Introducing the Pause After a Death in Critical Care

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WHAT IS IT?

An observation of a minute's silence with the family and critical care team after a patient dies.



WHERE DID THE PAUSE COME FROM?



A moment of silence is often a gesture of respect, particularly in mourning for those who have died recently



Examples of a period of silence can be observed at ceremonies such as memorials of tragic historical events such as Remembrance Day or football matches

A practice of silence contains no statements or assumptions concerning belief or religion and allows participants to come together without fear of offence

The practice used in organ donation is known as a full team moment of honour

WHY DO WE DO IT?

A moment of silence is often a gesture of respect, particularly in mourning for those who have died recently.



When you practice silence, you allow your brain to process your emotions, rather than suppressing them and remaining on autopilot. This may bring up uncomfortable emotions but the sooner feelings are recognised and processed, the sooner you can move forward.



