

# Anika

27, Band 5 Nurse



## What happened?

Anika's patient was receiving end-of-life care. The parents were struggling to accept their child was going to die.

- ! The consultant, Howard, wanted the child to come off the ventilator to die peacefully but the parents disagreed and wanted to keep their child on the ventilator.
- ! Anika was the bedside nurse and could understand both perspectives.
- ! Anika wanted to do the right thing for the patient but was caught in the middle.
- ! Anika agreed with Rupert, but didn't feel confident communicating this decision to the parents because discussing palliative care was new to her.



## And then?

- ✓ On Anika's break, she spoke to a consultant, Carole, about the position she found herself in.
- ✓ Carole had been on an advanced communication course for staff working in Paediatric Critical Care.
- ✓ Carole said the course helped her with how to support parents and what to say to them.
- ✓ Anika decided to find out more about the course.

## How to improve

- ↑ Being aware of **others experiencing moral distress** in Paediatric Critical Care, and for the employer to recognise the significance of this kind of experience.
- ↑ Normalise the likelihood of **moral distress** and encourage staff to share their experiences.
- ↑ Ensure staff know they can **seek support** - through peer support programmes, with their line manager, from a psychologist or wellbeing lead.
- ↑ Recognise the need for **advanced communication skills** to support family members sensitively.