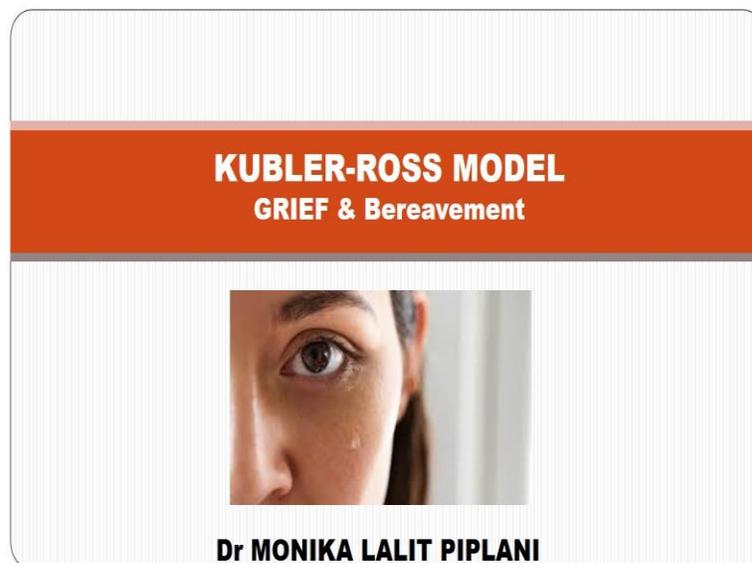


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Week-06
Lecture 04: Kubler-Ross Model

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Week number 6, lecture number 4. Hello friends. So, now we discuss about Kubler and Ross models. This is one of the grief models. So, let us again revise some of the things what we have discussed earlier.

(Refer Slide Time: 00:35)

What Is Grief?

"Grief is the emotion people feel when they experience a loss. There are many different types of loss, and not all of them are related to death. For example, a person can also grieve over the breakup of an intimate relationship or after a parent moves away from home."

What is grief? Grief is the emotion people feel when they experience a loss.

And there are many different types of loss and not all of them are related to death. This one point you must understand. Many different types. Grief because of death, of course it is there, but when there are major losses, you experience grief.

Earthquake has happened, your house has just come down, down to the dust. Some fire and house has been burnt. Your father has lost the job. He is now unemployed. So, there are so many major losses including a divorce between wife and husband.

So, they are called major losses when life changes thereafter. For example, a person can also grieve over the breakup of an intimate relationship or after parent moves away from home, you know.

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What Is Grief?

"Grief is a natural reaction to the loss of someone important to you. Grief is also the name for the healing process that a person goes through after someone close has died.

The grieving process takes time, and the healing usually happens gradually."

However, remember that it is a natural reaction to the loss of someone important to you. It is just a natural reaction. It is also the name for the healing process that a person goes through after someone close has died.

The grieving process takes time and the healing usually happens gradually.

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GRIEF

"Losing someone suddenly can be extremely traumatic, though, no matter how old that person is. Maybe someone you know died unexpectedly - as a result of violence or a car accident, for example. It can take a long time to overcome a sudden loss because you may feel caught off guard by the event and the intense feelings that are associated with it."

Losing someone suddenly can be extremely traumatic though no matter how old that person is. Maybe someone you know died unexpectedly as a result of violence or a car

accident for example. It can take a long time to overcome a sudden loss because you may feel caught off guard by the event and the intense feelings that are associated with it.

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Coping With Grief!

"The grieving process is very personal and individual - each person goes through his or her grief differently. Some people reach out for support from others and find comfort in good memories."

The grieving process is very very personal and individual.

Grief to me can be different from another person. So, it is personal and individual. Just cannot be compared. Each person goes through his or her grief differently. Some people reach out for support from others and find comfort in good memories.

The people like me, they do not reach out. They just absorb the shock in themselves.

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Models of grief

They provide frameworks for understanding what bereaved people tell us about their experiences. A central notion is that grief must be confronted and expressed, otherwise it may become pathological and manifest in some other ways.



