

## Week Eight Discussion Responses to Peers

- 1) Aline, I appreciate the discussion on this topic as I feel it is a major topic that is not discussed with patients enough, as you expressed. I was shocked that only 35% of patients with chronic diseases had discussed their end-of-life wishes with their primary care providers. Do you think this could be because the primary care providers are avoiding the conversation? Death is a very uncomfortable topic, but a very important one. I believe the health care system is very much focused on how to save everyone, but the honest truth is that death is a normal life occurrence and should be discussed regularly.

As an ICU nurse, I have seen many patients die alone, suffering and unable to voice their wishes. This is why it is so important to have end-of-life discussions before it is too late. I really enjoy your application of King's Theory of Goal Attainment to this topic. In response to your question, I believe the topic of end-of-life wishes should be discussed with primary care as the conversation of disease process and goals is discussed. Especially with poor prognosis or terminal diseases. I also believe that family, especially the POA, should be directly involved and present during these conversations so that they truly understand their loved ones decisions.

2)

Jodi,

I can directly relate to your topic you discussed in your presentation. I currently work at an outpatient surgery center that includes many different orthopedic surgeries. I too have seen the overuse of opioids in this patient population. There is a lack of education on the proper use of opioids and alternative options for pain management. I really like how you used the Social Cognitive Theory to initiate change for these patients and opioid misuse in general.

As you discussed, change is hard, and individuals must have the willness to change and have a supportive environment to do so. I discussed Orem's Self-Care Deficit Nursing Theory and how individuals must have a drive to take control of their own self and how the FNP or provider can assist in helping individuals regain their health and independent management of their own health. I 100% agree that pre-operative education about the misuse of opioids and discussion of alternative pain management is very important in the goal of decreasing opioid use. I also agree that the health care provider plays a huge role in providing tools to individuals to assist in behavior change. Do you believe that a strong support system in an individual's life plays a role in one's ability to change behaviors? Or do you believe that if an individual has a strong enough desire to change that change will occur? I believe it is a combination both.