



Defense Health Agency (DHA) Clinical Communities Speaker Series

Feb 2021 CCSS: Challenges in Women's and Infants' Health

S04: Perinatal Loss: Policy Updates and Best Practices

Resource List

The loss of a baby due to stillbirth remains a sad reality for many families and takes a serious toll on families' health and well-being. There are organizations and resources that can offer support. Learn what the Centers for Disease Control and Prevention (CDC) is doing to understand the preventable causes of stillbirth. [Stillbirth](#) (2020) presents facts, resources, data and statistics, family stories, and other information. CDC is committed to improving their ability to track and prevent stillbirth as an important public health issue by expanding tracking and research efforts in identifying new causes of stillbirth and developing ways to prevent them.

Perinatal death is a painful experience, with physical, psychological and social consequences in families. The study, [Impact of Perinatal Death on the Social and Family Context of the Parents](#) (2020), aims to explore, describe and understand the impact of perinatal death on parents' social and family life. The study suggests that perinatal death impacts the family dynamics of the parents and their family, social and work environments. The recognition of the loss within the social and family environment would help the families to cope with their grief.

[Intrauterine Fetal Demise](#) (2021) reviews the interprofessional team's role in evaluating, managing, and improving care for patients with this diagnosis. Stillbirth is a catastrophic event with lasting consequences on all of society. The article states the importance of the need to learn more about why stillbirths occur to help those impacted deal with grief and, more importantly, prepare to reduce stillbirth risk in subsequent pregnancies.

Grief is a part of let, and every person responds to it differently, whether it be emotionally, mentally, or physically. [Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event](#) (2017) is a fact sheet containing information about grief, the grieving process, and what happens when the process is interrupted and complicated or traumatic grief occurs. Read about tips and helpful resources for coping with grief.

Perinatal loss, though common, are often invisible. Loss of pregnancy is too often met with the societal equivalent of a shrug. It creates a unique type of grief, and psychotherapists say more should be done to support those facing such pain. [Healing the wounds of pregnancy loss](#) (2018) presents commonly used psychotherapeutic tools for addressing grief that are helpful when counseling patients after a pregnancy loss.



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