

Relationships, Carers and Bereavement: Session links



Tuesday 6 February 11:00-13:00

Family and friends who are caring for someone with a terminal illness often go unsupported. Yet supporting carers could make a huge difference to the pre and post bereavement they will face and could help reduce the pressures they experience caring for their loved one.

This session will showcase ways to support people who have caring responsibilities, as well as those who are bereaved.

Contents

Welcome to day two of the conference

Richard Meade

The Carers' Support Needs Assessment Tool / Intervention (CSNAT-I)

Professor Gunn Grande (University of Manchester) & Dr Gail Ewing (University of Cambridge)

Evaluation of the school's bereavement programme in Northern Ireland

Joan McEwan & Austin Orr (Marie Curie)

"I feel like I should be over this by now": the long-term grief experiences and support needs of people bereaved during the Covid-19 pandemic in the UK (selected abstract)

Dr Silvia Goss & Dr Emily Harrop (Marie Curie Palliative Care Research Centre, Cardiff University)

Piloting a novel Carer Support Nurse role (selected abstract)

Professor Morag Farquhar (University of East Anglia)

From research to resource: the development of the Grief Support Guide (selected abstract)

Dr Emily Harrop (Marie Curie Palliative Care Research Centre, Cardiff University)



Information and support from Marie Curie:

Marie Curie's bereavement support service:

<https://www.mariecurie.org.uk/help/support/bereavement>

Bereavement counselling:

<https://www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/bereavement-or-grief-counselling>

When someone dies:

<https://www.mariecurie.org.uk/help/support/bereaved-family-friends>

The Carers' Support Needs Assessment Tool / Intervention (CSNAT-I)

Professor Gunn Grande (University of Manchester) & Dr Gail Ewing (University of Cambridge)

Learn more about the Carer Support Needs Assessment Tool Intervention:

<https://csnat.org.uk/>

Find out about the new Marie Curie CSNAT-I ECHO network:

<https://www.mariecurie.org.uk/professionals/project-echo/csnat-i>

Project ECHO Registration form:

mariecurieportal.powerappsportals.com/EchoRegistration/

Evaluation of the school's bereavement programme in Northern Ireland

Joan McEwan & Austin Orr (Marie Curie)

Read about the programme:

<https://www.mariecurie.org.uk/policy/schools-bereavement-programme>

Read the UK Commission on Bereavement Northern Ireland Briefing paper:

https://bereavementcommission.org.uk/media/u2ljgslu/ukcb-northern-ireland_briefings.pdf

Children's books on bereavement:

<https://www.childbereavementuk.org/primary-schools-books-and-resources>

<https://www.childbereavementuk.org/secondary-schools-books-and-resources>

<https://www.winstonswish.org/books-bereavement-world-book-day-2018/>

“I feel like I should be over this by now”: the long-term grief experiences and support needs of people bereaved during the Covid-19 pandemic in the UK (selected abstract)

Dr Silvia Goss & Dr Emily Harrop (Marie Curie Palliative Care Research Centre, Cardiff University)

Read the conference abstract:

https://spcare.bmj.com/content/14/Suppl_1/A11.2

Visit the study website:

<http://www.covidbereavement.com/>

Conclusion & recommendations

- At 2-years post-bereavement, the majority of people in our cohort were coping.
- However, higher than expected levels of indicated PGD compared to non-pandemic times (Aoun et al., 2015): nearly 30% may be struggling with long-term PGD symptoms whilst not receiving the support they need from services and their social networks.



Recommendations/Take-home messages



Piloting a novel Carer Support Nurse role (selected abstract)

Professor Morag Farquhar (University of East Anglia)

Read the conference abstract:

https://spcare.bmj.com/content/14/Suppl_1/A12.1

Visit the project website:

<https://arc-eoe.nihr.ac.uk/research-implementation/research-themes/palliative-and-end-life-care/carers-support-nurse-pilot>



Take Home Message



- Gap in carer support identified by evidence-base & stakeholders
- Evidence & stakeholders suggested a Carer Support Nurse (CSN) was the right solution to try
- Co-designed with stakeholders (using evidence-base)
- Operationalised with stakeholders
- Goal: *to support carers with complex support needs relating to (or impacting on) their own health/wellbeing or their skills/confidence to care through delivery of five Evidence-based Design Principles*
- Award-winning pilot Carer Support Nurse role achieved this
- Pilot produced 21 evidence-based recommendations

From research to resource: the development of the Grief Support Guide (selected abstract)

Dr Emily Harrop (Marie Curie Palliative Care Research Centre, Cardiff University)

Read the conference abstract:

https://spcare.bmj.com/content/14/Suppl_1/A11.1

Access the grief support guide, plus downloadable assets and translated versions:

<https://nationalbereavementalliance.org.uk/support/>

Acknowledgements

Many thanks to the speakers for sharing their work at the Marie Curie Research Conference 2024.

If you have any questions, please contact the Research Team at Marie Curie:

Email: research.info@mariecurie.org.uk

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