



INTERNATIONAL DAY OF PERINATAL MOURNING

«When you prepare to give life, you don't expect death to be there»

Petits Estels works to break the silence and help parents validate their emotions

The SAAS approved the protocol on this loss a month ago, although it has been applying it for years

EL PERIÒDIC
ESCALDES-ENGORDANY

@PeriodicAND

Perinatal loss is that which occurs during pregnancy or in the moments after childbirth. In order to commemorate it and give it a voice, the International Day of Perinatal Mourning is celebrated every October 15th, and in the case of the Principality, the Petits Estels association has organized a day from 6.30pm at the Llacuna Cultural Center, where the author of the book *The remaining life* (La vida que queda), Marta Alsina, will participate. In fact, in Andorra, the attention of this mourning is mainly based on this grouping and the SAAS.

Both the president of Petits Estels, Sílvia Palau, and the reference midwife for SAAS maternity, Cristina Pérez, agree that the first aspect that must be achieved is to eliminate the taboo about this loss. «Any mourning is complicated, but the perinatal case is unique, because you don't expect it,» detailed Palau, adding that «when you prepare to give life, you don't expect death to be there.» In a similar vein, Pérez shared that «it is a situation where two vital moments coincide, such as life and death: when one has prepared for life and suddenly death arrives», at the same time that emphasize that the process is complicated because «it has a very high hormonal component aimed at motherhood, the development of the bond and the generation of life». That is to say, that the harshness of the loss, in addition to the fact that «our culture transforms death», means that «a taboo is generated in society», according to the president, who emphasized that this causes that «we find helpless parents, because they have just lost their child and they see that they cannot talk about it». But, be that as it may, «the fact of hiding it does not help us to distance it or to avoid this reality; rather, it unprotects us», claimed the midwife.

It is from this need to break the silence and create a support network that emerged in 2018, Petits Estels, driven by Palau herself as a result of her professional experience as a perinatal psychologist. «I realized, dealing with parents who have lost



FREEPIK

►► A couple who are expecting a baby.

The hormonal component to truncated motherhood further complicates the grieving process

children, that they don't have a resource to validate their emotions, and there are studies that show that parallel therapy helps them to have a better prognosis to overcome this mourning», she exposed. In this way, Petits Estels structures its services on three levels: individual attention, group actions and events open to the general public. In the first, the association's professionals (two psychologists and a physiotherapist) offer personalized and free treatment to deal with mourning. The group actions are those that are structured with the affected families, and the dynamic allows «the parents to be the ones who can express themselves and give each other support». And finally, Petits Estels organizes days like today's in order to «bring the population closer to perinatal grief», with the short-term aim

of having a more frequent activity.

But the first care is the one offered in the hospital. In this sense, the SAAS approved the perinatal loss care protocol just a month ago, despite the fact that what has now been made official has been in place for about six years. The action in these losses includes midwives, gynecology, the mental health service, social work and pathological anatomy. The protocol foresees that, when there is a case, the woman is admitted outside the maternity unit so that «they do not have any relationship with babies», and a midwife is established so that she can have continuous care. In order to accept the loss, it is proposed and advised to the parents to hold the child, since «although it may seem very strong, it is proven that you mourn when you have really visualized and verified

that, that being you were waiting for, unfortunately died». In addition, in order the whole unit knows that it is a perinatal loss, a blue butterfly is placed on the door so that the professionals «take even more care».

In any case, «we try to ensure that discharges are early», in order to be able to start the recovery of the affected family as soon as possible. It is at this time that the parents are offered a box of memories of the baby, which, as Pérez explained, includes a sealed envelope with photographs of the baby, a card with the time of birth and the weight it had, the hat that is put on him, the identification bracelet, the clip, and the footprints and handprints in ink. Likewise, the midwife detailed that, since the beginning of the year, there have been two perinatal losses at Hospital Nostra Senyora de Meritxell.

