

PReP 8.2 - Palliative Care

Lesson 4 - At the Hospice

Judy:

Mmm, lavender. Smells great.
Nancy, you're good. Feels relaxing.
It really helps the cramps.

Pat:

The nurse is blending berries I brought in for smoothies.
And here's the album you wanted to see.

Judy:

Sounds good.
This is perfect.

Host:

We are human BEINGS, not human DOINGS. In their final weeks, palliative patients may want loved ones to simply BE with them, sharing thoughts and memories, rather than rushing about doing practical tasks for them. As patients feel slower and more frail, they want those around them to slow down too. In our high-speed world this can be difficult to accomplish, but recalibrating our energy to quieter more holistic pace is a gift everyone, including professionals, can bring to the bedside of a palliative patient. They want us to be 'present' in the deeper sense of the word – to be at their side – sometimes being silent and simply sharing the moment.

Sharon Tregoning puts it like this: "Serving someone on their end journey is a sacred gift and it needs to be about respect. It's checking your own agenda at the door and as much as possible meeting that person's needs in ways that are meaningful to them."