



Terminal Illness Counselling by Psychiatric Nurse



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Terminal Illness

A disease that cannot be cured and which may result in death within the limited time.

Counsellor must have following abilities

- Must understand the illness experienced by the client.
- Should completely perceive that the experience is unique to the client.
- Build a healthy therapeutic alliance and relation with the client.
- Increase self-awareness.
- Must have communication skills like listening, verbal, non-verbal communication.
- Must provide conducive environment to the client.
- Keeps goals clear in mind.
- Being non-judgemental.
- Avoid jumping to conclusion.
- Being un-biased.

Counsellors have to provide supportive environment to the client and has to counsel to client through each stage which is stated as below:

Stage 1: Denial and Isolation

- Continuous education to the client is provided and all the positive energy present may be driven towards health aspect,
- Try to make the client more busy and mingle with the family and friends.

- Try to alleviate the sufferings.

Stage 2: Anger

- Allow the client to outburst anger which may be give them relief.
- Try to involve client's family and friends in the interaction and educate them fully about the anger of the client.
- Always ensure the client that family members are with them in this situation.

Stage 3: Bargaining

- Encourage the client to speak.
- Neither reject the Bargains nor accept them.

Stage 4: Depression

- Try to keep client all time interactive and busy.
- Maintain the good rapport with the client so that client shares his feelings very easily.
- Avoid any triggering factor which may worse the situation.
- Ensure that the patients are well groomed.
- Active listening can play an important part.

Stage 5: Acceptance

- Ensure support to the client whenever they are in need.
- Support and counsel the client continuously.
- Maintain a positive and health interaction.



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