There are many models of grief and they provide a framework for understanding what bereaved people tell us about their experiences. A central notion is that grief must be confronted and expressed, otherwise it may become pathological and manifest in some other ways.

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Traditional model

Traditionally grief has been described as a process divided into a series of overlapping phases, stages or tasks.



This is the traditional model. Normally this is what we are doing. Other models came up after lots of research and they are named as such like one model I spoke about, Ross

model, Dabda. Traditional model is just what we are generally doing it. Traditionally, grief has been described as a process divided into a series of overlapping phases, stages or tasks. Like in our Hindu society, whenever somebody dies, things are like this only.

There is intense shock, disbelief, but then slowly and slowly just people start accepting it. And on twelfth day, we have certain rites of the disease and thereafter that mourning process, process you know slowly and slowly gets over. We call it Bharavi. We generally celebrate it so that you know all those things reach to our people in heaven.

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STAGES: Traditional model

1. Numbness
2. Separation & Pain
3. Despair (Loosing all Hopes)
4. Acceptance
5. Resolution & Re-organisation



In traditional model, stages are the same, numbness, separation because that deceased has separated from you.

So naturally you feel pain, despair, you lose hopes because when you come under despair, you come under, you lose hopes, when it is not under your control and we know that there are so many things in our life which are not under our control. Then acceptance, you accept it and then you resolve, so must go on. You start leading your life the way you had been doing it. Memory still remains, memory still lingers on. Sweet memory, you keep remembering them, but your life goes on.

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Elizabeth Kubler-Ross

- She was born July 8, 1926 and died August 24, 2004
- A Swiss-born psychiatrist
- Author of the groundbreaking book "On Death and Dying" (1969), where she first discussed what is now known as the Kubler-Ross model.
- A 2007 inductee into the National Women's Hall of Fame
- She was the recipient of twenty honorary degrees

This is a model which we are going to talk about Elizabeth Kubler-Ross, a Swiss-born psychiatrist, author of the groundbreaking book, this book On Death and Dying and this is where on this book, she gave out this famous model called Kubler-Ross model.

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The Dying Process

- Research of Elizabeth Kubler-Ross has influenced how we accept deaths.
- Kubler-Ross worked within a psychoanalytic framework
 - interviewed 200 dying patients
- She proposed 5 distinct stages through which individuals pass.



She did lots of research, how we accept death and she worked within a psychoanalytic framework. She interviewed more than 200 dying patients and she proposed five distinct stages through which individual pass.

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Ross model

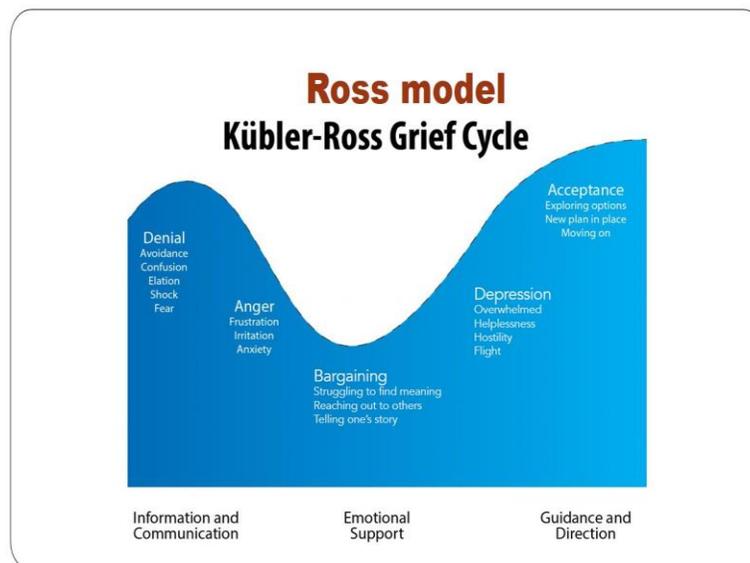
In 1969, Elisabeth Kubler-Ross described five popular stages of grief, popularly referred to as DABDA. They include:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance



After this research, she came out with Ross model, denial, anger, bargaining, depression and acceptance finally. Let us go over on each stage.

