

**Firelands Regional Medical Center
School of Nursing
Hospice Reflection Journal/Paper
Psychiatric Nursing
2024**

Write a 700-900-word paper reflecting your thoughts and ideas regarding your Hospice experience.
Objective: 7c

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)
 - b. Provide at least 3 descriptive sentences that summarize your experience.
2. Write about something that stands out about your experience, include specifics, write a story about your experience.
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.
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?
5. Conclusion-
 - a. Discuss your overall feelings or understanding you received as a result of this experience.

The Reflection Journal will be due at the same time your Clinical Tool is due for that week (Saturday at 2200), and should be placed in the Hospice Reflection Journal Dropbox on Edvance360.

In the past I have had a few family members that have had Hospice care for their end of life. Hospice is a wonderful program for families that have a member that is at the end of their life here on Earth and it gives them great comfort while going through that. So, my expectations of Hospice are probably higher standards than I would place on any other medical program because I have seen how amazing they are. I would expect the staff of Hospice to be very thoughtful, kind, and caring towards families and patients. I would expect them to be very soft-spoken and to make sure that they provide all the wishes the family would like for their loved one if possible.

The expectations I set for my experience with Hospice were by far met. Every one of the staff members were beyond kind and were very friendly and willing to teach me what they could during my clinical. The nurse that I worked with was named Melissa. Melissa gave me all the information she could on how to be a successful nurse no matter what area of nursing I choose to go in. Her biggest advice to me was "Organization"! Melissa made it clear that the best thing you could do for yourself, and your patients, was to be organized. Keep a clipboard box with information from nursing school that would be helpful in case you forget something. Melissa also suggested that in order to be a great Hospice nurse if that was where I was interested in working, I would need, for my own benefit to work at least a year even better two years in a med

surg department so that I can learn all the ways that the body works and how the body systems are affected by different issues going on with the patient.

Melissa was so genuine and kind to the patient and her family. She engaged in conversation with the family to make them feel comfortable and ensure their loved one was getting great care. There were a couple things that the family wanted for our patient that was really not necessary, but Melissa said we do it because in some ways this is the only control that family has over their family member anymore because of the disease taking over. Our patient has Progressive Supranuclear Palsy (PCP) which the nurse described as Parkinson's Disease on steroids. The patient was diagnosed with the disease just a couple short years ago and now is bedridden, wheelchair bound and cannot speak. This is a progressive disease like in the name and is kind of resorting the patient back into childlike. The patient is starting to lose her long-term memory, which was apparent in the way she dealt with things.

The time I spent with the patient was an eye-opening experience in the sense that I learned a lot about sign language and myself. It was nice to spend the time getting to know how the patient communicated with us. I was able to get the patient out of bed and sit her by the window so she could watch the world outside. She seemed to take some great pleasure in that moment watching everything going on out there. We then walked the halls a bit and went into the lounge that is there for the families for comfort while they are there with their family member. We looked at books, I asked if she enjoyed mysteries (based on her interests expressed earlier in the morning). The patient shook her head yes. I found a couple and showed them to her, and she flipped through a bit. I did see a bit of a smile come over my patient's face while we were sitting at the window, and it made me feel good that I had found something the patient enjoyed. We went back to the patient's room and since she was exhausted, I put her back in bed.

This experience has been wonderful for me to get another understanding about nursing and solidify my whole reason for wanting to go into nursing. Although Hospice may not be the area I would want to work in for the fact that everyone dies, it is wonderful to ensure a patient has the best ending possible before they pass on. I truly thought this experience would be difficult for me, but it felt really good and made it that much more real that nursing is all about the patient and being able to advocate for them. I was fortunate enough to receive a guardian pin from a patient last semester and it was the best feeling, but this experience definitely took over that feeling of personal joy for me. This was the reason I wanted to get into nursing. This is what it is about and should be what is all about! The patient enjoying every minute they can even in the worst scenario, makes me what to work even harder to achieve this goal.