

# **Through the eyes of a father: A perinatal loss**

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## **Abstract**

This Major Research Project (MRP) paper began with a critical review of the nursing discourse on suffering associated with profound grieving arising from a perinatal loss. Drawing upon my own experiences with perinatal loss (neonatal death) and this comprehensive literature review, minimal societal recognition of neonatal deaths coupled with a paucity of research that has been translated into clinical practice, this paper illuminates the extent to which paternal loss is misunderstood and mismanaged. Clearly, gender grieving differences and ethno-cultural and religious practices need to be understood and supported so that nurses can skillfully initiate the healing process with mothers, fathers, and the child forever lost to them. Nurses bear witness to the vast effects of suffering and are in a unique position to facilitate health, healing, and a natural transcendence through creating positive memories. Writing this paper “through the eyes of the father” is intended to further nurses’ understanding of the fathers’ lived experiences so that they no longer grieve in silence. By integrating theory and concepts of best practice guidelines therapeutic client-centered care will facilitate healing when these painful, unexpected life tragedies occur.

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