



Association for
Palliative Medicine

Article of the Month

April 2020

Perspectives on dying from COVID-19: Waiting for the storm

Simon Tavabie, Katie Ball Marie Curie Hospice 26 March 2020: Co-authored by one of our APM Junior committee members.

BMJ Supportive and Palliative Care Journal

Today we find ourselves in the middle of a pandemic. COVID-19 has swept across the globe with thousands dead, more seriously unwell, and a sense of anxiety and uncertainty within healthcare professions that is unlike anything we have seen. As the course of the viral illness becomes clearer, management guidelines are being produced, including around the topics of supportive and palliative care. To understand the real life implications of working on the front line we conducted a series of short structured interviews with clinicians across the UK in a variety of healthcare settings, discussing their experiences and looking for themes arising from the current COVID-19 outbreak. We hope that quotes from these conversations make for an accurate description of our current time and may be of interest now and in future.

[Click here](#) to read the full article

That Discomfort You're Feeling Is Grief

Scott Berinato Harvard Business Review 23 March 2020.

Some of the HBR edit staff met virtually the other day — a screen full of faces in a scene becoming more common everywhere. We talked about the content we're commissioning in this harrowing time of a [pandemic](#) and how we can help people. But we also talked about how we were feeling. One colleague mentioned that what she felt was grief. Heads nodded in all the panes.

If we can name it, perhaps we can manage it. We turned to David Kessler for ideas on how to do that. Kessler is the world's foremost expert on grief. He co-wrote with Elisabeth Kübler-Ross [On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss](#). His new book adds another stage to the process, [Finding Meaning: The Sixth Stage of Grief](#). Kessler also has worked for a decade in a three-hospital system in Los Angeles. He served on their biohazards team. His volunteer work includes being an LAPD Specialist Reserve for traumatic events as well as having served on the Red Cross's disaster services team. He is the founder of <https://grief.com/>, which has over 5 million visits yearly from 167 countries.

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Junior Committee Covid-19 recommended articles