

Grief and Bereavement

A quiz for NSW palliative care volunteers

This quiz is based on Chapter 8 of *Palliare: A handbook for palliative care volunteers in NSW (2018)*

Select the correct response to each of the following questions:

1. Grief:
 - a. Is anticipatory in nature if it involves the person's reaction to impending loss.
 - b. Is complicated in nature if it involves support from multiple clinicians.
 - c. Is social in nature if it significantly impacts on the wellbeing of the community.
 - d. Is pathological if the person exhibits anger or guilt toward the deceased.
 - e. None of the above.
2. The process of mourning includes:
 - a. Accepting that our loved one has gone.
 - b. Processing the pain of grief.
 - c. Adjusting to our new world.
 - d. Working-out our new relationship with the person lost.
 - e. All of the above.
3. The research indicates that about 7% of individuals may need assistance with 'complicated grief'. Is this statement true or false?
4. A person is experiencing grief over their recent bereavement. You might respond by saying:
 - a. "Don't worry you'll find another husband".
 - b. "Always look on the bright side of life".
 - c. "It's time to get on with your life".
 - d. "I know how you feel".
 - e. None of the above.
5. The experience of bereavement by young people:
 - a. Can be reduced by actively interviewing the young person to explore their feelings.
 - b. Can be significantly impacted by their experiences of changes to family dynamics.
 - c. Is heavily influenced by their developmental stage.
 - d. Is very similar in all respects to the experience of bereavement by adults.
 - e. All of the above.
 - f. Both b and c above.
6. As a volunteer, you should encourage the person to talk about their grief but in the role of supportive friend rather than counsellor. Is this statement true or false?
7. Encouraging a person to feel permission to grieve may be particularly important if:
 - a. The death was socially problematic, such as suicide or miscarriage.
 - b. The child who was bereaved was not sensitively included in the death rituals.
 - c. There are feelings of ambivalence toward the deceased.
 - d. The bereaved person feels like they are a burden on friends and family.
 - e. All of the above.
8. Mourning takes a lot of time and grief never goes away entirely. Is this statement true or false?

Answers: 1a; 2e; 3t; 4e; 5f; 6t; 7e