

Program Director Loss: How A Program Rallied Together After the Unexpected Loss of Their Beloved Program Director

Session Information

The sudden loss of a coworker, particularly a program director, can be devastating. This session will show how an Emergency Medicine residency program came together to support each other through this tragedy and how we continue to keep his legacy alive and continue his work in Emergency Medicine.

Objectives

1. Highlight initial and continued awareness of individual and group support through the mourning process
 2. Development and maintenance of physician and staff wellness programs in an institution
 3. Keep the legacy alive in the program and surrounding community
-

Grief and Mourning

1. Definitions
 1. Grief is the reaction to loss.
 2. Mourning is the process of coping with grief.
2. Mourning in the work place, as in all aspects of life, is highly personal, can present in many different manners and behaviors, and can cause disruptions of varying personal, professional, and financial costs
3. Awareness of grief in the work place is critical; the following are some signs of grief in the workplace:
 - A. loss of motivation and absenteeism
 - B. difficulty concentrating
 - C. increase in errors or accidents
 - D. mood swings, feelings of resentment
 - E. isolation
 - F. substance abuse