

Health Communication

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Nurses need to be more aware of the feeling of people when a member of their family dies. Since nurses are used to seeing people dying, they need to develop their attitude in a way that would provide comfort to the family members. The death of a person is most probably the most depressing thing that can happen to the family members; hence, nurses need to treat them as if their own family member died. The way this situation is dealt with determines the feelings of the family members. Hence, if the best care is provided to them in the initial stages, they would feel much better (Teno, 2004, 88-93).

Gaining the trust of the family members during such situations is essential before they can be comforted. Trust is gained by communication and the best way to begin communication is to ask the family members if they require some water or something to eat in order to keep their health stable. Since it is usual for family members to face a reduction in their blood pressure when they get the news of the death, they need to be kept stable. They should also be asked if they require anything that could comfort them. At the initial stages, the family members find it difficult to contact other relatives because of the grief they feel. Hence, nurses need to inquire whether they wish to contact someone and then the nurse should contact those people on their own so that the family members may not face many problems (Dunn, Otten & Stephens, 2005, 97-104).

With the world becoming diverse, it is important for nurses to know the beliefs and values of the family members of the deceased so that they may not feel hurt by any actions of the nurse. Although the nurse may feel that she is comforting the family members, they may feel the opposite because it may be against their values. Hence, while providing comfort to the family members, it is important to first be neutral and observe the values of the family members, once it becomes clear, the efforts to comfort them should begin (Teno, 2004, 88-93).

The role of the nurse after the death of a patient is essential. Nurses should not begin their conversation with the family members by explaining to them what happened because it could lead to further grief. In the process of explaining the family members the things that have taken place, the family members would begin thinking of the sufferings faced by the deceased due to which they would face even more grief. In order to ensure that the family members are comforted, nurses need to begin by providing them support and making them believe that death is something that cannot be prevented and this event has to be accepted by everyone.

### References

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