

Voicing My Choices End-of-Life Scholarly Paper

Chamberlain College of Nursing

NR579 Palliative Care in Adult-Gerontology Across the

Spectrum October 14th

Voicing My Choices Summary

The interviewee for this paper was my youngest brother, who is an eighteen-year-old single male, currently a freshman in college. My brother is a member of the football team and is

studying athletic management. Other than a left wrist distal radius fracture, has no other significant past medical history. Has received all childhood and adolescent vaccinations. An end-of-life discussion was performed, utilizing the Voicing My Choices document. The purpose of this discussion is to allow the adult-gerontology nurse practitioner student to participate in active conversation and dialogue about end-of-life care, and understanding wishes and feelings regarding a wide array of topics including designating a healthcare proxy, organ/tissue donation, cultural and spiritual preferences, as well as wishes, and legal/ethical issues at the end-of-life.

The first topic that was discussed was how the interviewee would wish to be comforted should they not be able to express their own wishes. The interviewee responded they would like to have their thermal pillow and if their favorite football team was playing to have it playing in the room. The next section to be addressed was how the interviewee would want to be supported. The interviewee would not like to be left alone, if possible, as he expressed great fear of being in a hospital setting. Family visitors were supported, however frequent visits of friends were not, as the interviewee expressed that he wouldn't want to be seen in a sick or vulnerable state. The interviewer also discussed who he would want as his primary medical decision maker. The interviewee has some pause regarding this section, as he initially thought that our mother would want to make these decisions, but admits that he had concerns that she might be "overwhelmed" and too emotional to make decisions, regarding diagnostic tests, surgeries or other treatments to sustain life. The interviewee decided that making me the appointed healthcare decision maker would be best, as he trusted that I would be able to understand the medical information and make the best decision. Life support treatments were also identified and discussed. The interviewee was asked what life-support meant to establish his understanding. He responded "that is when they put you on a breathing machine". Other life support treatments were discussed, including