



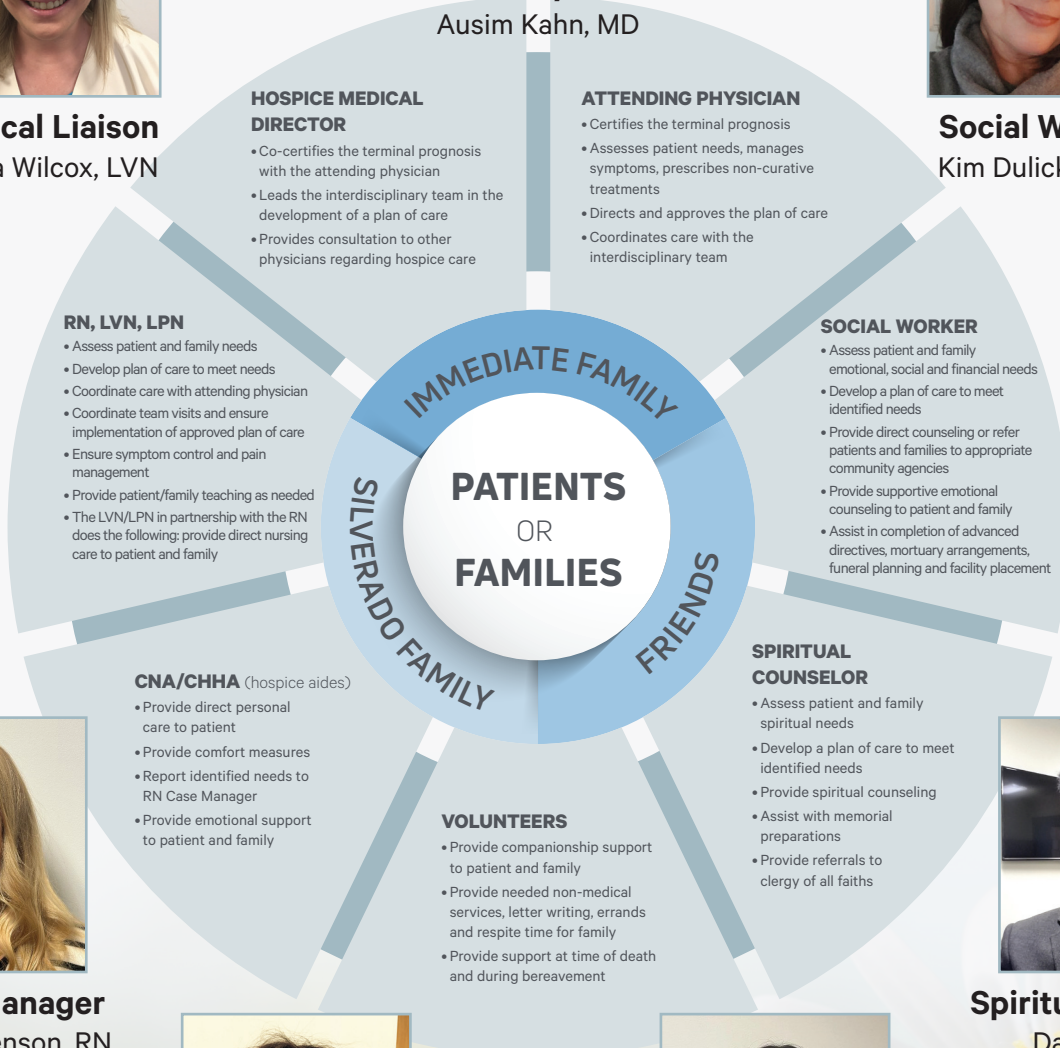
Clinical Liaison
Laura Wilcox, LVN



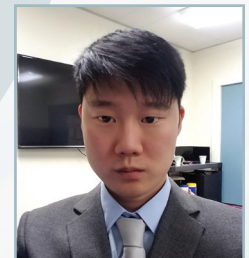
Team Physician
Ausim Kahn, MD



Social Worker
Kim Dulick, MSW



RN Case Manager
Rebecca Sorenson, RN



Spiritual Counselor
David Myung



Certified Home Health Aide
Margarita Poot



Volunteer
Madelyn Martinez, MSW Intern

Stress Awareness Month

by Julia Spiros, RN, BSN, Patient Care Manager

Welcome to April, where Spring has sprung, and this month is all about Stress Awareness. According to the American Institute of Stress, 55% of Americans are stressed during the day. Stress can have huge impact on your health in a negative way.

DID YOU KNOW:

Stress may contribute to poor health behaviors linked to increased risk for heart disease and stroke?

Your body's response to stress can include things such as:

- ▶ Headache
- ▶ Body pains
- ▶ Stomach pains
- ▶ Rashes
- ▶ Feeling tired or fatigued

Stress can also lead to mental health conditions such as:

- ▶ Burnout
- ▶ Depression
- ▶ Anxiety
- ▶ Anger
- ▶ Pessimism
- ▶ Dissatisfaction with life

We all feel stress however, we don't all have to suffer mentally, emotionally, and physically because of the impact of stress in our lives. Use the following stress relieving tips to dramatically reduce the impact of stress on your health.

- ✓ **Exercising regularly.** It can relieve stress, tension, anxiety and depression. Consider a nature walk, meditation or yoga.
- ✓ **Maintaining a positive attitude.** Keep a gratitude journal and write weekly entries.
- ✓ **Making time for friends and family.** It's important to maintain social connections and talk with people you trust.
- ✓ **Practicing relaxation techniques.** Try meditating or listening to music.
- ✓ **Getting enough sleep.** Adults should aim for seven to nine hours a night.
- ✓ **Finding a stimulating hobby.** A hobby you enjoy can keep you engaged so you don't dwell on negative thoughts or worries. You might want to try cooking or knitting.

