Grief and Loss
- a GP’s perspective

Dr Monica Moore
Is medication helpful?

Anti-depressants:
SSRIs have a role, combined with specific psychotherapies. (Bui E et al, 2012)

Benzodiazepines:
Not recommended (Warner et al., 2018, Byrne JG et al 1994, Davydov DS 2008)
The importance of context

What else is going on in the person’s life?
Where to start?

(Stuart and Lieberman, 2018)
BOther

“Can you tell me about what is concerning you today?”

Listen for 90 seconds.

“...and is there anything else?”
AFFECT

“And how do you feel about that?”

(or a reflection)

“Sounds like you are feeling overwhelmed at present.”
“What bothers you most about this?”

or

“What are you most concerned about?”
“And how are you coping with this?”
“It’s a difficult situation.”

“I wish I could change it. What can I do to help?”
DIFFICULT BEHAVIOURS

‘Any expression other than love is a cry of distress.’
Amit Sood, 2015
CLINICIAN SELF-CARE

A life outside medicine
Supervision and support
Mindfulness practice
Looking after the body, relationships
Reframing (positive psychology)
The opposite of a fact is falsehood, but the opposite of one profound truth may very well be another profound truth.

Neil Bohrs
References:


References:


Stuart M, Lieberman J. The Fifteen Minute Hour: Efficient and Effective Patient-Centered Consultation Skills, 6th edition. CRC Press 2018
References:


Transcultural Mental Health Centre