

## A journey lived: through the eyes of a palliative care provider

Amani Sindi

King Faisal Specialist Hospital and Research Centre, Saudi Arabia



### Abstract

Palliative care nursing is an exceptional specialized field that has persistently care & support patients and families facing a life limiting illness, terminal illness and in end-of-life where the serious illness affects more than just a patient's body.

The application of together has shaped up palliative care in a sense what patients & families go through is as heavy as huge rock over someone chest. And together we can delicately help to lift up that heaviness as much as possible. It is no one man show, it's an effort of different professions comes together as one team for one goal "QUALITY OF LIFE TILL THE END"

To care for patient's physical, emotional, psychological, spiritual and social wellbeing, and financially, to support them while making heart-rending decisions and prepare the patients & families for the expected future.

The word HUMAN that drives me to holistically care for my patients & families, knowing that we are "human everything within us connected to each other and each other connected to all" body, mind and soul, all connected, a whole entity.

Every patient deserves to have a DECENT QUALITY OF LIFE, preserved DIGNITY and AUTONOMY having a PCN helping hand to hold, guide and support throughout the ups and downs of the journey, to address their concerns and needs, give them the hope of comfortable and peaceful life yet having the conversation for what next?! And be able to move forward with no guilt's no regrets. It is AS REWARDING AS IT IS CHALLENGING.

### A Story from the Journey

**Background:** Layla she is 54-year-old deeply into family bound diagnosed with breast ca in 2016 been through intensive treatment till she's transferred to palliative care 2019 with PPS 30% she has been in the hospital for 3months very depressed and not talking to anyone having an emotional pain till one day she told me I want to be home with all of my family before I die.

**Intervention:** I communicate her needs to the team, papered the house for her care, referred her to HHC, educated and trained her primary care giver, sent her home and supported them by having a 24/7 hotline available for them in case of emergency.

**Evaluation:** Pt within a week, her condition changed start eating, talking, laughing and gained weight, more comfortable, coping will with her huge breast wound and pain controlled. When I visited her, she said "I was not happy for long time but now I'm happy, thank you, What it takes to make her feel that way was as simple as a tow way heart to heart communication just as Human.

### Biography:

Amani Sindi have a 13 years of cumulative nursing experience in (general surgery, MSICU, BMT, Oncology and palliative care). Since 2016, she has taking the role of palliative clinical specialist for Oncology department in King Faisal Specialist Hospital & Research Center – Jeddah- Kingdom of Saudi Arabia. As Palliative home health care coordinator, she initiated 24/7 hotline assistance and the first palliative data base in collaboration with palliative head section in KFHS&RC. This palliative data base was added in the cancer registry with collaborated with MOH, which has helped in PI projects and research studies. She is a member & speaker in the following programs: Nursing Ethics SubCouncil, Nursing residency transition to practice program, patient and family education program, a healthcare transformational change agent, in the nursing development & saudization dept. She is a loving mom who lives by The Principle of reciprocity in communication in both her personal and professional life.

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