

Hospice Reflection Journal CDG

- Going into this clinical I expect to see patients that are actively going through the dying process. When going into the patient's room I expect to provide the patient, along with their family, comfort measures during this process. Many times the family members have a hard time coming to terms with what is happening, so providing education is another thing I expect to do. This will help the family better understand this process and may help anticipate their grieving process. During my time on the Hospice floor I did everything that I had expected. There were a few things that I anticipated doing like watching a patient pass, and having to help with post-mortem care. I did not get the chance to do this as none of the patients had passed while I was there. When I was there I also got to see what a subq line was. Each medication will have a different subq line because that line will already have a little bit of medication in it. I was also able to see a prolapsed uterus while I was there. The patient would say that she had to go to the bathroom but the nurses would educate her that the pressure from her uterus was causing the feeling of a full bladder. Another thing I was able to see during my time was the different types of breathing patterns during their final stages. Some of the patients would take short and rapid breaths while others would take deep and fast breaths.
- One thing that stood out to me was how different the care on this floor is than any other floor I've been to. The nurses and other health care professionals on this floor have such a good understanding of the dying process. Some of the nurses even said that when new doctors have come onto the unit and prescribed medication they help them decide which dose is most appropriate for the patient. This knowledge comes from past experiences with patients where the doses might have been too low to provide any comfort or relief for the patient. On this floor all of the workers have so much compassion for these patients and family members. I helped one of the nurses freshen up a patient and she went above and beyond for them to make sure they felt like themselves. This type of unit requires the workers to communicate and really help the family members who are having a hard time processing this situation.
- One thing that affected my experience on this floor were the high emotions. Seeing these patients in this type of state is very heart breaking. Especially knowing there is nothing we can do to help them get better, only to help them stay comfortable. It was even harder to see the patient's family going through a time like this. My grandma had spent her last few days in hospice, and it is a very hard and draining process. Seeing your loved one in a position where you can't do anything to help is the hardest part. Another thing that affected my experience was how low the census was. There were five patients on the floor, but three of them were still pretty mobile and active. Since none of the patients had passed while I was there I was unable to see how to do post-mortem care. Seeing this process would have been a good learning lesson for me as I have never seen post-mortem care before.
- For this experience I would say it did impact me. When I was in middle school my grandma had gone to hospice and that is where she passed. At the time I was very upset because nobody was trying to help keep her alive. I didn't understand that she

was actively dying and that she was there just to keep her comfortable during her final stages. This clinic helped me understand more about what it is they do. It was really eye opening seeing how much these nurses really do care for the patients and their family. I now fully understand why this place can be very important for someone in the final stages. It allows that patient to pass in the comfort of their family and to go pain free.

- Overall, I really enjoyed my time on the hospice floor. I was able to see a different side of nursing that I have never seen before. It also helped me resolve my past problems with going onto the hospice floor. Although this type of nursing can be very hard emotionally, these nurses were amazing at their job and providing for the patients and their families. I don't think this is the type of nursing that I would be able to do. It takes a special person to be able to help these patients during their final stages. I would definitely recommend hospice to patients and their families if it is applicable.