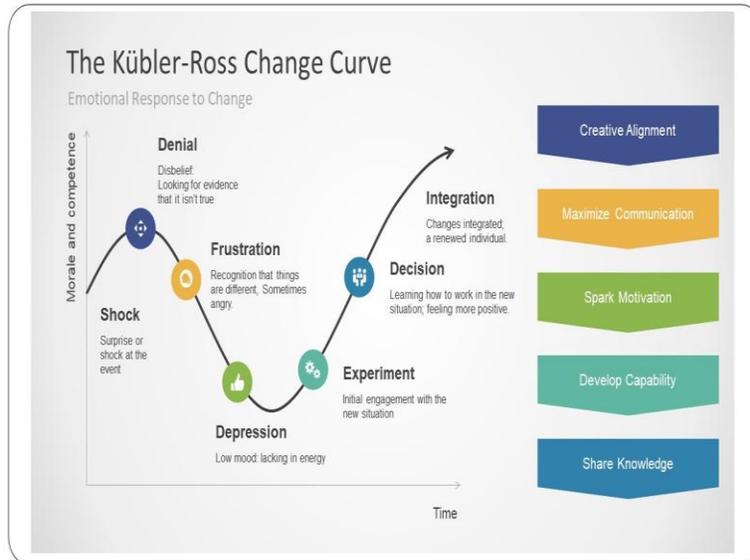
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This is how it goes, you deny it, anger, you get some emotional, this is first information clinician, so your shock is higher. Then slowly and slowly over a period of time it comes

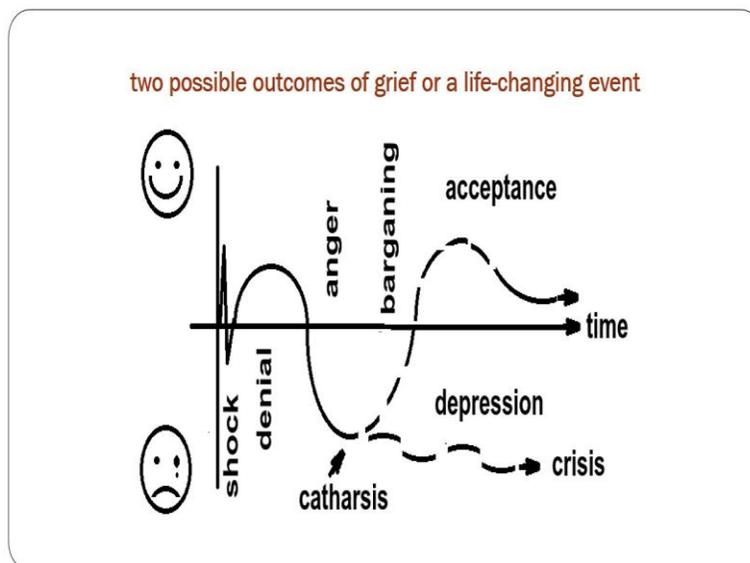
down. Emotional support is there, it just comes down and then again depression starts and then finally you accept it because of guidance and direction.

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Same thing, shock, denial, frustration, depression, experiment, decision, then you integrate with your own life.

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These are different sketches I have given it.

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1. DENIAL

The first reaction is denial. In this stage, individuals believe the diagnosis is somehow mistaken, and cling to a false, preferable reality. Denial aids in pacing your feelings of grief. Instead of becoming completely overwhelmed with grief, we deny it, do not accept it, and stagger its full impact on us at one time. Think of it as your body's natural defense mechanism saying "hey, there's only so much I can handle at once." Once the denial and shock starts to fade, the start of the healing process begins. At this point, those feelings that you were once suppressing are coming to the surface.

