

Palliative and Hospice Care Reflection

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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?

By giving physical care, creating a relaxing atmosphere, playing soothing music, involving the patient in the process, and being there, a nurse can ensure that a client undergoing palliative/hospice care can remain comfortable. The nurse can connect with patients about their spiritual beliefs and needs by being mindful of the nurse's own. Some psychosocial interventions could include techniques like stress management, helping with self-coping abilities, helping with relapse prevention, and psychoeducation.

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

The nurse could provide interventions, including ongoing education about care and management, supporting patients as they make end-of-life decisions, and providing support after a patient has passed away. The nurse could provide interventions, including ongoing education about care and management, supporting patients as they make end-of-life decisions, and providing support after a patient has passed away. When a patient passes away, another way the nurse could support the family would be by expressing condolences and offering to help the family contact any other family members or anyone they ask for.

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

Imagining this situation, the word emotionally taxing comes to mind. Caring for someone with a life-limiting illness would be emotionally taxing. The feeling of hardship comes from building a relationship with the patient the nurse is caring for and having to undergo the loss

alongside the patient's family. Imagining the situation when working with a patient, the feelings such as sadness, guilt, anxiety, and wrath come to mind.

Were the feelings or emotions adequately handled?

While imagining these feelings that accompany this situation, the difficulty of handling these feelings comes to mind. Some ways to handle these feelings would be inquiring about patients' hopes and anxieties, talking to the patient and seeing the view the patient has, talking to other employees, and talking with the patient's family.

Was there adequate communication with the ill person?

In this situation, as a nurse, communication is one of the most critical factors. Some ways the nurse could communicate with this patient would be to permit the patient and family to inquire and consider the perceptions of the patient's condition and prognosis, know the patient's medical background well enough to summarize it with the family and patient, find out what the patient considers to be significant at the moment and discuss it, check to make sure everything is understood, discuss options, and discuss how to incorporate the patient's wishes into the treatment with the patient.

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

In this situation, the nurse should make sure the patient feels comfortable and knowledgeable about the treatment and what's to come. When facing a life-limiting illness, the patient could start to worry about what is going on, feel helpless, or experience fear of the unknown. This might result in unpleasant emotions like sadness or frustration, as well as anxiety and depression.

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

If the patient is worried about what is going on, feeling helpless, or experiencing fear of the unknown, the nurse could try to comfort the patient. The nurse could encourage the patient to express anxieties and fears in a serene, confidential, and secure setting. It is crucial to actively listen without passing judgment so that the patient can feel heard and safe. It is also important to find out how they prefer to be emotionally supported and acknowledge their feelings.