

# PERINATAL LOSS: THE EMOTIONAL IMPACT OF THE DEATH OF ONE OF THE TWINS ON THE FAMILY AND PROFESSIONAL TEAM IN A NICU

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## → INTRODUCTION

Vanesa and Rafa began their paternity prematurely with the birth of their twins: Pau born at 25,1 gestational weeks (GW) while Héctor remained intrauterus for a further 11 days having being born with 26,6 GW. Both were aware of the risks due to the extreme prematurity, but nothing predicted the death of the second twin who died at 47 days of age. After facing grief due to the extreme prematurity of their children, these parents lived the hardest moment of their lives: whilst mourning the death of their son, they had to remain strong in order to continue supporting Pau in the same NICU where they said goodbye to Héctor.

## ✦ DESCRIPTION

### 1st Stage: Pau's birth

#### MOTHER

- Sadness
- Guilt
- Uncertainty

#### BOTH

- Fear
- Yearning for privacy
- Anguish

#### FATHER

- Suffering
- Continuous information
- Need for control

#### Live day by day



Mother's 1st visit



Kangaroo Care

### 2nd Stage: Héctor's birth and clinical stagnation

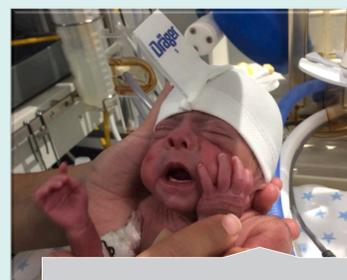
#### PARENTS

Worry  
«Emotional tiredness»  
Good news

#### Celebrate important moments



1st month celebration



Pau's 1st extubation



Héctor's extubation

### 3rd Stage: Cardiopulmonary arrest and Héctor's death

#### PARENTS

Fear  
Anguish  
Emotional block  
Acceptance therapeutic limitation

#### TEAM

100% Trust  
Motivation  
Gratitude  
Need for affection

#### Grief Support



Limitation during skin-to-skin



Belongings



Remembrance

### 4th stage: grief and continuous battle

#### PARENTS

↑ Fear  
Grief on hold  
Emotional strength  
Frustration  
Good News  
Team satisfaction

#### TEAM

Sadness  
Frustration  
Fear  
↑ responsibility  
Emotional strength

#### Celebrating small achievements



Carnival



«Graduation» - clinical discharge



First holidays

## 🔄 Summary

The special circumstances presented by this case, illustrates the emotional impact on both parents and those professionals who accompanied them during these difficult 6 months. It was both a challenge and an honor to have been by their side. The relationship that we built with them has shown us the tremendous love shared by this family. The trust and faith that Vanesa and Rafa have placed in our team was crucial to overcome the many struggles that we faced together.