

The_Central_Issues_of_Being_Immortal_2.edited.docx

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The Central Issues of Being Immortal

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The Central Issues of Being Immortal

In my opinion, real life is one that consists of happiness and serving the purpose of living. The thought of aging, being ill, obtaining given care, and finally dying often cross my thoughts. Despite the availability of care in various nursing homes and healthcare facilities, death is the final journey. At times, healthcare workers focus on the disease and tend to forget about other patients' needs. Hence, when I think about my worsening condition at some given time in the healthcare facilities, the issue of death cross my mind. According to Jennings (2015), the doctors are not always comfortable discussing death anxieties despite worsening health conditions; instead, they try to treat them to improve their conditions. Patients are still aware of their requirements; thus should be given hopes for living through counseling and providing alternative healthcare to prolong their lives.

End-of-life care can be disturbing, especially to those suffering from chronic illnesses such as cancer. It reaches a stage in life where any efforts made by the medic cannot help. At that point, one starts to think of death. Knowing very well that I will soon die can make to become sicker. However, with the assistance and encouragement from the experienced medics, I can still hope to live. Besides, everyone desire to have a longer life; hence, offer palliative care to patients who have lost hope in life. I think this kind of care can make patients manage their pains and ay possible distressing symptoms. When death is nearing, I would transform my ordinary life, interact more with friends and families, teach people how to live in the present, and cultivate a more spiritual life.

Jennings (2015) made several observations in the nursing homes, precisely the kind of care given to the aged and critically ill patients. Gawande himself is a medic who has made several attempts to rescue patients' lives. First, the caregivers in various nursing homes majorly

focused on the disease rather than inventing effective ways to increase patients' lives. Most of the patients in critical condition were psychologically disturbed, thus requiring comfort and possible ways to end their pains. Moreover, the ultimate goals of these patients were to have honesty and humane treatment from the caregivers. Second, nursing homes limit patients on the foods, and despite the safety and provision of healthcare in the nursing homes, they determine patients on the choices of foods and medications to be taken. However much the condition of safety by these limitations, most patients have different tastes and preferences. Lastly, doctors are often uncomfortable discussing death with patients suffering from chronic illnesses such as cancer. Instead, they give false hopes by offering treatments that only shorten patients' lives instead of improving them.

Older adults often experience some health problems that require care and attention from families and caregivers. Adults above 60 years are at risk; hence, direct assistance to live better lives. According to Jennings (2015), adults prioritize prolonging their lives, needing help and better healthcare to achieve their goals. I am aware of how some adults can be disturbing, especially those who have dementia. Therefore, healthcare should guarantee to prolong their lives. Besides, healthcare should not abandon human beings irrespective of age and health condition. Jennings (2015) also observed that older adults often feel the sense of loneliness, the pain of not mattering, excess tiredness, and inability to express themselves. Therefore, families and caregivers should consider sympathizing with these adults and give them the best care to have hope for living longer.

Everyone desires safety and prolonged life so as the adults. The debate of maintaining protection for adults to prolong their life is vital. Today, most adults live alone in their homes despite the deteriorating health conditions. Hence, to ensure their safety in their respective

families, the experts should give health tips to prolong their lives. For instance, planning is the crucial factor that may help adults live healthier and longer lives, further, with the specialists' assistance on how to live better lives. Jennings (2015) observed that it was unnecessary to spend much time with the patient, rather than having better plans to ensure their conditions are better and live their lives. Just like the advice given to Peg Bachelder to try hospice to prolong her life, older adults need such motivation. It was evident that Peg was anxious to live longer and teach music as she interacted with her students. Having a longer life in adults to fulfill their lives should be given priority as their lives also matter.

Having a good day in terms of health is the best feeling ever, more so being given hopes to live again after chronic illness. When one is in a critical condition, the thought of death and not living again often disturbs the mind. In the situation where I have been assured of living a longer life, I would perform various activities as I interact with families and friends. First, I'll gladly volunteer to educate people, specifically the vulnerable, to adopt healthy living standards. Adoption of healthy living will be accompanied by proper plans that ensure people follow the guidelines. It will be my pleasure to notice that people are advantaged from the services I offer them. Consequently, I will ensure that I meet my longtime friends and relatives to narrate the ordeal I had been through before being rescued. Therefore, my day will only look good if I achieve the above plans.

Reference

Jennings, T. (2015). Being Mortal. <https://www.pbs.org/wgbh/frontline/film/being-mortal/>

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