

# **HOSPICE REFLECTION JOURNAL/PAPER GUIDELINES**

**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, then you can objectively reflect on if these expectations were met) My expectations for the hospice experience were to understand that upon the patient's admission exactly what patient-centered care was provided, treatment modalities utilized, and how the inner workings of hospice occurred. My expectations were exceeded during this experience because I was able to follow a knowledgeable nurse for the entire experience who integrated myself into her daily routine and made herself available to answer questions as well as provide information such as assessment tools, common medications used on the unit, guidelines for admission to the unit, and an informational packet to understanding the process of death.
  - b. Provide at least 3 descriptive sentences that summarize your experience. I was greeted by the welcoming hospice staff who prepared me for the day by giving me a tour of the facility and then provided a detailed run-down of patients and their status as well as what the job description entails while working on the hospice unit. I was invited to attend morning report and empowered to integrate myself on the unit by interacting with the patients and family, by performing turning and repositioning assistance, assisting with a bed bath, answering call lights as needed, assist with a wound dressing, and provide therapeutic care as able. In addition, I was able to observe the unit's charting system, medication administration, and delegation of tasks from the RN to the LPN and PCA's. Overall, I received an informative experience.
  
2. Write about something that stands out about your experience, include specifics, write a story about your experience. Something that stands out about my experience is while I have spent many years referring to hospice, I specifically had a family member a couple of years back that insisted that I send their parent to hospice due to increased secretions and due to my scope of practice being limited to a certain type of suctioning. I did prepare the referral as the family member requested however, during my hospice experience I learned that they do not suction as a standard practice. I was informed that very rarely would they even consider suctioning a patient. When I shared my story with the nurse that I was shadowing, she said that she has heard that before and that is a very common misconception regarding hospice and the care that they provide. Had I not of had this experience, I

would've been none the wiser, but now I can pass this information along to my co-workers when the time is appropriate.

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 have always had an empathetic view towards hospice due to the nature of the patient's admittance, but I have gained a deeper respect for the inner workings of the staff and the effort that it takes to have the process of dying be less stressful on the patient and their family. For example, I observed that one of the staff members (even when performing other tasks) was always listening for the patient. The hyperawareness from all staff members of the patients coughs or outward noise is exemplary. This experience only enhanced my beliefs that the goal of hospice is to provide quality of life for the amount of time that the patient has left.
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? I have gained more respect for the services that hospice provides. From the staff to the volunteers, it is really a group effort. I think that one would really have to be desensitized for this stage of life not to affect you. After all someone is losing an individual that is loved or at the very least important to them. My future actions will not change as I will continue to provide the information to my patients' families as necessary and allow for them to make a decision that best suits their family as the decision to take the next step to hospice is very difficult for all parties involved.
5. Conclusion-
  - a. Discuss your overall feelings or understanding you received as a result of this experience. I received a greater understanding of the services that hospice provides during my time spent with the staff. Also, I received further understanding after I was able to review the handouts provided to me. From the Karnofsky and Palliative performance scales to the functional assessment staging test, I gained a greater understanding of the criteria for the admission process. Additionally, this experience was invaluable to myself as I previously stated because I have spent many years completing the referral process but never received the opportunity to fully understand the practical details of what hospice has to offer.

**The Reflection Journal will be due at the same time your Clinical Tool is due for that week, and should be placed in the Hospice Reflection Journal Dropbox on Edvance360.**