Since the beginning of the year, Hospital Nostra Senyora de Meritxell has had to attend to two perinatal deaths

At the same time, and beyond the fact that the population is aware of this reality, from Petits Estels they point out that there are two aspects that are urgent to resolve. In the first place, Palau referred to the lack of spaces to look after the transferred babies. Currently, the association has started a collaboration with the Municipality of Sant Julià de Lòria to have a space in the cemetery to deposit the ashes and be able to mourn, although the intention is to replicate this in all the parishes, or at least, in a central one «within everyone's reach». «The mind also needs a physical part, because if it doesn't blur», pointed out the psychologist. Likewise, she also asserted that it is necessary to update the work leaves due to this loss and achieve «a dignified leave». «Just as it happens when there is an abortion, it cannot be that after two days they have to return to work. It is necessary to change the chip and to understand that mourning must be done», she said. ▬

Don't miss any special editions
of **El Periòdic!**

ECONOMY

The CEA points out that wages have grown more than the CPI since 2001

According to the management, the purchasing power of workers who receive the minimum wage has increased by 22.1%

EL PERIÒDIC
ESCALDES-ENGORDANY
@PeriodicAND

The Andorran Business Confederation (CEA) claims that wages have grown more than inflation in the last 20 years. This is stated in a document presented by the employer at a technical meeting to counter the proposal of the Andorran Trade Union (USdA) which, for its part, is asking for a 20% salary increase in four years per staff to alleviate the loss of workers' purchasing power caused by inflation. Thus, the working note indicates that the minimum wage has gone from 725.06 euros per month in 2001 to 1,201.20 euros in 2022, a fact that represents an increase of 65.7%. At the same time, the CPI for the same period was 43.6%. Therefore, the minimum wage has grown above inflation and its purchasing power has increased by 22.1%.

As for the average salary, it has increased by 23.6% for the same period. In comparative terms, in 2001 it stood at 1,349.03 euros per month, and in 2021 at 2,193.05 euros, more than 300 euros above what would result from strictly applying the effect of inflation. In this sense, purchasing power increased by 23.6%.

The data, collected by the Department of Statistics, also show that the positive evolution of the purchasing power of wages reaches all sectors of the economy, both in those with an average wage above the global average wage, and in those with an average salary lower than the overall average salary. Thus, for example, salaries rose by 57% in construction, by 56% in commerce, by 48% in the hotel industry or by 67% in real estate activities. However, social activities and personal services are the sector that has seen the least increase in its average salary in percentage terms, with an increase between 2001 and 2021 of 47%, and despite being the most moderate increase, it was eight percentage points above the CPI for the same period, which was 39%.

At the beginning of the year, the country reached a maximum increase in the CPI of 7.4%, specifically in June. Since then, the annual varia-



► Image of the meeting of the Economic and Social Council with the presence of the Head of Government held previously.

The document rejects the USdA's proposal regarding the inflationary consequences

tion in the CPI has been falling moderately to stand at 6.8% in September. In this line, the CEA defends that an inflationary context like the current one could reverse the growth in the purchasing power of wages observed over the last dec-

ades. However, the data indicate the opposite, that is to say, that wages in Andorra have continued to grow at a rate higher than inflation. In fact, only three sectors registered in June - which is the last month for which data are available - an increase in the average salary lower than inflation: the manufacturing industry, with a 4.2% increase; public administration, with 4.6% growth; and health and veterinary activities and social services, with an increase of 4.6%. This situation, however, has been caused by the fact that the Government and the General Council set the salary increase at 3.3% at

the beginning of the year.

Otherwise, the fact that the vast majority of private sector activities have experienced an increase in the average salary higher than inflation also has an explanation. Thus, the document explains that in a deregulated context, the demand or the salary that companies are willing to pay, adapts more quickly to the offer or the salary that the employees claim. Consequently, an upward trend is experienced in a scenario marked by inflation and the lack of manpower.

To conclude, the president of the CEA, Gerard Cadena, pointed



Gerard Cadena
CEA PRESIDENT



«The unions had made a calculation [...] based on the GDP, and we through the CPI and salary increases»

«The data are completely opposite, but we will try to bring our positions closer together and see how we can meet again»

out that the purpose of the technical meeting that took place last Friday was to compare the different data that the USdA had provided and that from the employer have contributed «The unions had made a calculation about the loss of purchasing power based on the Gross Domestic Product (GDP), and we have made the calculation through the Consumer Price Index (CPI) and also the salary increases», assessed Cadena, who also explained that «the data are completely opposite, but we will try to approximate positions and see how we can meet again in the same calculation», that is, find exactly what the loss of purchasing power has been in the Principality. ≡

Your leading real estate agency in Andorra.

Our experience guarantees results, realtors since 1988.



(+376) 353 424 / (+376) 379 769

(+376) 747 747

laportella@andorra.ad

Casa Nova Olivet 10 · Ordino

www.laportella.ad