

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 the client who is receiving palliative/hospice care is kept comfortable by tending to their everyday needs and wishes. For example, if the client has bone cancer, and is reporting to the nurse of chronic pain that stems all over their body, the nurse can help with that. The nurse can help with the chronic pain by using non-pharmacological comfort interventions, such as, massaging the client's extremities that are in chronic pain. By having the nurse massage the extremities that may free up/alleviate some of the clients pain that they are feeling from the bone cancer.

The nurse can provide psychosocial and spiritual comfort of the client in many different ways. First, the nurse can take cues from the patient to try to determine what the patient would like him/her to do. These cues given by the patient can be non-verbal or verbal. Another simple way to support the client is to simply ask them how you as their nurse can support them spiritually. Lastly, it's important to provide support of the patient and their beliefs and wishes to support the client and their healthcare journey.

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

The nurse can provide support for the family/loved ones of the dying clients by educating them on what they may expect to happen during this time in the patient's hospital stay. It is also essential to address any underlying questions that the family members/loved ones may have about the treatment plans, or line of care. Most of the time, family members/loved ones have a lot of concerns for their loved ones because it simply shows that they care immensely for them.

As a nurse, it is extremely crucial to use therapeutic communication, such as, active listening to meet the wants and needs of the patient and their family members. In the situation where a loved one is dying, it's important to show compassion and provide emotional support for this especially hard time for the family and loved one.

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

For the most part, the emotions felt were mainly consumed of anxiety and fear. The anxiety comes from the fact of not knowing what the future will look like in aspect of treatment or daily living. As for the fear part, it is solely dependent on the thoughts of wondering how long will they live for, and what all will happen with their health when they do pass away.

Were the feelings or emotions adequately handled?

Emotions and feelings within this state usually go through a roller coaster effect. Usually during diagnosis is the first big drop of emotions and that's really when everything sets in. Then through support groups and hearing of the different treatment options, the expectations become less sad, and more thankful to still be alive. This roller coaster of emotions keeps going indefinitely due to illnesses being very unpredictable, along with the human body.

Was there adequate communication with the ill person?

Surprisingly, there was adequate communication with the ill person. It was discussed with the patient that care is delivered no matter the severity of the illness. Nurses' work on focusing their care on quality of life for each individual patient to ensure they get the best treatment that they deserve.

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

During the interactions, the client felt weak and numb. Most of the time, life-limiting illnesses cause the body/mind to act in numerous ways. It's understandable for the body to be confused with what's going on because this is a big change to go through.

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

The interaction that could have improved would be the help for promoting pain control. A lot of time, people with cancer are undergoing stressful times and painful treatments, and they need that pain relieved. For the future, encouraging the patient to verbalize their thoughts and feelings may help to alleviate the pain in some way.