

'Ripples of Grief' – a new film for healthcare professionals

Supporting Scottish Grief & Bereavement Care (SSG&BC) workstream
NHS Education for Scotland (NES)

Abbreviated abstract:

“When an individual dies it becomes like a ripple effect in a pool. There’s those who are closest to the patient but then it also impacts the staff and those who are caring for the person, and ultimately the wider community.”



We outline the development of a film (from which this quote is taken) which explores ways in which healthcare staff can support people who are bereaved as well as look after their own wellbeing. It features perspectives from three of NHS Scotland’s Health Board Bereavement Strategic Leads & Coordinators.

Background

NES' SSG&BC workstream aims to enhance health and social care professionals' preparedness to manage care and communication around the time of death and in bereavement.

This is primarily achieved through the development of educational resources and the hosting of learning events. However, another important element of the workstream's activities is the support for the network of NHS Health Board Bereavement Strategic Leads and Coordinators.

Through the production of the film '**Ripples of grief**' we were able to combine our experience of developing film-based educational materials, with the expertise and practical experience of several NHS Health Board Bereavement Strategic Leads and Coordinators who are directly involved in supporting people who are bereaved and with activities related to staff wellbeing.



Film development

After establishing interest from the network of Bereavement Strategic Leads and Coordinators, we worked with representatives from three NHS Health Boards, to gather their perspectives on key themes for the film.

This material was then combined to form an outline structure for the film. We intentionally did not script wording ahead of time to allow the participants to deliver their content in a manner which appeared authentic and naturalistic.

Filming took place virtually and the footage was then combined with a selection of stock library and other NHS video footage (with necessary permissions sought), in addition to background music tracks.



Key messages

Focused around 10 key tips, this new film is a resource that can help to support healthcare staff in their interactions with people who are bereaved, as well as in considering their own, and their team's wellbeing.

The film has received positive feedback since its launch and has seen a steady increase in views.

It joins the other bereavement-related films developed by NES which provide a suite of materials (>100k views to date) that are quick to view for busy healthcare professionals.

- **Watch the film:** <https://vimeo.com/736794504>
- **View all of NES' bereavement-related films** (on the Support around Death website): <https://www.sad.scot.nhs.uk/video-wall/>

1. Consider everyone, including your colleagues and yourself
2. Acknowledge your feelings
3. Take time for yourself
4. Support each other
5. Keep caring after the time of death
6. Speak honestly
7. Help with the practicalities
8. Signpost to other support
9. Think about other patients
10. Be yourself