Non-Pharmacological Supports for Hospice Patients

by Madelyn Martinez, MSW Candidate

Within hospice care, the focus goes beyond solely medical interventions for patients. A holistic approach is essential to foster the overall well-being of individuals under hospice care. While medications are critical to addressing the adverse symptoms hospice patients may face, a diverse range of non-pharmacological supports also plays a vital role in substantially improving their quality of life. Non-pharmacological approaches not only support but also instill a sense of dignity, worth, and comfort for a loved one on their end-of-life journey.

Art can be used as an outlet. Art can be a fantastic way for people to express themselves creatively and ease negative feelings. Studies have found that, specifically for hospice patients, art therapy was the cause of a significant decrease in pain, anxiety, and depression symptoms (*Collette et al., 2021¹*). Watercolor paints, kneading clay, or colored pencils are all great options. Ultimately, art allows individuals to feel a sense of accomplishment, confidence, and fulfillment in their abilities.

Music can be used a way to reminisce. Something as simple as listening to a favorite song is a wonderful way to open a conversation with a patient. Studies have shown that an individual's music taste peaks at about 16.8 years old (*Davies et al., 2022²*). In other words, the music we hear at this age will be the most influential and memorable for us. I have experienced this with patients I visit. Usually quiet, and withdrawn patients seem to light up and clap or

sing along when a song from their adolescent years plays. Playing music from pivotal moments in an individual's life - like weddings, graduations, etc. can be highly effective, allowing the patient to reminisce and reflect on their life.

Massage Therapy can be used to create connections. Massage is an excellent counterpart to pharmacological interventions to ease negative symptoms in hospice patients. Studies have shown that hospice patients benefit greatly from massage therapy. In particular, hand massages are incredibly beneficial. Hand massages create a deep connection between the patient and the person administering the massage, particularly due to the face-to-face positioning between the patient and the administer. Additionally, hand massages are simple, require minimal effort from patients, and have very few (if any) harmful side effects (*Kolcaba et al., 2004³*). To make these hand massages more effective and interactive, one can use scented lotions like lavender or ylang-ylang scents to promote relaxation (*Sowndhararajan & Kim, 2016⁴*).

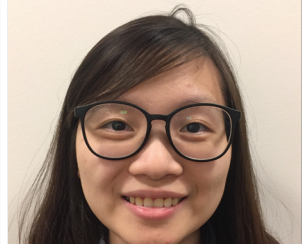
Silverado's philosophy is based in the belief that personalized medical, social and spiritual care at the end of life's journey is something everyone deserves. This helps patients experience life to the fullest while allowing their families a chance to create cherished memories. If you would like more information on non-pharmacological support, please call our hospice office.

References:

1. Collette N, Güell E, Fariñas O, Pascual A. Art Therapy in a Palliative Care Unit: Symptom Relief and Perceived Helpfulness in Patients and Their Relatives. *J Pain Symptom Manage*. 2021 Jan;61(1):103-111. doi: 10.1016/j.jpainsymman.2020.07.027. Epub 2020 Jul 31. PMID: 32739559.
2. Davies, C., Page, B., Driesener, C. et al. The power of nostalgia: Age and preference for popular music. *Mark Lett* 33, 681–692 (2022). <https://doi-org.lib-proxy.fullerton.edu/10.1007/s11002-022-09626-7>
3. Kolcaba, Katharine Ph.D., RN, C; Dowd, Therese PhD, RN; Steiner, Richard PhD, MPH; Mitzel, Annette MSN, RN, LMT. Efficacy of Hand Massage for Enhancing the Comfort of Hospice Patients. *Journal of Hospice & Palliative Nursing* 6(2):p 91-102, April 2004
4. Sowndhararajan, K., & Kim, S. (2016). Influence of Fragrances on Human Psychophysiological Activity: With Special Reference to Human Electroencephalographic Response. *Scientia pharmaceutica*, 84(4), 724–751. <https://doi.org/10.3390/scipharm84040724cv>



Employee of the Month



Trang Nguyen, LVN

Trang Nguyen, LVN, Runner

Trang has been covering our evening shift since 2021. She is a true team player traveling through North and South county braving the OC rush hour traffic with sometimes unexpected changes to her day and yet always has a smile on her face. She works hard to ensure our patients feel comfortable, and families feel supported during these late night visits. She has a wealth of experience in managing acute symptoms that commonly present for our terminal patients and her compassion is felt in her bedside manner. The care she gives to our patients is detailed, and no matter how many visits she has she take the time and gives her patient her 100% attention.

Celebration of Life

In memory of loved ones

Join us for our in-person Celebration of Life ceremony to share memories and honor loved ones who now live on in our hearts.

Tuesday, April 16, 2023 | 4:00pm

This event will be held at:

Silverado Hospice Orange County
6400 Oak Canyon, Suite 200 | Irvine, CA 92618



CONTACT US

24-hour line: (888) 328-5660

Fax: (949) 653-0452

Referral line: (800) 507-9726

Volunteer inquiries: (888) 328-5660

Visit us online with our 24/7 Live Chat Line: [silveradohospice.com](https://www.silveradohospice.com)



If you would like to leave one of your favorite team members a praise, you may do so on our Yelp page. Search **Silverado Hospice Orange County**