Let us see the first denial. First reaction is denial. In this stage, individual believe the diagnosis is somewhat mistaken and cling to false preferable reality. This happens with most of the people in hospital. They blame the doctor.

Doctor did this, doctor did that. It is a false thing because they just denied. It is a, denial is a psychological mechanism that you cannot accept a thing, you immediately deny. Aisa nahi ho sakta (Hindi phrase meaning this cannot happen), this cannot happen, you know. Denial aids in pressing your feelings of grief.

Your grief comes down because of denial. Because it is a defense mechanism, psychological defense mechanism that you reduce, it reduces the shock. Instead of becoming completely overwhelmed with grief, we deny it, do not accept it and stagger it, full impact on us at one time. Think of it as your body's natural defense mechanism. This is what I was telling you.

It is your natural defense mechanism. You say, hey, there is only so much I can handle at once. Once the denial and shock starts to fade, the start of the healing process begins.

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EXAMPLES OF THE DENIAL STAGE

- Breakup or divorce: "They're just upset. This will be over tomorrow."
- Job loss: "They were mistaken. They'll call tomorrow to say they need me."
- Death of a loved one: "She's not gone. She'll come around the corner any second."
- Terminal illness diagnosis: "This isn't happening to me. The results are wrong."

These are some of the examples I have given. During breakup or divorce, you just say they are just upset, this will be over tomorrow.

Job loss, they were mistaken, they will call me tomorrow to say they need me. Denied, still they do not accept the loss, they fired me out of the company. They say no, they are mistaken. Death of a loved one, she is not gone, she will come around the corner any second, she will come back, she is not gone, she is not dead. Terminal illness diagnosis, this is not happening to me, the results are wrong.

Patient does not believe those results. First reaction, it is defense mechanism, psychological defense mechanism, very very natural, nothing to worry about it.

(Refer Slide Time: 09:40)

2. ANGER

When the individual recognizes that denial cannot continue, they become frustrated, especially at proximate individuals. Certain psychological responses of a person undergoing this phase would be: "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?"; "Why would this happen?" Think of anger as strength to bind you to reality. You might feel deserted or abandoned during a grief event. That no one is there. You are alone in this world. The direction of anger toward something or somebody is what might bridge you back to reality and connect you to people again. It is a "thing." It's something to grasp onto – a natural step in healing.

Second, anger. When the individual recognize that denial cannot continue, denial can last for few minutes, for one hour, two hours. Then they become frustrated and when you feel frustrated, what is the most handy thing for us? We get angry.

I also do the same thing. Certain psychological responses of a person undergoing this phase would be, why me, it is not fair, how can this happen to me? Who is to be blamed? Why would this happen? Think of anger as strength to bind you to reality. Anger is one thing which gives you strength. When you get angry, all of a sudden lots of strength comes into your body. But when anger is gone away, you are so lose, you know totally, you become weak. The direction of anger towards something or somebody is what might bring, bridge you back to reality and connect you to people again.

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EXAMPLES OF THE ANGER STAGE

- Breakup or Divorce: "I hate him! He'll regret leaving me!"
- Job loss: "They're terrible bosses. I hope they fail."
- Death of a loved one: "If she cared for herself more, this wouldn't have happened."
- Terminal illness diagnosis: "Where is God in this? How dare God let this happen!"

Let us see the example. Again the same example I am giving, breakup or divorce. I hate him, he will regret leaving me. Job loss, they are terrible bosses. I hope they fail, you know.

The company bloody fails. Death of a loved one, if she cared for herself more, this would not have happened. She should have taken her care, if she would have taken more care, she would not have died like this. Terminal illness, where is God in this? How dare God let this happen? Now you see, you distrust God. Where is God? God bloody cannot help me like this.

God, he is nowhere. Otherwise, if God is there, he cannot let this particular thing happen to me. Start bargaining.

