# Parkinson’s: managing palliative and end of life care

# Reflection Log

There are reflective activities embedded through the course and this document reproduces these so that you don’t have to keep cross-referencing back to the course.

You can of course use the log as a place to record notes to yourself and any other ideas and information that you may find useful.

As you work through this course what the reflective activities form an important part of the learning process. You will want to revisit the log regularly and you may want to look at it again after you’ve completed the course, or use it as evidence of what you’ve achieved and of your development.

After the first time you use the log do be sure to save it. Use a file name like ParkinsonsLog so that it’s easy to find. The next time you are prompted to add to the log you should just open the file you saved and add the new material to it.

**1.1 Reflective Exercise**

1. Why did I decide to take part in this course and what would I like to gain from it?
2. What experience do I have in palliative and end of life care? (a short paragraph will suffice)
3. What experience do I have in the management/support of a person with Parkinson’s at the end of life stage?
4. How did I find this experience? For example, did I find it challenging, or did my present experience allow me to manage my client with confidence and satisfaction?

**2.2 Reflective Exercise**

In the videos a hospice specialist nurse and a Parkinson’s specialist nurse identify and discuss the differences in the management of a client with cancer and a client with Parkinson’s at the end of life phase of their illness. Their discussion is based on the principles of palliative care.

As you watch each video make notes on the discussion points. Try to identify which principles are being discussed. Use your notes to write a short reflection on your experience of managing a client in the end of life phase, briefly discussing how you applied the principles of palliative care.

**Notes on first video**

**Notes on second video**

**Notes on third video**

**2.4 Reflective Exercise**

Reflect on these principles of palliative and end of life care within your care setting. Record the key words that you believe summarise how you would approach palliative and end of life care.

**2.7 Reflective Exercise 1 (Alex Edwards Case Study)**

Reflect on the case study and identify how the psychological, physical and social aspects of care are being supported here.

**2.7 Reflective Exercise 2 (Alex Edwards Case Study)**

Identify how some of the principles of palliative care are being applied in this early stage of diagnosis.

**3.3 Reflection 1 (Suzi Case Study)**

Reflect on the case study and note the issues that Suzi is experiencing and decide how you would assist her to overcome these issues.

**3.3 Reflection 2 (Suzi Case Study)**

Reflect on what you have just read about commencing discussions on ACP, and then write a paragraph with an argument for or against commencing an ACP discussion with Suzi and her husband at this stage.

**3.7 Reflective Exercise**

Reflect on which choices would be important to you if planning your end of life care.

* + 1. **Exercise for reflective practice**

Briefly discuss the type of guidance or care plans that are used in your area to direct and ensure good practice in identification and management of physical symptoms. Are they similar to the EEMMA acronym, or are they different but more appropriate to the clients you are caring for?

**4.8 Reflective Exercise (Mr Thompson Case Study)**

Reflect on the case study and identify the needs of the carer. In your reflection identify how to meet these needs.

**4.8.2 Reflective Exercise**

Identify bereavement support mechanisms/groups (voluntary or statutory) in your area which you could refer a carer to for support.

Identify one such organisation and reflect on the type of support they would offer to a bereaved person.