

# REFLECTIVE LEARNING LOG EXAMPLE

No one is indifferent to death, but the death of young people is particularly touching for you. The instruction of the nurses is that each patient must be seen as a member of her/ his family. I remember one young man in particular, he was 20 years old. He came to us from an Indian hospital, had a testicle cancer, and he was moved there for additional search. The next day he called his mother, I remember being from a village in the Indian gulf, they could not come with him. Later she called each day and talked to doctors. Her son had a sarcoma, a very aggressive carcinoma, which is rapidly progressing among young people. He collapsed from day to day. CT findings and magnetic resonance imaging showed metastases to the lungs. He staggered, he grabbed the air, drastically lost weight. It all happened in a week. The boy was aware all the time, he asked for help, to ease his breathing or pain. I was sorry he was here in the hospital alone, without a family. I saw that the end was relatively close, it was about days or hours. I called his mother, she introduced herself, and I told her that I am glad she called every day. But if it's possible, let them be organized and see him. Her son is worse day by day, let them come to talk to doctors, because I suppose they will not finish well. The lady was very surprised, until then she did not realize that her son was very ill. These are people from the village and may have not understood the professional terminology of doctors, they probably thought that because he went to USA, he will be cured there. I told the young man that his family would come to him, he was happy, he was eagerly waiting. They came here the same evening, mother, father and brother, arrived in about 21 hours.

Before they entered his room, I advised the mother how to behave toward him. They have to keep calm, to encourage him, to tell him how much they love him and how much he means. When they leave the room I can cry, show shock, but not before. We moved the patient who shared with him, so they were with him all night alone. They were next to him, holding him by the hand, talking to him. The young man died about eight o'clock in the morning. That feeling when that family came,



# REFLECTIVE LEARNING LOG EXAMPLE

when they thanked and said it was crucial to have been with him in the end that is something invaluable. They were unaware that these last days could be carried out with him so well. They said you would never forgive that their child died, but that they did not forgive him.

I've been doing this job for 25 years, mostly with oncologists. Through that period alone, as I believe all my colleagues, created an emotional wall. After all the deaths I had at work I participated in the war in the period of '92 to '95. We continued to be full of wounds. These were people from 20 to 40 years old, and war wounds are something terrible. From the beginning you come home to rap, you are hard to get involved in everyday life, it's always in the subconscious. Spontaneously, I had an emotional blockade. Now I find myself unable to react like other people. At the funeral, everyone around me cries, and tears do not go to my eyes. The wall has become you, you become so strong, you do not experience death more than the laity is experiencing.

