

Palliative and Hospice Care Reflection

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6/21/2025

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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 should focus on pain management and symptom relief while maintaining the patient's dignity and providing comfort during palliative and hospice care. The nurse must perform ongoing pain assessments with suitable instruments while delivering medications as ordered and applying non-drug comfort measures like proper positioning, massage, and relaxation techniques. The nurse can create psychosocial and spiritual comfort by listening to client concerns while involving chaplaincy services and supporting significant spiritual practices. By respecting the client's values and beliefs, nurses establish peaceful emotional safety throughout the end-of-life process.

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

Nurses provide families with compassionate communication and clear explanations about the dying process while preparing them for what they will encounter. Providing clear information and compassionate care helps lower anxiety and feelings of powerlessness. The involvement of family members in patient care, alongside assistance with final goodbyes, remains crucial. Nurses help families during grieving periods by connecting them with bereavement resources and counseling or spiritual support options. Nurses must demonstrate presence, empathy, and reassurance to effectively support families.

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

Engaging with a person battling a life-limiting illness produced a complex blend of emotions such as empathy and sadness which led to profound humility. People became more aware of life's vulnerability and realized the necessity of maintaining presence and showing compassion. The initial discomfort and nervousness transformed into a stronger connection with the person and emerged into a genuine desire to provide meaningful support. It was a profoundly humanizing experience.

Were the feelings or emotions adequately handled?

Individuals process their emotions by developing self-awareness and reflecting on their experiences. The understanding that these emotional responses are typical reactions to human suffering enabled professionals to regulate their emotions and maintain professional conduct. Processing emotions became easier through peer debriefing and practicing self-care after the interaction. It was crucial to support the client through unwavering presence while avoiding emotional overwhelm to protect personal mental health.

Was there adequate communication with the ill person?

The communication approach respected the client's condition and preferences while remaining thoughtful and respectful. The nurse employed active listening skills, open body language, and a calm, reassuring tone to establish trust. The nurse allowed the client to express their needs and fears while responding empathetically to their final wishes. The conversation pace remained unhurried, while silence was integral to genuine presence during communication.

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

The client experienced feelings of being heard and respected throughout the interaction, which provided comfort. The client displayed clear relief when they managed to communicate their emotions and personal ideas. Preservation of the client's dignity was evident while they showed clear indicators of trust and calm behavior. The approach used by the nurse resulted in reduced emotional distress and promoted feelings of peace.

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

The overall interaction was positive but would have benefited from intentional pauses to encourage further dialogue. Clients require additional time to express their thoughts and feelings, and space for reflection could be better if we resist filling the silence. Bringing a multidisciplinary team member, such as a social worker or chaplain, into the process earlier could have strengthened the client's support network.