



EXPRESS

LOVE WITHOUT REGRETS

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Working in the Hematology Department, it is not uncommon for me to discuss with patients and families about medical treatment options when life is near the end. It is also known that many families still avoid any discussion about death. While we worry about patients giving up their willingness to survive, we try hard to resuscitate patients even if their conditions are already near the end. Many families think signing a “Do Not Resuscitate” Consent Form (not performing CPR) is equivalent to giving up the opportunity to save lives. This may also lead to critics from the society for helping the incapacitated patients to consent.

As for me, before entering the nursing profession, I also thought signing the DNR document was giving up the opportunity to rescue. After working a while, I now know that signing the DNR does not mean giving up on a life.

When my father was sick, the mentioning of “Peaceful Dying” is a difficult topic. At first, it was hard for my father to open up because it was hard to let go. After communicating with family members and with the assistance of the medical staff, my father finally signed the consent under his own will. Before my father passed away, we had the opportunity to say to him, “I love you.”

We initiated the expression of love by means of embracing and hugging, behavior that was once embarrassing and hard to do.

Because of this experience, I now know when one's life is near the end, it is very precious to accompany and talk with each other. Allowing patients, loved ones, and best friends the opportunity to look upon the time of parting, gives them the courage to face death.

After signing the consent, all medical staff must respect the decision. A clear consensus is understood that medicine has its limit and it will stop at some point. After all, the prognosis is not doctors, medical staff, families, or patients can control.

Now I can proudly tell my father in heaven, "I need to do my best to use what I learned and apply it on patients and families. When cancer patients are at the terminal stage, I hope that I can offer loving care to ease their pain. In life's journey, it can end peacefully."

