

**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-**

- 1. 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 what exactly the patients are admitted for, what kind of care is provided for them, what kind of palliative care they use, and how hospice really operates. My expectations were exceeded during this experience because I was able to follow a nurse that showed me what goes on in hospice as well let me listen in on the morning report to hear why everyone was there. The nurse was available to answer questions as well as provide information such as assessment tools they tend to use and common medications that they use that are different from regular med surg medications.

- 2. Provide at least 3 descriptive sentences that summarize your experience.**

I was greeted by the welcoming hospice nurses and staff who prepared me for the day by giving me a tour of the facility first. They then gave me a run-down of the patients that are on the unit, like a morning report as well as the status of the patients and what they really do on hospice. I interacted with the patients and family, by performing turning and repositioning assistance for a patient, offered to assist with a bed bath, answering call lights as needed, and provided therapeutic care as able. In addition, I was able to observe the nurse with medication administration, and watched how they delegated some tasks. I overall had an educational hospice experience.

- 2. Write about something that stands out about your experience, include specifics, write a story about your experience.** Something that stood out about my hospice experience was seeing it from a nurse's perspective. A few years ago my grandma was in hospice and while I was in the hospital visiting her and spending her last times with her, I did not focus on what was going on outside of her room. I focused on my last

moments with her and ways to make sure she was comfortable and was taken care of and felt loved. Going back from a nurse's perspective this time it was definitely different. I felt a little bit sad thinking of my grandma, but I also felt sad because I saw some of the families there feeling exactly how I was feeling. It was nice to talk with the patients and their families and take care of them the same way the awesome nurses did with my grandma. It was bittersweet being on the other end of it, because I felt the need to just be there for every single patient and family there, in any way I could because that is what a lot of them needed.

**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 reason the patients are admitted (end of life care), 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 to the patients and families and exceeding their needs. The hyperawareness from all staff members was amazing. This experience showed me even more what I believed about hospice. It showed me that the goal of hospice is to provide a great end of life care for time that the patient has left and to do it exemplary and that is exactly what the nurse's do there, they were amazing.

**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 hospice. From the nurses to all the staff working there, it showed me that it is really a group effort. Essentials of Psychiatric Mental-Health Nursing states, "Hospice follows an interdisciplinary team approach to provide care for the terminally ill individuals." (Morgan, 2023, pg, 766). I think that one would really have to be desensitized for this stage of life not to affect you, regardless of if you have a relationship with a patient or not. Someone is losing an individual that loves someone that means a great deal to them. My future actions will be changed because now I know more about hospice. This will allow me to educate families about hospice and can give them information they need to decide that best suits their family as the decision to take the next step to hospice, if needed.

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

I learned a lot and now have a better understanding of the services that hospice provides. I received further understanding after I was able to review the handouts that they provided to me. I now have knowledge of the criteria for the admission process. Additionally, like I said earlier this clinical was bittersweet to me, because it was sad for me to be in there and think about the families that are going through what I went through, but I felt pleased to be able to have this experience of being on the helping end of it and being there to support the families and care for the patients.

**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.**

Morgan, K. I. (2022). *Davis Advantage for Townsend's Essentials of Psychiatric Mental-Health Nursing* (9th ed.). F. A. Davis Company.  
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