

UC San Diego

Spring 2015 - UC San Diego Health Journal of Nursing: The Unique Power of Nursing

Title

For My Mother

Permalink

<https://escholarship.org/uc/item/7ns8r7n3>

Journal

UC San Diego Health Journal of Nursing, 8(1)

Authors

Rouysaen, Jiraporn, RN

Lee, Esther, MBA, MNP, RN

Publication Date

2015-04-01

Peer reviewed

finished organizing and executing a literature review including over 250 citations so that the group could review every published report of surveys or interviews of families, patients, staff or physicians related to family centered care in the ICU.

We are grateful for her enduring support and willingness to share her expertise. Mary encourages us to add the library website to our favorites at <http://libraries.ucsd.edu/clinlib/nursing/>. From this site you can use a variety of search engines to begin a literature review, request an article or book, or learn utilize remote access to the library from home.

Nursing Evidence-Based Practice and Statistics Consultant

JoAnn Daughtery PhD, RN, CNL has worked for UCSD health Systems since 2002. Her first position was in Nursing Education Development and Research as an Academic Liaison to the schools of nursing in the area.



Currently, she is a per diem staff RN in Preoperative Care center at Chancellor Park (La Jolla). Joann also teaches nursing at California State University San Marcos. At Judy Davidson's invitation, she has been working with staff nurses on the statistical analysis of their EBP and research projects. She thoroughly enjoys helping the staff with their interesting and important questions that lead to improved care of patients at our hospitals. It is great to be a part of a nursing department that encourages staff involvement in nursing research and QI. She hopes to meet more of the staff at our future data analysis classes. If you would like to be notified of upcoming data analysis classes, please contact Judy Davidson jdavidson@ucsd.edu to be placed on the interest list.

For My Mother

By Jiraporn (Ann) Rouysaen, RN and Esther Lee, MBA, MNP, RN

It was an honor to be by her side when she took her last breath.

As my sister and I watched my mother's chest rise and fall with each slowing breath, we saw a single tear fall from her eyes as they lay close, it was then that we knew my mother's time had come. My sister and I sat silently next to her. We both kissed her goodbye for the last time. I gently thanked her for the wonderful time we had together, and all the great opportunities she had afforded me.

When my mother was diagnosed with an end stage cancer, she had made a phone call from her home in Chiangrai, Thailand to discuss with me, her last wishes. She had made it clear during our conversation that she did not want heroic measures to save her life, like CPR and intubation. When she started to lose her mobility, I flew back to be with her during her end of life care. Soon after my arrival, she lost her ability to swallow, but she was still able to communicate. At this point, she did not want to have any treatment that prolonged her life. Despite her rapidly deteriorating condition, many decisions still need to be made other than her wishes not to have CPR and intubation. I knew that she needed a Living Will.



The healthcare and legal team at Chiangrai Hospital and I had initiated the first draft of Living Will that allowed my mother to make her medical choices ahead of time. She became the first person to sign a Living Will in Chiangrai, Thailand. The Living Will had not only taken stress off our family decision, but also enhanced our meaningful conversation at a difficult time. Soon after the Living Will was signed, my mother started to lose her consciousness, and she could no longer make decisions for herself. However, the Living Will had extended her right to have comfort care when she needed it, and a peaceful passing at her end of life. — *Jiraporn (Ann) Rouysaen, RN*

I always remember my mom as a kind, tolerant, forgiving, and generous person.

Jointly, my mom and dad's unconditional love have given me the strength and wisdom to overcome many of my life challenges. My mom's passing in 2013 has left me with much grief which motivated me to writing and completing my first scholarly work, "The Arduous and Challenging Journey of Improving Patient Safety and Quality of Care", a project I started earlier and now dedicated to the memory of my mom. In the process of finishing this manuscript, I found strength and comfort which filled a void left by her departure. I feel most honored that this manuscript was published in the 2013 December issue of the Journal of PeriAnesthesia Nursing; I take pride in the fact that this article was also nominated and won the 2014 Mary Hanna Journalism Award presented to me in the 2014 National Conference of PeriAnesthesia Nursing.



This photograph of my mom and me is the last photograph of us taken together after lunch in a place famous for its chocolate dessert. It was never the intention to sit in front of the script on the wall behind us. The discovery of the narrative in the photograph after my mom's passing touches me with tenderness and makes it more poignant and meaningful whenever I look at this picture of us together. "I invite you to watch, smell, taste and feel my love story." — *Esther Lee, MBA, MNP, RN, Assistant Director, PeriAnesthesia Nursing, Hillcrest/Thornton/SCVC*