

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).** Some of my expectations were based on previous experience with a hospice group. My experience was an out patient setting and was very helpful, but the thoughts about inpatient was what made me more apprehensive to this clinical experience. With the other experience, it was made that inpatient was more of a place that imminent death was upon the person. My inpatient experience, in the past, was one where the person basically wasted away and then end was very near when they went into the facility. The outpatient experience was one where the person died but it was a quick passing, as they progressed very rapidly. My expectations of the caring and helpful providers were met, but the expectations of the patients were not. On some level they were all terminal, but some were there just as a break for family and death was not imminent. Before clinical, I envisioned family members there crying uncontrollably and death rattles with many people, but it wasn't like that. There was a person actively dying and had a death rattle happening and family was around, but they were not hysterical. The atmosphere was calm and relaxing, with the feeling of peace for both the patients and family members. I was pleasantly surprised with this clinical and would want something like this for my family members, when they are in need of it.
 - b. **Provide at least 3 descriptive sentences that summarize your experience.** The feeling of peace and calmness encompasses the entire floor. The staff were so caring and attentive to both the patients and family during this difficult time in their life. The floor felt very welcoming and homey and didn't have the hospital feel to it. The families were encouraged to come and visit their love ones and come and go as they can and need. It was very welcoming. The staff was helpful and encouraging with our questions and showing us this side of the nursing world.
2. **Write about something that stands out about your experience, include specifics, write a story about your experience.** There was a person that was in for pain control. She had been there several days and was scheduled to go home with outpatient hospice. During the morning, the spouse was there and had asked some questions. While the two were visiting, I had walked past the room and saw the caring way he held her hand and stroked her hair. It seemed like even after so many years of marriage and though this sickness, the love and care were still there, cherishing the last days together. He then left to "get ready for her to come home" and daughter and grandson eventually came in to visit. Grandson appeared a little apprehensive and shellshocked at the whole situation. Daughter was in high spirits and excited to see her mom up and talking with her. She then was asking questions about how well her mom was doing and that she was so happy to see her so much better. The nurse caringly advised her that this time in her life was like a roller

coaster, that there was good days and bad days and at that moment she was having a better day. It didn't seem to sink in with the daughter that this happens and no matter what the prognosis is not favorable. Seeing the family in two different lights stood out to me during this clinical.

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.** One key experience during my time at clinical was mentioned in the previous question. Seeing how different family members react is so personal and individual. The husband was losing his person, his wife and best friend, while the daughter was losing her mother, and the grandson losing his grandma. Each had only so many years with this person and it was completely different for each. Another experience I had was from an admission they had during the night. I recognized the name, but couldn't; recognize the person that was lying in front of me. Only a year ago I had taken care of this person and she was walking, talking, and spunky in an assisted living. Now this person was starting to actively die. She had not been eating or drinking, her stare was focus on something, but not to her surroundings, and she was starting to have creases in her ears. It broke my heart seeing this person in front of me and remembering the person I took care of not that long ago. Both of these experienced humbled me a bit and reinforced what I already know, that life is short and can be so different in a quick minute. It also reinforced that what little time I have left with my family members, I need to cherish them.
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?** Unfortunately, this experience has in the past related to me, and again will relate to me in the near future. This experience has opened my eyes to seeing that inpatient hospice is not what it was decades ago, and may help with the break I may one day need. It brought me peace and encouragement knowing that this was really what it is like now and I would feel at ease and comfortable having my family members taken care of in this type of setting.
5. **Conclusion-**
 - a. **Discuss your overall feelings or understanding you received as a result of this experience.** I feel that I understand how hospice works a lot more than before. I know that it has changed from my previous experience and is so much more than what it was. This experience has shown me that this type of care is not only patient centered care, but for family as well.