

- Definition of palliative care
  - o Palliative care is to help those feel comfortable who have a severe illness.

#### Definition of hospice care

- Hospice care begins when a person's treatment stops for that particular illness because they do not eliminate the disease. It usually starts when a person only has around six months to live.
- Purpose of palliative/hospice care
  - o The purpose of palliative and hospice care is to provide comfort to the patient with a worsening disease that the patient cannot overcome.
  - The nurse's role in palliative/hospice care
    - o The nurse's role in palliative and hospice care is emotional and physical support to the patient and the patient's family. The nurse must also act as the mediator between the patient, the patient's family, and the hospice care team to provide the best care possible for the patient.
    - The role of the interprofessional healthcare team in palliative/hospice care
      - o The role of the interprofessional healthcare team in palliative and hospice care is to work together to form a plan of respect for the patient that provides palliative measures.

1. What are some ways that the nurse can ensure that a client receiving palliative/hospice care is kept comfortable? What are some ways that the nurse could provide for the psychosocial and spiritual comfort of the client?

To ensure that a client receives effective palliative/hospice care, the nurse can create a pain-free and comforting environment. Making sure both physical and spiritual needs are met is another way a nurse can tend to a patient. A few ways to ensure that spiritual and psychosocial needs are met are to allow the patient to share their spiritual needs, encourage them to embrace their personality and spirituality, and even hold the patient's hand when needed.

2. How can the nurse provide support for the family/loved ones of the dying client?

The nurse can provide support to the family with therapeutic communication. For example, using therapeutic touch, the nurse can show comfort by placing their hand on the family member's shoulder or just by active listening. Another way is to reminisce on their past and how good of a life they had.

3. Individually reflect on a time you were involved with a person who had a life-limiting illness. This involvement could be as a professional caregiver or as a family member.

Answer the following questions:

4. How did your interactions with the person who had a life-limiting illness make you feel?

I was utterly heartbroken. I sat next to my grandpa's chair and rubbed his hand. He didn't want to be left alone, I cried with him, but we also prayed together. I tried to get him to tell me many stories about our grandkids because that's what he loved to do. This brought a few smiles.

5. Did you feel equipped to adequately handle the feelings and emotions that were present?

Yes and no. I knew my grandfather was at the end of his road, and there was nothing else anyone could do other than make him comfortable at home. I knew the

medications would eventually stop working, and I was not ready to handle the loss of my grandfather. However, I knew it would be best for him to leave because he was in so much pain.

6. Did you feel equipped to adequately communicate with the person who had a life-limiting illness?

Yes, I was able to communicate because I knew he had very little time left. I was able to say things to him before he passed. One of my most significant accomplishments was that I was able to tell him that I had officially been accepted to Lakeview. That was very emotional for both of us. He was so proud of me, and he was so at peace and ready to go.

7. How do you think the person with a life-limiting illness felt during their interactions?

I don't think he was ready to give up living with his family because he loved us so much and had a farm to leave behind. However, he knew heaven was waiting for him, and he was in so much pain towards the end he knew it was his time to pass. So he reassured all of us that he loved us and that everything was going to be just fine.

8. Could the interactions have been improved in any way? How?

I was feeling very heartbroken, and towards the end, he was baffled. I do not believe there could have been improved interactions. He asked that he die in his home at our farm instead of the nursing home, so we gave him his wishes and brought him home.