

Essentials of Pediatric Palliative Care

Module 3: Grief and Loss - Tips and Tricks to Support Families after the Death of a Child

Valid Dates:

July 1, 2025 – July 1, 2028

Last Reviewed: June 18, 2025

Online Enduring Material
Oklahoma City, OK 73104

Instructions for Participation and Credit:

There are no fees for participating in or receiving credit for this online educational activity. For information on applicability and acceptance of continuing education credit for this activity, please consult your professional licensing board.

This activity is designed to be completed within the time designated on the title page; physicians should claim only those credits that reflect the time actually spent in the activity. To successfully earn credit, participants must complete the activity and complete the online evaluation.

Target Audience:

Doctor of Medicine (MD), Doctor of Osteopathic Medicine (DO), Physician Assistant (PA), Bachelor of Medicine, Bachelor of Surgery (MBBS), Pharmacist, Nurse Practitioner (NP), Clinical Nurse Specialist (CNS), Advanced Practice Registered Nurse (APRN).

OU CloudCME™ Instructions:

This activity is provided at no cost, however, you will need a CloudCME account and complete a registration in order to access the video.

1. Create or Sign In to your CloudCME account:

To Sign In

- A. Go to the following website: cme.ouhsc.edu
- B. Click on "Sign In."

If you have an OU Email Address:

- Click on "Use this option if you have an OU.edu email address".
- Enter your OU.edu user name and password

If you DO NOT have an OU email address:

- Click on "Login with my CloudCME Account".
 - Enter the e-mail address to which we sent this e-mail and your CloudCME password. (If you have forgotten your password or do not have one set up, click on "Forgot my Password," and the system will e-mail you a link to re-set it.)
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2. If you need to create a CloudCME account:

- A. Click on Sign In
- B. Click on Login with my CloudCME account
- C. Click on Create New Account
- D. Complete the information and use the instructions above to sign into your CloudCME account.

To register and complete the module:

- A. Click on **Online Courses** and select the module you wish to complete
- B. Click on the Details button and review information regarding the module.
- C. Click on Register and complete the registration.
- D. Click on Tests to complete the pre-test and complete the module
- E. After you have completed the module, return to the CloudCME main page and click on My CME
- F. Click on Tests and complete the post test
- G. Click on Evaluations and Certificates to complete the evaluation

Once you have completed the evaluation, your continuing education certificate will be available.

Activity Description:

Essentials of Pediatric Palliative Care is designed for community pediatric providers, including physicians, APRN's, nurses, and social workers. The course is taught by the pediatric palliative care team at Oklahoma Children's Hospital. The three members of this team have a combined 18 years of experience in this field and are the only full time, full service pediatric palliative care providers in the state of Oklahoma. The three lectures comprising the course were specifically curated to be high yield to a community pediatric practice. The purpose of this course is to improve the care of chronic, complex pediatric patients in the community setting by equipping community caregivers with skills to better care for this population by addressing well known clinical practice gaps.

The course is divided into three modules:

Module 1: Introduction to Pediatric Palliative Care, Rachna May, MD

Module 2: Perinative Palliative Care, Mary Browning, MS, ARPN, CPNP-AC

Module 3: Grief and Loss – Tips and Tricks to Support Families after the Death of a Child, Cari Epperson, LCSW-P

Each module is separate. Upon completion the evaluation credit will be awarded.

Module 3: Grief and Loss - Tips and Tricks to Support Families after the Death of a Child - Professional Practice Gaps:

Gap 1: Healthcare practitioners may be unaware of options available in perinatal palliative care since this is a newer subset of pediatric palliative care. As diagnostic prenatal technology improves, it becomes increasingly important to be able to use palliative services available to families in the prenatal period.

Module 3: Grief and Loss - Tips and Tricks to Support Families after the Death of a Child - Learning Objectives:

Upon completion of this module, participants will improve their competence and performance by being able to:

- 1. Apply information regarding grief and supporting families to practice.
 - 2. Discuss the symptomology of grief.
 - 3. Demonstrate application of perinatal palliative care using case-based approach
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4. Use information regarding a family's response to grief in practice.
5. Discuss common misconceptions regarding grief
6. Apply newly learned ways to help support people who are grieving

Module 3 Bibliographic References for Further Study:

1. Cacciatore, J., Thieleman, K., Lieber, A. S., Blood, C., & Goldman, R. (2019). The long road to farewell: The needs of families with dying children. *OMEGA – Journal of Death and Dying*, 78(4), 404–420.
<https://doi.org/10.1177/0030222817697418>
2. James, J. W., & Friedman, R. (2009). *The grief recovery handbook*. HarperCollins.
3. Fagundes, C. P., & Wu, E. L. (2020). Matters of the heart: Grief, morbidity, and mortality. *Current Directions in Psychological Science*, 29(3), 235–241.
4. Cacciatore, J., & DeFrain, J. (2008). When a baby dies: Ambiguity and stillbirth. *Marriage & Family Review*, 44(4), 439–454.
5. Ellis, A., Chebsey, C., Storey, C., Bradley, S., Jackson, S., Flenday, V., Heazell, A., Cacciatore, J., & Bushfield, S. (2007). Stillbirth: The mother's experience and implications for improving care. *Journal of Social Work in End-of-Life & Palliative Care*, 3(3), 59–79.

