

## Palliative and Hospice Care Reflection

Xitlally Bonilla

Lakeview College of Nursing

3-23-2024

## Palliative and Hospice Care Reflection

**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?**

There are many different interventions the nurse can perform to ensure that a client on palliative/hospice care is comfortable. The most important thing for the nurse to consider is that no client is the same, and each client will have their own definition of what makes them comfortable. For basic levels of physical comfort, the nurse can ensure that the head of the bed is raised to allow for better breathing. The nurse can also assess for pain frequently to ensure the client isn't in pain. The most important way to ensure the client is comfortable is to always check on them and ask how they're doing and if you can do anything else for them.

To ensure spiritual and psychosocial comfort, the client can assess how important spirituality is to them. If the client is religious, the nurse can find a bible or any holy scripture from the client's religion. The nurse can also allow a priest or someone from their religion to visit them and provide support.

**How can the nurse support the dying client's family/loved ones?**

I think the most important thing a nurse can do for the family of the dying client is to remind the family that you are there to help and support them in any way possible, even outside of the healthcare setting. For example, if the client's family hasn't been able to go grocery shopping, the nurse can show the family that there are apps where someone does the grocery shopping for them and then just has them delivered to their house.

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

The five stages of grief (denial, anger, bargaining, depression, and acceptance) are an excellent way to encompass how a person may feel when dealing with a life-limiting illness. At first, the client/family may be in denial that the client is sick or may be coming to the end of their life, especially if the client had been relatively strong and healthy beforehand. Acceptance comes after a while when the client/family has accepted their illness and that treatment might be limited, so hospice/palliative care may be what is best for them.

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

The client placed themselves in hospice care, so they were well aware of their situation. The client's children were with her and were very supportive and helpful towards their mom. Everyone was aware of what was happening and the health of their mom, so they were asking for the best care possible during her stay. As the student nurse, I tried to get everything they asked for that was within my scope of practice.

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

I do think there was adequate communication with the ill person. We stated all the options they had for care and what their future would look like. They accepted the situation they were in because the client had requested for themselves to be put on hospice care.

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

The person felt frustrated at times because there wasn't much she could do, and a lot of things were out of her control. She was in a lot of pain due to a fracture in her right leg. The client didn't want any operation on her leg, so the best we could do was just give her morphine to ease any pain when moving her.

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

I honestly think that the healthcare staff did everything possible to reduce pain and make the client as comfortable as possible during her stay in the hospital. Sadly, there wasn't much we could do to improve the client's condition overall, so options were limited. That being said, we could have tried some nonpharmacological therapeutic options to calm the patient, such as music or aromatherapy.