HLTENN010 - Apply a palliative approach in nursing practice

[Name of the Writer]

[Name of the Institution]

HLTENN010 - Apply a palliative approach in nursing practice

Palliative care is the specialized medical care for the people with serious ollness. The care is focused on the relief from intensive pain and serious illness. The purpose of this care is to improve the health of the patient and to facilitate both the patient and the family. The patients who have a death causing disease are provided palliative care by the specialize trained team of doctors, nurses and other concerned staff. They work togather with the patient’s family to provided extra ordinary support. I had an experience with palliative support when my mother had a heart failure and she had problem with heart beat, shortness of breath, and weaknesses. I was with her in hospital she had a sever pain. The doctors and nurses were very cooperative and provided her the best possible care. When she was admitted she had very critical condition. The doctors shifted her to ICU for the intensive and urgent care. The first step was to provide her the basic treatment to bring her to normal conditions. As she was able to talk they made proper care planning. The staff was very polite, and they tried different medical trials to reduce the pain and the discomfort. The nursing staff had provided medicines, food, and other support to the patient in best possible way. Her pain was eased and was able to live a normal life. They put her on ventilator to get oxygen to the longs and the whole body. Her oxygen level was 60 which was extremely low. After a week her oxygen level reached 98, so the doctors removed the ventilators. The nurses helped her to walk some steps each day.

The hospital administration also provided psychological support to mom and me. The psychological support decrease the tension of the patient and thus the pain is reduce up to certain level. The patient with life limiting conditions having range of psychological, spiritual, and social challenges. The palliative staff highly considered the cultural dimention and provided all the services and councellings considering the cultural traits1. They considers the values, beliefs and the preferences as important factors. The purpose of palliative care is to improve your current health status and sustainable in future. The life limiting illness makes a patient mentally weak and causes depression and anxiety. The patients are properly guided and provide all the correct information regarding the health. The family members of the patient especially the spouse or children who are taking care of the patient becomes a victum of the mental health issues. The doctors and other staff provided us the documented plan. They asked my mom and me about our concerns and the suggestions to provide care according to the personal and cultural requirements. The support provided by palliative care team is physical, emotional, and spiritual. They highly values the religions and appreciate religious beliefs of the patients. The religious patients are convinced easily to accept the illness and death.

They also follow ethics in all the situations, they don’t do any unethical activities. The palliative support team provides cultural and ethical based support in the terminal phase. They are also preparing a patients who are dying in few days or months both mentally and spiritually. The properly do all the documentation and clearance of a dead person. They properly manage a dead body and provide the family all the reports and causes of the death. Fortunately, my mother got the best treatment she was recovered from very intense conditions. In my view the palliative services is best in Austriallian hospital.

End Notes

1. Brameld, Kate, Katrina Spilsbury, Lorna Rosenwax, Kevin Murray, and James Semmens. "Issues using linkage of hospital records and death certificate data to determine the size of a potential palliative care population." Palliative medicine 31, no. 6 (2017): 537-543.