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## Assess the level of grief and its related problems among women with late pregnancy loss

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**Introduction:** Pregnancy loss is the traumatic life event in which the women undergo lots of physical and emotional turmoil but the intensity differs from one individual to another grief is an emotional reaction to bereavement. Midwives make difference in meeting their needs to prevent grief related complications. The main objective of the study is to assess the level of grief and its related problems among women with pregnancy loss.

**Methods:** The study design was descriptive. The setting was Obstetrics and Gynecology ward of Christian Medical College, Vellore in South India. The population was primi and multi para women who delivered stillborn babies after 22 weeks of gestation. Purposive Sampling was done and the instrument used was Perinatal Bereavement Grief Scale. An ethical approval was obtained from the Institutional Review Board. Descriptive statistics and Logistic regression were done to analyse the data.

**Result:** The level of grief was severe 22%, moderate 22% and mild 56%. Grief was highly significant (p Value <0.01) in women with gestational age between 29-37 weeks and working women compared to house wives. The kinds of grief experienced were physical, psychological and social. The symptoms of physical grief were sleeplessness, feeling of having empty space and wishing to hold the baby. Some of the psychological feelings were longing for the baby, feel guilty and upset. Social grief expressed as others may not respect, Uncomfortable to face husbands and in laws.

**Conclusion:** Women with pregnancy loss were found to have grief in different level. Identifying the level of grief and counseling the women as early as possible can reduce the complicated grief related problems.

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