

ATI: Video Case Study Palliative and Hospice Care

Karlie Roberts

Lakeview College of Nursing

February 24, 2023

## ATI: Video Case Study Palliative and Hospice Care

**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?**

How a nurse keeps a client comfortable will depend on the client's physical needs. If one is in pain, they could receive a pain reliever and always watch for signs of pain and discomfort if it wears off. If the discomfort is due to breathing troubles, one may be able to raise the head of the bed, use a humidifier, or try pain medications to relieve the breathlessness. Some ways to provide psychosocial and spiritual comfort for the client could be a counselor, consult pastoral care, and medications if depression or anxiety is severe.

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

The nurse can support the family and loved ones by checking up on them and asking if they are okay. Offer them help and reassure them that, as a nurse, we are also there for them.

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

From experience, it is heartbreaking to see someone go through the dying process. In an environment where death is a high risk for most patients, one tends to get attached to the patient and the family members. As the healthcare worker taking care of them, learning not to get attached or too close has been challenging. Watching loved ones struggle because their loved one is not doing well makes the healthcare worker feel for them just as much.

**Were the feelings or emotions adequately handled?**

After being around sick and dying patients for an extended amount of time, one tends to get used to how to handle the family and feelings. It never seems easy, but one who can handle

their emotions and thoughts seems to do better with coping and how to act and feel around others.

**Was there adequate communication with the ill person?**

Communication is essential as part of the healthcare team to care for these ill patients. Being able to be a person the patient can go to and letting them talk about whatever is on their mind and not rushing them has always helped. Validating their feelings and allowing the patient to control the conversation has benefited the outcome of relieving anxiety for many.

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

As the conversation progressed, they felt more at peace with what they were worrying about and felt better being able to talk to someone who was willing to listen.

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

As one is around ill and dying patients more, one learns how to interact and improve the skills needed to communicate and interact with those patients. Knowing when to say something and when not to based on knowing the patient and the situation can help in how to interact and improve those interactions.