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3. BARGAINING

The third stage involves the hope that the individual can avoid a cause of grief. Usually, the negotiation for an extended life is made in exchange for a reformed lifestyle. People facing less serious trauma can bargain or seek compromise. For instance: "I'd give anything to

Third stage involves the hope that the individual generally, most of us have got a hope and hope lasts till eternity. Individual can avoid the cause of grief. Originally, the negotiation for an extended life is made in exchange for a reformed lifestyle.

People facing less serious trauma can bargain or seek compromise. For instance, I had give anything to this, this, this, this, this.

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EXAMPLES OF THE BARGAINING STAGE

- Breakup or divorce: "If only I had spent more time with her, she would have stayed."
- Job loss: "If only I worked more weekends, they would have seen how valuable I am."
- Death of a loved one: "If only I had called her that night, she wouldn't be gone."
- Terminal illness diagnosis: "If only we had gone to the doctor sooner, we could have stopped this."

Example, breakup or divorce, if only I had spent more time with her, she would have stayed. It is my fault. I did not stay, I did not give more time to her.

I was so busy with my work. Job loss, if only I worked more weekends, they would have seen how valuable I am. I would have worked better, more output, then they would have kept me over there. They would have seen my values. Death of a loved one, if only I had called her that night, she would not be gone. I would have called her that particular night to come back.

Terminal illness, if only we had gone to the doctor sooner, we could have stopped this. This happens most of the time, particularly in cancer cases, I have seen they go to doctor when a cancer patient already it has reached, cancer has reached to stage 3 or stage 4, you know. They do not go early. That guy says, yes, we had gone to the doctor earlier, then this particular thing could have been stopped. This is called bargaining.

(Refer Slide Time: 13:20)

4. DEPRESSION

"I'm so sad, why bother with anything?"; "I'm going to die soon, so what's the point?"; "I miss my loved one, why go on?" During the fourth stage, the individual despairs at the recognition of their mortality. In this state, the individual may become silent, refuse visitors and spend much of the time mournful and sullen. In this stage, you might withdraw from life, feel numb, live in a fog, and not want to get out of bed. The world might seem too much and too overwhelming for you to face. You don't want to be around others, don't feel like talking, and experience feelings of hopelessness. You might even experience suicidal thoughts – thinking "what's the point of going on?"

Fourth stage, depression. I am so sad, why bother with anything? I am going to die soon. So, what is the point? I miss my loved one. So, now you are under depression.

So, you can say anything, you can do anything. The world around you does not exist. Even you do not exist yourself also for that matter. You do not want to be around others, do not like talking and experience feelings of hopelessness. You might even experience suicidal thoughts and therefore, when a person, grieving person is under depression, people around must keep a watch on him.

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EXAMPLES OF THE DEPRESSION STAGE

- Breakup or divorce: “Why go on at all?”
- Job loss: “I don’t know how to go forward from here.”
- Death of a loved one: “What am I without her?”
- Terminal illness diagnosis: “My whole life comes to this terrible end.”

Examples, divorce, why go on at all? Theek hain, fine, divorce is okay, we should not continue with that life.

Job loss, I do not know how to go forward from here. Death of a loved one, what am I without her now, you know, depression. Terminal illness, my whole life comes to this terrible end, you know. What to do now with this life, no use.

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5. ACCEPTANCE

"It's going to be okay."; "I can't fight it; I may as well prepare for it." In this last stage, individuals embrace mortality or inevitable future, or that of a loved one, or other tragic event. People dying may precede the survivors in this state, which typically comes with a calm, retrospective view for the individual, and a stable condition of emotions.

Finally comes acceptance, it is going to be okay. Now the time has come, enough time has passed, lot of water has passed under the bridge. So, time is okay. I may as well prepare for it. In last stage, individuals embrace mortality or inevitable future or that of a loved one or other tragic event, people dying may precede the survivors in this state, which typically comes with a calm retrospective view for the individual and a stable condition of emotion.

