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## 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?**

It is important to provide quality care to those clients who are receiving palliative/hospice care to keep them the most comfortable. Nurses and other health professionals may be able to ensure comfort to the client by providing proper hygiene, and pain management (Hoffstadt et al, 2022). It is common for clients to experience pain while in palliative/hospice care and this pain should be relieved as much as possible. There are many ways that nurses are able to provide psychological and spiritual comfort for a client. One of these ways is to simply sit down with the client and use active listening and providing emotional support for the client (Miller et al, 2023). It is also important to create a calming environment for the client.

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

It is important as a nurse to provide the needed support to the family of the dying client. This can be done by educating the family to prepare them for what is to come or using active listening to show that you care and are there to help the family along the process (Murray, 2025). The nursing staff should also teach the clients family about the proper grieving process so they know what to expect as well.

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

While caring and interacting with a client who has a life-limiting illness, many emotions and feelings may be felt along the way. Sadness may be felt when discovering the illness knowing that there may be nothing to help the client. Along with sadness comes guilt, knowing

that nothing may be done may also leave the nurse feeling bad seeing the illness and possibly managing only pain. During the end, the nurse may find peace knowing that the client will no longer be experiencing this life-limiting illness (Kostka et al. 2021). This may leave the nurse feeling that their job has been fulfilled knowing that they helped the client in every way possible.

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

In order for the nurse to adequately handle feelings or emotions of a client with any life-limiting illness, it is important to have proper education before interacting and understand the situation that the client is experiencing (Kostka et al. 2021). Having the proper education will prepare the nurse to properly work with the client throughout the process of dying in the most effective way (Kostka et al. 2021). However, if feelings or emotions were to get out of hand, it is important to handle those feelings in a private matter in order to not break the professionalism of being a nurse.

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

In order to ensure that there is adequate communication with a client who is ill, proper communication is needed. This may be done by using the active listening method, using clear communication while avoiding medical jargon, being compassionate and respecting the client's concerns and wishes (Kostka et al. 2021). In these situations, the client may be worried so it is also important to walk the client through each step of the process of treatment.

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

There are many emotions that the client may feel when having social interactions with nurses and other healthcare professionals. They may first feel nervous or scared of the life-

limiting illness, knowing that there may be nothing to be done (Vleminck et al. 2023). However, the client should mostly feel safe knowing that they are working with good staff that are doing everything they can do to keep the client comfortable. Even if the client does feel safe and comfortable, they may also feel frustrated knowing that there may be nothing done to make them better (Vleminck et al. 2023). When this frustration occurs, it is important to sit down with the client and explain how the situation should be handled.

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

Client interactions always have room for improvement in some way shape or form. Each interaction is different from the next, and knowing how to personalize each social interaction between the client and nurse is important (Ernstmeyer et al, 2022). This ensures that each client is getting the proper centered care with each visit. Knowing how to use clear communication is also needed to improve client interactions (Ernstmeyer et al, 2022). This may be done by being respectful and transparent with the client while also actively listening to their questions and concerns.

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