

## **Client Comfort and End of Life Care Reflection**

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## **Client Comfort and End of Life Care Reflection**

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

From this scenario, I learned a lot about caring for the client who is at the end of their life. The first thing that I learned was the power of making the client comfortable instead of trying to treat them. I also learned that sometimes the family does not agree with what the client thinks is best for them. Lastly, I learned that therapeutic communication towards the end of a life can be very helpful.

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

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

One of the biggest takeaways was that therapeutic communication can be very helpful. Therapeutic communication is helpful for the client and the family. Communicating therapeutically allows the patient and their family to feel like they are heard. Allowing the family to talk to each other lets the nurse understand exactly how everyone feels. The part where the daughters are in a disagreement about care for their mother was a big part of the scenario.

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

A main issue during the scenario was when the grandchildren were being very disruptive. The nurse quickly handled the situation by letting the daughters know that it is very important for the client to get her rest to be more comfortable at the end of her life. Another main problem was when the daughters were in disagreement on what to do when their mother wanted to meet with the chaplain. The nurse allowed the daughters to speak more about this topic, so that they could get a better understanding of each other.

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

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

The nurse had to make the decision to stop the grandchildren from disrupting the client. The nurse noticed that the client was not resting comfortably while the grandchildren were in the

room. The nurse had to make the tough decision to confront the daughters about this problem. Nurse Morgan had to make this decision because she noticed that the client was not comfortable at all. The nurse handled the situation very well, and spoke therapeutically with the daughters. Another decision that the nurse had to make was to allow the daughters to express their beliefs about what their mother's care should look like relating to medication. The rationale behind this is allowing the daughters to feel heard and involved in their mother's care.

**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?**

A factor that influenced the nursing decisions and responses was the comfortability of the client. The nurse had to ask the grandchildren to quiet down in order to allow the client to be more comfortable. If this scenario happens again, the nurse may have to ask the family members to wait in the waiting room. Another factor that influenced the nursing decisions was the family. They felt their mother should not be taking pain medication, so the nurse asked them to explain deeper to her. If this scenario happens again, the nurse may have to explain again that it is up to the client to determine if she needs pain medication or not.

**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.**

In my first rotation, I experienced a similar situation. The whole family was in the room with the client, and being very disruptive. This situation that was unfolding was visibly putting stress on the client. The nurse had to ask the family to come in pairs, not all at once. The nurse used therapeutic communication by refocusing the care on the client. The family was a little upset, but overall understood the reasoning behind the situation.

**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.**

An advantage of having families discuss treatment options is that they feel included in the care. This allows them to feel like they have a say in what should happen to their loved one towards the end of their life. This also allows other family members to understand what everyone wants. A disadvantage of having families discuss treatment options is the disagreements that it may bring. If families do not agree on treatment options, it could cause arguments, fighting, and hatred. All of these things could cause stress for everyone involved.