

**Firelands Regional Medical Center
School of Nursing**

Hospice Reflection Journal/Paper

Psychiatric Nursing

2023

Write a 700-900 word paper reflecting your thoughts and ideas regarding your Hospice experience.

1. Identify the main theme-
 - a. Provide your expectations for this experience. Were your expectations met, provide examples. (Suggestion: Write down your expectations before the hospice experience, than you can objectively reflect on if these expectations were met)

My expectations for this clinical was to understand the process for inpatient hospice, to know who they can accept, while also seeing the type of care they give patients. All of my expectations were met, as the nurse I was following was very educational and provided me with a lot of information about Hospice. The requirements to care are less than a 6 month life expectancy, and or meeting the other 4 levels of care requirements. I was able to see the excellent care they give to their patients. Weekly they have an interdisciplinary meeting to discuss patients progress and goals for them. The meeting consists of the head nurse, doctor, chaplain, and social worker. I found this to be very beneficial as it helps to have multiple peoples insight when caring for a patient. It's great to see the individuals come together to help come up with the most appropriate goals.

- b. Provide at least 3 descriptive sentences that summarize your experience.
My experience was wonderful, it was a good change from other clinicals. It was very beneficial to see the end of life care compared to the acute care settings. I was very happy with the experience I had, as all of the nurses were great with incorporating us into their day and explaining how things were done.

2. Write about something that stands out about your experience, include specifics, write a story about your experience.

The nurse I was following went to do rounds on her two patients, she was able to quickly identify that one of her patients was experiencing pain. She was able to realize this as she had labored breathing, her legs were uncontrollably shaking, and she was wrinkling her forehead. After this the nurse was able to look on her medication list and see what medications she was able to have for pain. She noticed her Dilaudid was due. The nurse did a great job using pharmacological interventions but went above that to do some nonpharmacological actions as well to relieve her discomfort. She did this by repositioning the patient, speaking with her and explaining to the patient that she was safe, and also took the time to massage her head and hold her hand. All of these actions helped the patient feel more comfortable. They also have stereos in their rooms and the nurse turned music on in hopes of relaxing her with 50's music. We were then able to check her vitals and realized there was an improvement of pain based on what they were.

3. List main points or key experiences that affected how you think about your experience. Share your beliefs and ideas about your experience. Tell how this experience changed or did not change your beliefs or enhanced your knowledge.

I think very highly of the individuals who work in the inpatient stein hospice. They are some of the most caring and thoughtful individuals. They provide comfort but also encourage patients to do what they can individually as well, they encourage the patient to help ambulate when needed, and try to allow them to hold their own cup when drinking, this helps the patients feel more

independent and make their own decisions which makes the transition easier. I think the medications they choose to use are very therapeutic for the patients. For example: they use haldol for terminal agitation and nausea. They try not to use IV fluids as it can make the heart and lungs have to work harder, along with increasing fluid build up/secretions in the lungs since they are mostly immobile. They also use subcutaneous buttons instead of IV's so patients line is always primed with medication and it allows easy access in times of emergencies. They are changed every 3 days, which I think is very beneficial for patients.

4. Ask yourself questions about the experience and how it may or may not relate or impact you. Ex.- Has the experience changed your way of thinking, did it bother you, would the experience change future actions?

This experience has not bothered me, instead it has been a very eye opening experience for me. This route of healthcare is extremely important and often is not talked about enough. It was interesting to see how different people decline in different ways and how there is no timeline on the process. It was also interesting to see the different physical changes we can see with the patients; such as labored breathing, spike in fever, mottled knees due to the body focusing on life sustaining measures rather than extremities, and how their earlobes crease.

5. Conclusion-
 - a. Discuss your overall feelings or understanding you received as a result of this experience.

I feel very relieved as a result of this experience. I'm glad that this care is available for individuals to have. It opened my eyes to how many people they can treat and how many different levels of care they can give. For example they have 4 levels, individuals can come to stay for up to 5 days a month if their caregiver needs a break, they are able to come to get treatment for exacerbated symptoms, they can receive care if they have a life expectancy of 6 months or less, and you can also private pay to receive care but it is costly; \$300 a day. This available resource is very beneficial for the patient, their family, and caregivers to have as it gives them a piece of mind and allows them to take a step back and love their family member as a different role.