

# The nursing experience of caring for an end-of-life patient with metastatic lung cancer and pleural effusion



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## INTRODUCTION

In Taiwan, lung cancer has been the number one cause of cancer death for ten consecutive years. This patient was admitted to the hospital due to terminal lung cancer with pleural effusion. During hospitalization, the patient had dyspnea, pain and other problems. Apart from endured physical discomfort, patient's wife felt uneasy about losing her beloved at any time. She often had emotional reactions such as crying and hesitation. Therefore, the motivation for writing this report.

## OBJECTIVE

Use references and nursing measures to improve clinical symptoms, including inefficient breathing patterns, acute pain, anticipatory grief, etc., also increase quality of life.

## METHODS

Use Gordon 11 function health patterns types as the evaluation framework, data collection was completed through interviews, observations, listening, physical assessment and medical record review, and evaluate the main health problems of the patient.

## RESULTS

Pleural effusion caused by the progression of lung cancer, pig-tail was placed to help the lungs have enough space for gas exchange. Also, teach purse lip breathing, comfortable positioning, and use a fan to blow patient face to relieve shortness of breath. The pain improved with medication, music therapy, aromatherapy, acupressure, and acupressure. Through hospice share care, photo review, writing letter, family support and religious beliefs, the patient can regain the value of life and reduce the grief by the patient's wife.

## CONCLUSIONS

Through this nursing experience, I learned the importance of family support, and suggested that clinical nurses should not only relieve physical discomfort, but also strengthen spiritual care when taking care of such cases. It is hoped that through the sharing of this case report. It will provide a reference for nursing colleagues to take care of similar cases.

