

Client Comfort and End of Life Care Reflection

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### **What was learned from this scenario?**

Something that I learned from this scenario was that it is important to get an advanced directive from the patient. Because of the patients' daughters having different opinions on their mothers' care, made it hard for the nurse to understand what the patient truly needed or wanted. I felt as if the nurse did the right thing by answering with therapeutic answers and not hostile. I also learned that juggling a patient that is wanting palliative care, and a family that does not want to let her go can be difficult. I feel as if we need to just remind the family that their mother chose how she wanted to be care for. While also being therapeutic to the family and letting them know you understand this decision could be hard to cope with.

### **Identify the biggest takeaways.**

#### **a) Explain the factors that influenced this decision.**

My biggest take away from this scenario is to make sure there is a power of attorney (POA) if needed, along with an advanced directive from the patient. One factor that influenced my decision was the fact that we had two sisters that had different views on how their mother should be cared for. If there was a POA or advanced directive, then the nurse would be able to have a better understanding on how to take care of this patient. Even if the sisters did not agree, at least the nurse knew that she was caring for the patient with how she wished.

### **What are some of the main problems or key issues expressed in the scenario?**

One main problem was that sisters did not agree on how their mother should be taken care of. One sister wanted to help her mother feel comfortable, and the other was worried that if she got the pain medication then she would not wake up again. Also, the patients' sister came to visit and asked for the chaplain. When this happens, one of the patients' daughters spoke up saying that her mother did not want a chaplain because of not attending church since her husband

passed. The family being on such different terms on how this patient is taken care for is a huge problem for the nurse. Another key issue in this scenario was the kids being in the room and being loud. The patient kept expressing on how tired she was and just wanted to sleep. But with these kids being there and making noise she was unable to. I feel as if the nurse should have asked for all the guests to leave, even if it was just for a few minutes to let the patient get some quiet time.

### **What were some of the challenging decisions the nurse needed to make?**

#### **a) Describe the rationale behind these decisions.**

One challenging decision the nurse had to make was whether to administer pain medication to make the patient feel comfortable, or not too because there was family that did not want her to have it. Getting mixed emotions from the family can be very challenging. But I believe the nurse handled it correctly by letting the family nicely know that their mother will be able to tell her what her wishes were for medication. Another challenge that the nurse had to face were the kids in the room. The nurse knew that the kids were being distracting for the patient but did not want to make the family mad by asking them to leave. One last challenge that the nurse had to face was whether to call in the chaplain or not. The patient's sister asked for it, but one of the daughters spoke up stating that was not what her mother wanted. The whole time while taking care of this patient, the nurse did not have a direct direction on how she should care for this patient. After the nurse felt overwhelmed, she finally asked the physician to come in and talk to the family with her to see if they all could get on the same page.

### **What factors influenced the nursing decisions and responses during the scenario?**

#### **a) Explain the response.**

#### **b) How will a nurse respond if this scenario presents again in the future?**

When the sisters were arguing about the pain medication for their mother, I felt like the nurse responded correctly by saying "we are talking about your mother taking this medication,

why don't we just ask her". Because the patient seemed to be oriented to what was going on around her. She seemed as if she was still in a state where she could make her own decisions. Instead of the daughters arguing, the nurse went straight to the source, and I feel as if this was the right thing to do. The nurse should respond in the same manner if this situation happened in the future. Part of the nurses' job is to be the patients advocate, allowing the patient to make her own decisions when she is able is the right thing to do. Another nursing decision that was made was consulting the physician. This had to be done because the nurse had no direction on how to take care of this patient. With the family not agreeing, the nurse wanted the physician to go in and talk to the family together to try and reach common ground with everyone. I feel this was handled correctly by the nurse as well. Getting the family on the same page is very important considering the patient had already made the decision to be on palliative care.

**Have similar situations been experienced in current clinical rotations?**

- a) **How did nursing or others respond to the situation? Please explain.**
- b) **Describe successful communication strategies used or experienced in the clinical setting.**

Answer question completely. Complete a detailed answer here. Follow the MEAL paragraph formatting and use Grammarly.com per the syllabus. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

**Discuss the advantages and disadvantages of having families discuss treatment options, including end-of-life decisions before a loved one becomes ill or early in a terminal illness.**

"The separation of individuals from their loved ones and familiar surroundings during the dying process seems to be discomfoting, stressful, and unjust" (Eliopoulos pg 536 p 1, 2022). Avoiding discussion on this matter could make the result worse than it needs to be. Being able to

confront death can provide a fuller appreciation of life and the impetus for making the most of every living day (Eliopoulos, 2022). Having those difficult decision with family