

THE PATIENT-CENTERED, FAMILY-FOCUSED AND COMMUNITY-ORIENTED (PFC) APPROACH IN BEREAVEMENT CARE

Jeszyl OLEA, M.D.

Department of Family and Community Medicine
at the University of the Philippines – Philippine
General Hospital

Keywords: Grief, Prevention, PFC approach



BACKGROUND

Grief is a complex and multifaceted emotional response typically elicited by the death of a significant individual. Its intensity, duration, and manifestation vary considerably among individuals. While some experience a relatively uncomplicated grieving process, others may present with persistent and potentially pathological grief, negatively impacting their overall quality of life.



CASE PROFILE

- This is a case of a 52-year-old, female, widowed, Jehovah’s Witness from the Philippines who initially presented with intermittent nape pain.
- PFC assessment revealed a complex psychosocial context characterized by her role as sole caregiver for her daughter, who had Autism Spectrum Disorder (ASD) and recently exhibited disruptive behaviors, significantly impacting their relationship.
- Outpatient consultations employed comprehensive screening and family assessment tools to evaluate family dynamics and the impact of the daughter's ASD.
- Interventions addressed both the patient's physical symptoms and the psychosocial challenges, including the mother–daughter relationship, the burden of chronic caregiving, and resource availability.
- Tragically, during this process, her daughter passed away unexpectedly, leaving her alone.



METHODS

- Employing a PFC approach, both biomedical and psychosocial factors were addressed through early interventions designed to mitigate potential adverse outcomes.
- The daughter's unexpected death during treatment necessitated a shift in support, focusing on the patient's grief processing and fostering acceptance.
- Her strong faith and the unwavering support of her religious community proved instrumental in her healing journey.



RESULTS

This case powerfully illustrates the resilience of the human spirit and the critical importance of community support in coping with profound loss, serving as a testament to the enduring strength of the Filipino concept of bayanihan, or communal unity.



CONCLUSION

The PFC approach provides a comprehensive care that extends beyond biomedical interventions to encompass the broader social, psychological, and community contexts impacting the health of families facing multiple adversities. This holistic approach leads to better patient outcomes, strengthens families, and promotes healthcare equity.