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 duty is to ensure the client is comfortable when receiving palliative/hospice care. To ensure the client receiving palliative/hospice care is kept comfortable, the nurse must help clients meet their needs and wishes. The nurse should also ensure the client receives pharmacological and non-pharmacological care. The nurse can also ensure a quiet environment for the patient. The nurse can promptly provide patients with medications like opioids to manage pain regarding pharmacological care. Furthermore, when the patient gets pain medications promptly, it helps alleviate pain before it exacerbates. An example of non-pharmacological care is oxygen therapy. Oxygen therapy helps the client improve their breathing and helps them calm down. Ensuring a quiet environment and dimming the lights can promote relaxation. Decreasing noise can aid in the healing process while sleeping better. Providing enough sleep prevents them from being drowsy during the day. Therefore, the nurse must prioritize comfort when caring for older patients.

Psychosocial and spiritual comfort is essential in patients who are in palliative/hospice care. Providing spiritual and psychosocial comfort means the nurse is helping patients connect, listening to their concerns, and using religious beliefs to assist patients. For instance, the nurse should facilitate communication between the client, family, and provider. The nurse should also assist the client in clarifying their personal beliefs. It is essential to encourage the client to use coping methods they have used in the past. Providing spiritual and psychosocial support helps clients remain calm and express their feelings. When the clients express their emotions, the nurse can prioritize care based on their concerns. Patients who receive spiritual support have a better

quality end of life. In conclusion, psychosocial and spiritual support is essential during palliative/ hospice care for better health outcomes.

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

Providing support for the family/loved one of the dying clients is a big priority. The nurse needs to build rapport with the patient and the loved one. Therapeutic communication is also essential during this process, and nurses should encourage the patient and family members to speak their thoughts. The nurse should understand the patient's emotional and physical concerns. Providing active listening and a non-judgmental attitude can facilitate positive support. The nurse should provide the family member or loved one with information on the grieving process. Providing such support can allow the patient and family members to be less anxious. Providing nursing care during the end of life is crucial for patients in palliative/hospice care.

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

Several types of emotions occur when interacting with a person with life-limited experiences. Often the feelings can be stressful and overwhelming. The feelings that occur when interacting with such patients are denial, fear, anger, and sadness. These emotions make it difficult for individuals to cope with their feelings. Although the individual may experience negative emotions during such situations, it is normal.

Were the feelings or emotions adequately handled?

When feelings or emotions are adequate, it prevents further anxiety and stress. The client handled their feelings when they shared their concerns with a supportive loved one. When

individuals express their emotions, they can feel a sense of ease. Efficiently handling feelings or emotions is an essential coping strategy to help one feel better about the situation.

Was there adequate communication with the ill person?

Therapeutic communication is essential for individuals who are critically ill. Establishing good communication with the patient is essential for competent care. Adequate communication with the ill person is necessary to understand the client's wishes and feelings regarding the end of life care. When communicating with the patient, it is essential to be honest regarding their care instead of offering them false reassurance. Maintaining a positive attitude can also allow the patient to feel more relaxed. Demonstrating active listening can allow patients to express their feelings and relieve anxiety fully. Communication with an ill person can be challenging, but it is essential for patient care.

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

An individual with a life-limiting experience can feel extremely anxious and upset. However, they felt more relaxed during the patient's interaction because they were understood. When an individual is listened to and understood, they feel a sense of ease and support. The client was very accepting of their condition, considering the honesty involved in the communication. Interactions during life-limiting illness can be overwhelming, but therapeutic communication between the client and nurse can promote improved patient outcomes.

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

Interactions with the patient can be very challenging and overwhelming at times. The interactions could have improved if the patient could express themselves more. When there is no transparency during communication, the nurse can feel more confused about the patient's thoughts. Lack of transparent communication can affect the patient's quality of care by preventing them from getting their needs. The interactions can be improved if the patient is calm when told to discuss their feelings about end-of-life care. In order to improve communication between two individuals, it is essential to create a calm and trusting surrounding.