

## Resources, references, ideas

### Question

Hello, I am one of the RTS Coordinator and the hospital that I am at does not have a Plan of Care for our patients experiencing Perinatal Loss. Would you be able to share the one you have at Gundersen Lutheran?

### Answer

Most EHRs (Electronic Health Records) have built in care plans and Clinical Practice Guidelines (CPG's). Due to the proprietary nature of these systems and their care plans and CPGs, Resolve Through Sharing cannot offer exact examples of either. We can however discuss the elements of a care plan or CPG and assist participants to create their own. If hospitals share the same EHR vendor as GHS there is a possibility of purchasing particular forms or care plans that another hospital has developed and incorporated into the electronic record.

There is a bereavement checklist in the new Perinatal Practice Handbook on page 313. Checklists such as this can provide direction in creating a care plan as they are the "to-do" list for each patient. Most facilities have a template that serves as a prototype for all care plans. Check with your place of employment to determine who does the formatting for your care plans and determine the process for creating a new one. You can then use the checklist as part of the care plan.

As an example; the **patient specific goal** would be; the patient and family will demonstrate knowledge of the grieving process and integration strategies by the time of discharge. **The teaching and learning activities for the patient and family** might include; the treatment plan (pain management, activities, coping techniques), self-management (dealing with loss, funeral planning, stages of grief) and warning signs (when to call the medical facility, worsening symptoms). **Assessment and interventions** might include; readiness to learn, risks to safety, and appropriate interventions (family-centered approach to loss, developing a trusting relationship, assist in creating mementoes, facilitate private time with the baby).

### Question

What is the appropriate pamphlet to give to parents who have a baby with a heartbeat but before viability. We have both miscarriage and stillbirth pamphlets but they don't seem appropriate.

### Answer

Thank you for writing to us. I presume that your question refers to babies who are born alive (i.e., with a heartbeat), but that the birth occurs too early in pregnancy for the baby to survive. I would recommend our [Parents' Booklet](#) as one resource, as it covers many aspects of perinatal bereavement that any family whose baby dies may find comforting and helpful.

RTS also has a brochure on [Newborn Death](#), which would be appropriate for these families. The baby was born alive, but lived for a short time. In addition to offering reading material, think about what keepsakes these parents may wish to have. A baby ring, a purple memory box, footprint and/or handprint record, handprint molds, and photos may serve as lasting memories of their precious baby, no matter the baby's age at birth or how long the baby lived after birth. These items are all described in the RTS online catalog, as is the brochure on Newborn Death.

It is so important that you are thinking about these families whose babies die too soon. Even if it is difficult to find the exact description for the baby's death, you are concerned about providing the parents with what they need and what will help them cope with life's greatest tragedy. Thank you for contacting us.

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### Question

I would like to know updated perinatal death statistics for a newspaper story I am being interviewed for.

### Answer

Annual statistics in the US:

- Miscarriage: 10-25% of confirmed pregnancies
- Ectopic pregnancy: 64,000
- Molar pregnancy: 6,000
- Stillbirth: 26,000
- Newborn death: 19,000
- Birth defects (infancy): 5,100

These statistics come from the following sources. The three reports, downloadable from the Internet, include the statistics in a broader context and with more detailed information.

- Macdorman, M. F., Kimeyer, S. & Wilson, E. C. (2012). Fetal and perinatal mortality U.S., 2006. National Vital Statistics Reports, 60(8). Retrieved March 1, 2014, from [cdc.gov/nchs/data/nvsr/nvsr60/nvsr60\\_08.pdf](http://cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_08.pdf)
  - Matthews, T. J., & Macdorman, M. F. (2011). Infant mortality statistics from the 2007 period linked birth/infant death data set. National Vital Statistics Report , 59(6). Retrieved March 1, 2014, from [cdc.gov/nchs/data/nvsr/nvsr59/nvsr59\\_06.pdf](http://cdc.gov/nchs/data/nvsr/nvsr59/nvsr59_06.pdf)
  - Murphy, S. L., Xu, J., & Kochanek, K. D. (2013). Deaths: Final data for 2010. National Vital Statistics Reports, 61(4). [Type the authors and title into your search engine to retrieve the document] [marchofdimes.com](http://marchofdimes.com)  
[cdc.gov/nchs](http://cdc.gov/nchs) (National Center for Health Statistics)
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### Question

I am a RN in a labor and delivery unit. I want to take the exam to be certified in Perinatal Loss Care through NBCHPN. They currently do not have any self-assessment exams for this text. What would be the best way to study or find out what kind of questions are on the test? I would appreciate any help.

### Answer

Thank you so much for writing to us about the only certification exam in perinatal loss care. RTS is grateful to the Hospice and Palliative Nurses Association for boldly developing the exam, acknowledging the relevance of this critical aspect of healthcare. By the end of 2015, all RTS national faculty will have this or a related certification (e.g., in pediatric palliative care).

The name of the certifying organization for the exam you reference has been changed to Hospice and Palliative Credentialing Center (HPCC). HPCC is the certification arm of the Hospice and Palliative Nurses Association. The Certification in Perinatal Loss Care (CPLC) examination is available to an interprofessional audience, which acknowledges the important role numerous disciplines play in providing care to a bereaved family when their baby dies.

The CPLC exam handbook can be [downloaded here](#). The handbook features a detailed content outline and sample questions. RTS Bereavement Training: Perinatal Death and the manual given to all participants is the only educational offering listed in the suggested review materials. Our manual, now in its 8th edition, provides a comprehensive exploration of topics in the content outline. Wishing you a successful completion of the exam!