Accreditation Statements

ACCME/AMA PRA Accreditation Statement:

The University of Oklahoma College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Oklahoma, College of Medicine designates this internet activity enduring material for a maximum of 2.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Module	Eligible <i>AMA PRA Category 1 Credits™</i>
Module 1: Introduction to Pediatric Palliative Care	.50 <i>AMA PRA Category 1 Credits™</i>
Module 2: Perinatal Palliative Care	1.00 <i>AMA PRA Category 1 Credits™</i>
Module 3: Grief and Loss - Tips and Tricks to Support Families after the Death of a Child	.75 <i>AMA PRA Category 1 Credits™</i>

ANCC (American Nurses Credentialing Center) Accreditation Statement:

OU Medicine, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation.

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2.25 CNE contact hours will be awarded for meeting the following criteria: 90% attendance of conference, completion and submission of evaluation form.

This educational activity does not include any content that relates to the products and/or services of a commercial interest that would create a conflict of interest.

Module	Eligible ANCC Contact Hours
Module 1: Introduction to Pediatric Palliative Care	.50 ANCC Contact Hours
Module 2: Perinatal Palliative Care	1.00 ANCC Contact Hours
Module 3: Grief and Loss - Tips and Tricks to Support Families after the Death of a Child	0.75 ANCC Contact Hours

Social Work

Social Work CEU Statement: OU Medicine, Inc., Case Management Department is accredited as a provider of social work CEUs by the Oklahoma State Board of Licensed Social Workers. This Educational Activity has been approved for 2.25 hr CEUs. Provider # 20250370 Category 1.

Module	Eligible OSBLSW Credits
Module 1: Introduction to Pediatric Palliative Care	.50 ANCC Contact Hours
Module 2: Perinatal Palliative Care	1.00 ANCC Contact Hours
Module 3: Grief and Loss - Tips and Tricks to Support Families after the Death of a Child	0.75 ANCC Contact Hours

Mitigation Statement:

The University of Oklahoma College of Medicine, Office of Continuing Professional Development has reviewed this activity's speaker and planner disclosures and has mitigated all relevant financial relationships with ineligible companies, if applicable.

The University of Oklahoma is an equal opportunity institution. <https://www.ou.edu/eoo>.

Disclaimer Statement:

Statements, opinions and results of studies contained in the program are those of the presenters and authors and do not reflect the policy or position of the Board of Regents of the University of Oklahoma ("OU") nor does OU provide any warranty as to their accuracy or reliability.

Accommodation Statement:

For accommodations on the basis of disability, please contact Susie Dealy (susie-dealy@ou.edu).

Planning Committee Members:

Rachna May, MD, Course Director
Allison Long, Administrative Coordinator
Sarah Mende, MD, MPH, Resident
Mary Browning, MS, APRN, CPNP-AC
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These contracts and agreements do not meet the definition of commercial or in-kind support.

Disclosure and Mitigation Report

Role	First Name	Last Name		
			Ineligible Company	Nature of the Financial Relationship
Planner, Presenter	Mary	Browning, MS, APRN, CPNP-AC	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	
Social Work Planner	Connie	Egbert, LCSW	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	
Presenter, Planner	Cari	Epperson, LCSW	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	
Nurse Planner	Angela	Frazier, BSN	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	
Michelle	Green	DNP, NEA-BC, NPD-BC	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	
Course Contact	Allison	Long	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	
Course Director	Rachna	May, MD	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	
Resident Planner	Sarah	Mende, MD, MPH	I have no financial relationships or affiliations with commercial interests/ineligible companies to disclose.	

Required hardware and software:

- **Operating Systems:** Any operating system that supports modern web browsers that adhere to the WC III standards.
- **Browsers:** For best performance and compatibility, we recommend using the latest version of Firefox, Chrome, or Microsoft Edge. The CloudCME™ administration system will run in Safari and the iOS browser, though performance and display of some items may vary.
- **Cookies:** Cookies must be enabled in your browser to allow the system to operate. Cookies are not used to store any personal information but are used by the program for basic screen management operations.
- **JavaScript:** JavaScript must be enabled in your browser to allow the system to operate. The only time JavaScript would not be enabled is if you work in an environment where the IT department has disabled JavaScript
- **Security:** Setting the browser security to Medium High or High may disable certain operations in CloudCME™. Browser security should be set to the default, standard settings.
- **Screen Resolution:** A minimum resolution of 1024x768 can be used, but due to the large amount of data on many screens the highest resolution available on your system will provide more usable space and make using CloudCME™ more efficient.