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EXAMPLES OF THE ACCEPTANCE STAGE

- Breakup or divorce: "Ultimately, this was a healthy choice for me."
- Job loss: "I'll be able to find a way forward from here and can start a new path."
- Death of a loved one: "I am so fortunate to have had so many wonderful years with him, and he will always be in my memories."
- Terminal illness diagnosis: "I have the opportunity to tie things up and make sure I get to do what I want in these final weeks and months."

Examples, after breakup, when you accept the reality, this is the final statement.

Ultimately, this was a healthy choice for me. Acha hua hum alag ho raha hai (Hindi phrase meaning it's good that we are separating), better for both of us that we got separated. Job loss, I will be able to find a way forward from here and can start a new path. Okay, fine. I will find another job, I will continue, let us see and that job might be better than this particular job. Death of a loved one, I am so fortunate to have had so many wonderful years with him and we will always be in my memory.

We had so much of time together, happy time together and he will remain in my memory. This is what we do for wife and husband and children. We put a photo over there and photo is there on the wall, but after all they are there in our memories forever.

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Bereavement and health risk

- **Predisposes people to physical and mental illness**
- **Precipitates illness and health**
- **Exacerbates existing illness**
- **Leads to health-threatening behaviour**
- **Results in increased use of health services**
- **May lead to depression**

Bereavement and health risk predisposes people to physical and mental illness, precipitates illness and health, exacerbates existing illness, leads to health risk. Health-threatening behaviour results in increased use of health services may lead to depression. These are the health risks, bereavement or grieving process not over in required time.

(Refer Slide Time: 16:30)

Symptoms of Grief

- Crying
- Headaches
- Difficulty Sleeping
- Questioning the Purpose of Life
- Questioning Your Spiritual Beliefs (e.g., your belief in God)
- Feelings of Detachment
- Isolation from Friends and Family
- Abnormal Behavior
- Worry
- Anxiety
- Frustration
- Guilt
- Fatigue
- Anger
- Loss of Appetite
- Aches and Pains
- Stress

Symptoms of grief, crying, headaches, difficulty sleeping, you question your spiritual beliefs, feelings of detachment, isolation from friends and family, abnormal behaviour, worry, anxiety, frustration, guilt, fatigue, you get tired, you do not feel like doing anything, anger, loss of appetites, you do not feel angry at all, even a good food comes in front of you, just bloody close your eyes, you do not do anything, aches and pains and stress.

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TREATMENT OF GRIEF

1. The prescription of medication has been the most common methods of treating grief.
2. Counseling is a more solid approach toward grief. Support groups, bereavement groups, or individual counseling can help you work through unresolved grief.
3. If you or a loved one is having a hard time coping with a grief event, seek treatment from a health professional or mental health provider.

Treatment, yes, if it is a prolonged grief, so we must take a psychological treatment, otherwise the person will go under depression. Prescription of medication is the most common methods of treating grief and this should be given by a recognised psychiatrist only.

Counselling is a more solid approach. People around must talk to them, wise people, elderly people, if that not possible, then get counselling support. There are counsellors available nowadays, few days of counselling, few hours of talking and active listening by the counsellor, I think this grief can be resolved. If your loved one is having a hard time coping with a grief event, seek treatment from health professionals too. So, these are the options available too for treatment of grief.

This is all about grief and bereavement gentlemen. It is a psychological thing. It will come and go, but I say that we human being must remain mentally strong and must accept the realities of life. So, in such situation we have got that resilience, we fight against such major loss.

Of course, shock will be there. After all, we are human beings. We love our people, we love our property, home, these, that, job and other things and if some major loss occurs, definitely we do come under shock, but it should be for a limited time. And second thing, for all these psychological distress, including bereavement and grief, social support is the best support. Cultivate social support around your friends, family members. Don't fight with them, love them, take their advantages, take their support. You must have people with you to whom you should be able to call them anytime and tell them anything. That is real social support. Thank you.