital and home visits.

WIC Pilot Clinic Facilitator. Mississippi State Department of Health, Women, Infants and Children Supplemental Food Program, Columbus Air Force Base, May 1997 – May 2001. Screens pregnant women, infants and children for certification into WIC. Educates mothers on breastfeeding advantages and techniques as well as good nutrition planning for their families. Offers support in good mothering practices.

Teacher Substitute. First United Methodist Day Ministries, Starkville, MS, September 1992 – March 1995. Pre-school morning program for two through four year olds. Approximately fifteen students per class.

PUBLICATIONS:

Couvillion, L. (2002). Obesity and infant feeding patterns. *Leaven*, 38(3), 51-53.

Couvillion, L. & McGrath, V.R. (2003, June). Reclaiming breastfeeding as the norm for infant feeding. National Council on Family Relations *Family Focus*, 48:2.

McGrath, V. & McGrath, L. (2004, Winter). When grief strikes. Kappa Delta Pi *Teacher Advocate*. 12 (2), 4-5.

McGrath, L. & McGrath, V. (2005, Fall). Healthy children, better learning, and happy teachers. *Journal of the Louisiana Education Research Association*.

McGrath, L.C. & McGrath, V.R. (2005, November). School-based interventions: Addressing chronic health conditions in children. Published in proceedings for Mid-South Education Research Association. Baton Rouge, LA.

McGrath, V.R. & McGrath, L.C. (2005, November). Supporting healing through the arts. Published in proceedings for Mid-South Education Research Association. Baton Rouge, LA.

McGrath, L. (2006). Across Generations: A mom's personal reflections on learning. *The Mississippi Reading Journal*. 6(1), 31-33.

McGrath, L. (2006, August). *Mississippi Obstetric Maternity Care Practice Patterns Related to Breastfeeding Education and Support*. Unpublished dissertation. Mississippi State, MS:Mississippi State University.

McGrath, L.C. & McGrath, V.R. (2006, December). A future with breastfeeding as the norm for infant feeding. National Council on Family Relations *Family Focus*, FF32.

McGrath, L.C. & McGrath, V.R. (2007, Summer). Non-food rewards for good behavior and academic achievement. Kappa Delta Pi *Teacher Advocate*, 2-3.

McGrath, L.C. & McGrath, V.R. (2008, June). The economics of infant nutrition – Why breastfeeding is better for babies, moms, and for managing family resources. National Council on Family Relations *Family Focus*, FF18.

McGrath, L.C. (in press). Life after LLL. Continuum. LLL Alumnae Association Newsletter.

PRESENTATIONS/WORKSHOPS:

McGrath, V.R. & McGrath, L.C. (2007, November). Integrate the arts in grief support. Presented as a presentation at the Kappa Delta Pi 46th Biennial Convocation. Lexington, KY.

McGrath, L.C. & McGrath, V.R. (2007, November). Infant feeding education and support in prenatal care. Presented as a poster presentation at the American Public Health Association 135th Annual Meeting and Expo. Washington, D.C.

McGrath, L.C. & McGrath, V.R. (2008, February). The Mississippi 2006 law that protects breastfeeding: A superior health choice for families. Presented as a poster at the annual meeting of the Mississippi Association of Family and Consumer Sciences. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2008, February). Assessing the school health policies and programs – Where are we? Presented as a paper at the annual meeting of Louisiana Education Research Association. Lafayette, LA.

McGrath, L.C. & McGrath, V.R. (2008, February). A superior health choice for families: The Mississippi 2006 law that protects breastfeeding. Presented as a poster at the annual meeting of Louisiana Education Research Association. Lafayette, LA.

McGrath, L.C. & McGrath, V.R. (2008, February). Survey research methodology – Getting what you want. Presented at the annual meeting of Louisiana Education Research Association. Lafayette, LA.

McGrath, V. R. & McGrath, L.C. (2008, February). Ethical dilemma – Extreme measures in infant health care. Presented as a paper at the annual meeting of Louisiana Education Research Association. Lafayette, LA.

McGrath, V.R. & McGrath, L.C. (2008, April). When life and death come together. Presented at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2008, April). Research on maternity care practices grouped by public health districts in Mississippi. Presented at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, L.C. (2008, April). Breastfeeding and its effectiveness in child spacing. Presented at the annual Mississippi WIC and LLL of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, V.R. & McGrath, L.C. (2008, July). How to offer support for perinatal loss. Conducted a workshop for MSDH District IV social workers. Starkville, MS.

McGrath, L.C. & McGrath, V.R. (2008, September). Life with teens. Conducted a workshop as part of the monthly program by Emerson Family School. Starkville, MS.

McGrath, L.C. & McGrath, V.R. (2008, September). Grief Support. Conducted a workshop as part of the monthly program by Emerson Family School. Starkville, MS.

McGrath, L.C. & McGrath, V.R. (2008, October). Assessment of obstetrical maternity care practices in Mississippi health districts. Presented as an oral presentation at the American Public Health Association 136th Annual Meeting and Expo. San Diego, CA.

McGrath, L.C. & McGrath, V.R. (2008, November). 2006 School health policies and programs (SHPPS). Presented as an option paper at the Mid-South Education Research Association Fall Meeting. Knoxville, KY.

McGrath, L.C. & McGrath, V.R. (2008, November). Designing a survey instrument for target populations. Conducted a training session at the Mid-South Education Research Association Fall Meeting. Knoxville, KY.

McGrath, V.R. & McGrath, L.C. (2008, November). Creative healing using the arts. Conducted a training session at the Mid-South Education Research Association Fall Meeting. Knoxville, KY.

