

# Bereavement Related Depression in Thermopolis, WY

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**Hypothesis: Implementation of bereavement photography to complement counseling provides a potential strategy to improve complicated grief symptoms.**

## Background

- Hot Springs County Memorial Hospital (HSCMH) serves approximately 4,700 residents
- The industry of Thermopolis centers around tourism based primarily as a track to Yellowstone
- Hot Springs County ranks 21<sup>st</sup> out of 23 Wyoming counties in health outcomes



Hot Springs County Memorial Hospital

## Public Health Concern

- Interviews with healthcare professionals and community residents identified bereavement related depression as a health concern
- Wyoming infant mortality rate is 5 deaths per 1,000 live births.
- Low birth weight is 7% in HSC.
- Prematurity is 10.5% in Wyoming
- Stillbirth rate is 1% in the US in 2014

## Literature Review

- Studies showed the benefits of perinatal bereavement photography, with 92 out of 93 bereaved parents expressing approval
- There are 5 major themes of bereavement photography
- Benefits include a low cost of implementation within rural communities, and positive reflection by healthcare providers
- Potential barriers to implementation include parents' state of crisis related to emotional and physical shock

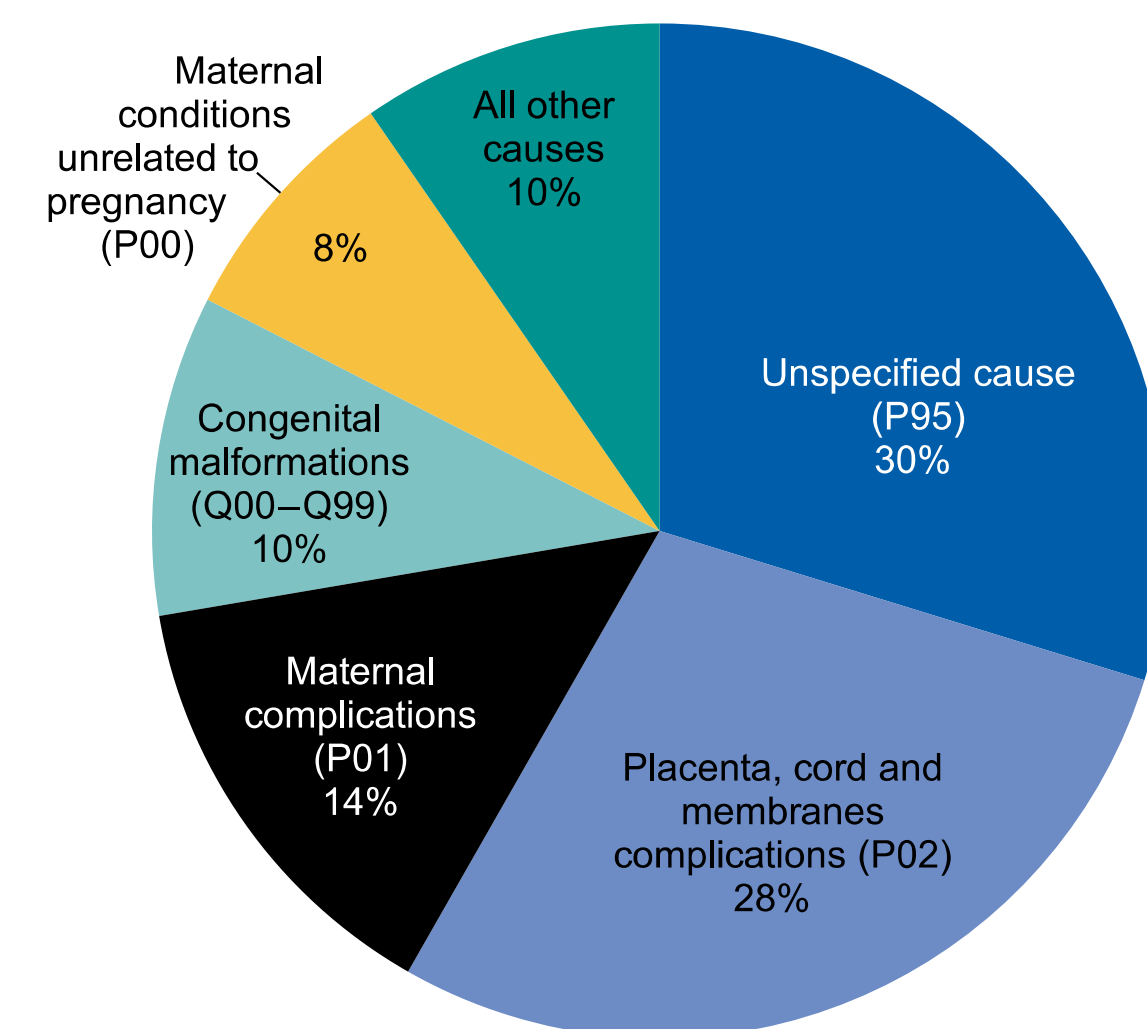
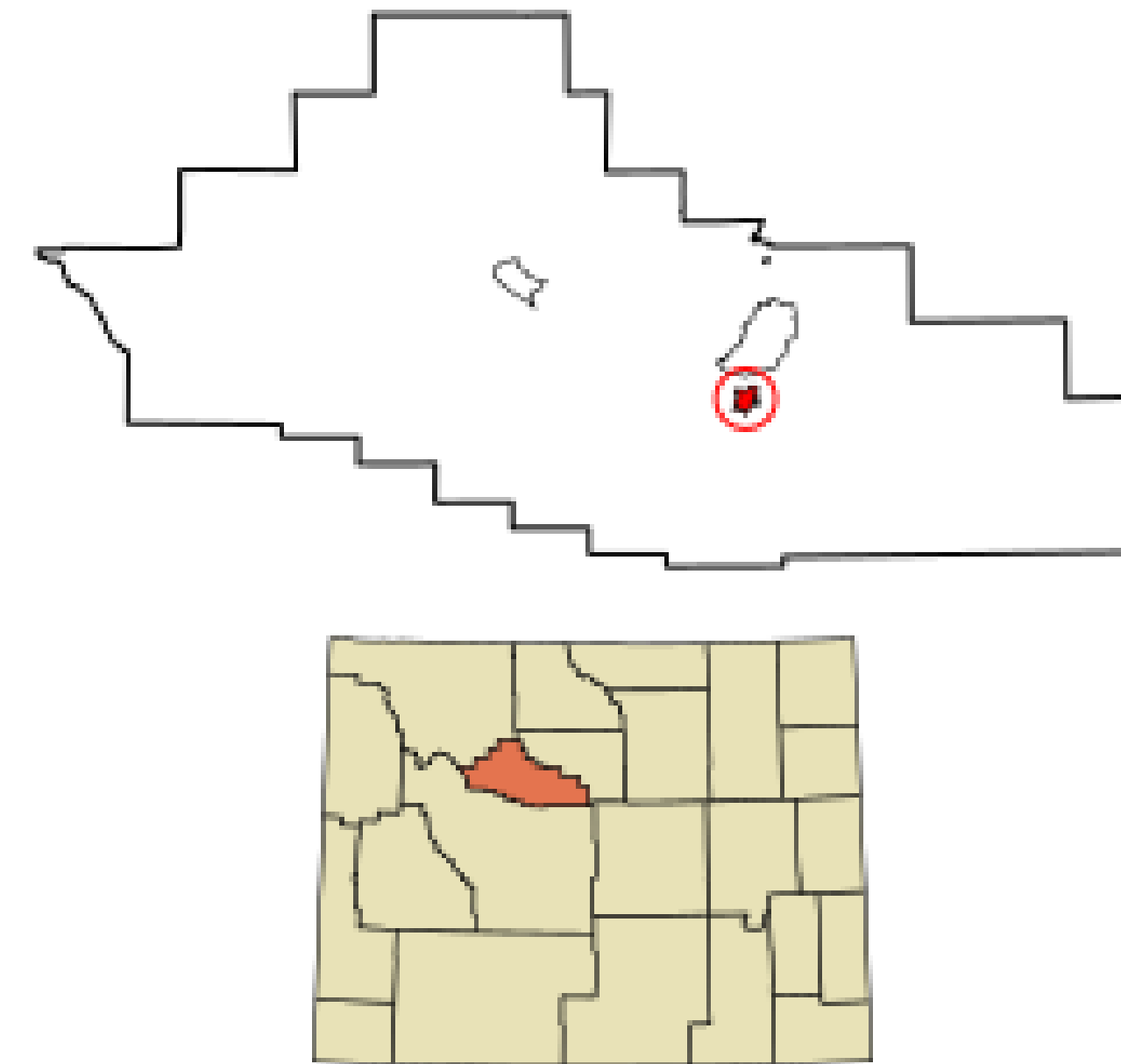


Figure 1 Fetal death by selected causes. Data from NVSD

## Hot Springs County



## Community Profile Assets

- Wellsprings Counseling- state service providing sliding scale mental health counseling
- Community outreach through the Prevention Coalition
- Healthcare resources- HSCMH, DFS, Public Health
- Hot Springs State Park

## Conclusion

- Bereavement leads to complicated grief symptoms
- The community has multiple entities targeting depression
- Counseling, prevention, and primary care have all been utilized to decrease the incidence of depression
- Partnering HSCMH and professionally trained bereavement photographers may improve complicated grief symptoms related to perinatal loss
- WRITE will provide opportunities to approach healthcare providers with regards to finding and training photographers



Bereavement photography from NILMDTS

Acknowledgements: Wellsprings Counseling, HSCMH, local healthcare providers