

ATI: Video Case Study Palliative and Hospice Care

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How can the nurse 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?

The nurse can ensure that a client receiving palliative care is comfortable by keeping the individual's needs and preferences the center of all care decisions. For example, nurses can create a quiet environment, dim the lighting in the patient rooms, and use a gentle touch when caring for the patient. Some ways the nurse can provide for the psychosocial and spiritual comfort of the client include listening to the fears and concerns of the patient and asking if praying together will help. To provide spiritual and psychosocial comfort for the patient, the nurse needs to be mindful of their perceptions of death and dying. Interacting with patients receiving palliative care should be done through open communication to ensure holistic care.

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

Then nurse can provide support for the loved ones of the dying client by encouraging them to speak up and ask any questions about the palliative care process. Open and honest communication between the healthcare team and the family can build a trusting relationship and provide a non-judgmental environment. Providing support to the family can be utilizing active listening skills and allowing for individual responses. Families spending time with the dying client is essential and should be encouraged to say goodbye.

What feelings occurred when interacting with a person with a life-limiting illness?

When interacting with a life-limiting illness, some feelings would be stressful and sorrowful. Being in this situation is one of life's most negative experiences imaginable. As a healthcare provider, the individual would want to provide the utmost care to the patient and watch them recover to optimal health. Taking care of a patient with a life-limiting illness can leave family and friends feeling frustrated that their support and efforts to help are no longer needed. Sharing memories and being present for the patient can be bittersweet because it is all one can do to make them comfortable and begin to think about the moments after they pass away and let go peacefully.

Were the feelings or emotions adequately handled?

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Was there adequate communication with the ill person?

There was adequate communication with the ill person because it promotes symptom management with the patient. Through this challenging situation, thorough communication can reduce family and friends' burden and distress. Therapeutic communication is a practical skill

because approaching the patient with a mindset to listen can develop a trusting relationship and provide the client with a safe and understanding environment. Good communication can ease the loved ones' bereavement experience, and the ill person expresses their final wishes.

How did the person with the life-limiting illness feel during their interactions?

The person with the life-limiting illness felt lost and depressed during interactions with the healthcare team. They feel as though nobody can understand what they are going through and the support of family and friends is sometimes not enough. Though it is hard to control reactions in these situations, it is better to continue the relationship and show support regardless. The life-limiting illness can have the patient feeling lost and helpless, but providing a safe environment can promote communication and relieve the suffering. As the severe disease progresses, the person with the life-limiting illness can often worry about becoming dependent, weak, and unable to cope with the pain. The healthcare team needs to provide comfort and peace to the patient and let them know they are not alone.

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

The interactions between the healthcare team and the patient could have improved because working with patients in palliative care should include talking with them honestly and straightforwardly. Talking about dying and listening to patients involves patience and sympathy. The healthcare providers should handle these cases sensitively, especially when giving bad news to avoid misunderstandings and unnecessary stress. Patients in palliative care should feel comfortable, accepted, and at peace with their situation, and as healthcare providers, the responsibility increases and can be challenging and complex.