McGrath, L.C. & McGrath, V.R. (2009, April). Research Study of an Innovative Breastfeeding. Presentation. Presented at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2009, April). Natural Family Planning and Breastfeeding. Presented at Mississippi WIC and LLL of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, V.R. & McGrath, L.C. (2009, April). When death and life come together. Conducted a workshop at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, V.R. & McGrath, L.C. (2009, November). Creative arts encourage personal expression of loss. Conducted a training session at the Mid-South Education Research Association Fall Meeting. Baton Rouge, LA.

McGrath, L.C. & McGrath, V.R. (2009, November). Survey Research on MS Obstetricians Who Are Involved in Breastfeeding Education and Support. Poster presentation at the American Public Health Association 137th Annual Meeting and Expo. Philadelphia, PA.

Name: Vincent R. McGrath Title: Professor of Education January-December 2009

Department Leadership & Foundations Date: 12/2009

(1) TEACHING

Spring 2009

Comparative Education (EDF 8313)

Philosophy of Education (EDF 9313)

Fall 2009

Philosophy of Education (EDF 9313)

History of Education (EDF 8393)

Writing for Thinking (EDF 3413)

(2) PUBLICATIONS

McGrath, L.C & McGrath, V.R. (2007, Summer). Non-food rewards for good behavior and academic achievement. Kappa Delta Pi *Teacher Advocate*, 2-3.

McGrath, L.C. & McGrath, V.R. (2008, June). The economics of infant nutrition – Why breastfeeding is better for babies, moms, and for managing family resources. National Council on Family Relations *Family Focus*, FF18.

(3) PAPER PRESENTATIONS

McGrath, L.C. & McGrath, V.R. (2007, February). Optimal infant nutrition. Presented at the annual meeting of Mississippi Association of Family and Consumer Sciences. Meridian, MS.

McGrath, L.C. & McGrath, V.R. (2007, March). Infant feeding education and support provided by Mississippi obstetricians. Presented at the annual meeting of Louisiana Education Research Association. New Orleans, LA.

McGrath, L.C. & McGrath, V.R. (2007, March). School-based programs that support pregnant teens. Presented at the annual meeting of Louisiana Education Research Association. New Orleans, LA.

McGrath, V.R. & McGrath, L.C. (2007, March). Public school wellness policy. Presented at the annual meeting of Louisiana Education Research Association. New Orleans, LA.

McGrath, V.R. & McGrath, L.C. (2007, April). Addressing the crisis of loss and grief. Presented at the Mississippi State University Curriculum & Instruction Foundations Research Lecture Series. Mississippi State, MS.

McGrath, L.C. & McGrath, V.R. (2007, April). Mississippi obstetric maternity care practice patterns related to breastfeeding education and support. Presented at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2007, November). Infant feeding education and support in prenatal care. Poster presentation at the American Public Health Association 135th Annual Meeting and Expo. Washington, D.C.

McGrath, L.C. & McGrath, V.R. (2008, February). The Mississippi 2006 law that protects breastfeeding: A superior health choice for families. Presented as a poster at the annual meeting of the Mississippi Association of Family and Consumer Sciences. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2008, February). Assessing the school health policies and programs – Where are we? Presented as a paper at the annual meeting of Louisiana Education Research Association. Lafayette, LA.

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McGrath, L.C. & McGrath, V.R. (2009, April). Research Study of an Innovative Breastfeeding Presentation. Presented at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2009, April). Natural Family Planning and Breastfeeding. Presented at Mississippi WIC and LLL of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2009, November). Survey Research on MS Obstetricians Who Are Involved in Breastfeeding Education and Support. Poster presentation at the American Public Health Association 137th Annual Meeting and Expo. Philadelphia, PA.

(4) PROFESSIONAL WORKSHOPS/SEMINARS

McGrath, L.C. & McGrath, V.R. (2007, April). How to mend a broken heart. Conducted a workshop at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, L.C. & McGrath, V.R. (2007, October). Empty arms, broken hearts. Conducted a workshop at the fall meeting of Louisiana Lactation Consultant Association. Baton Rouge, LA.

McGrath, L.C. & McGrath, V.R. (2007, November). Overcoming obstacles in survey research. Conducted a workshop at the Kappa Delta Pi 46th Biennial Convocation. Louisville, KY.

McGrath, V.R. & McGrath, L.C. (2007, November). Integrate the arts in grief Support. Conducted a workshop at the Kappa Delta Pi 46th Biennial Convocation. Louisville, KY.

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McGrath, V.R. & McGrath, L.C. (2008, November). Creative healing using the arts. Conducted a training session at the Mid-South Education Research Association Fall Meeting. Knoxville, KY.

McGrath, V.R. & McGrath, L.C. (2009, April). When death and life come together. Conducted a workshop at the annual Mississippi WIC and La Leche League of AL/MS/LA Breastfeeding: The Gold Standard. Jackson, MS.

McGrath, V.R. & McGrath, L.C. (2009, November). Creative arts encourage personal expression of loss. Conducted a training session at the Mid-South Education Research Association Fall Meeting. Baton Rouge, LA.

(5) SERVICE TO STUDENT GROUPS/ORGANIZATIONS.

Counselor, Kappa Delta Pi, International Honor Society in Education (1989-2009)

Theta Chi Chapter 1989-2006 Initiations conducted Fall and Spring terms. 100 or more student are initiated each semester with several thousand students having been initiated since 1989. Several thousand students have been initiated since 1989, when Cindy Rose and I began as counselors.