

SM May

SM is a middle-aged woman who is admitted to a palliative care unit in a hospital due to an exacerbation of cancer which she was diagnosed with two years ago. She struggles with dealing with her illness while caring for her two boys in high school and her elderly parents at the same time as a sandwich generation.

Music is most important to her. She likes a wide range of genres of music. Music is a source of transcendence to her. She worries that others will assume she only listens to soft and relaxing music. She listens to all types of music because music allows her to feel happy, excited, all the different emotions.

Humor is also important to her as she believes it's a key to engage with others. "Just because I'm dying, it doesn't mean you can't laugh."

She wants family around when she's dying.

Beauty and nature are also important to her. She wants to be surrounded by beauty when she's dying. She wants to be able to see trees through the window, green grass, snow, birds... she wants a view of any kind of nature.

With dying, it comes with an immediate sense of denial. The reality of not being able to see her kids and them not being with her hurts her. She says there is no utility in denial. The more acceptance, the more she can do.

Regarding her current worries, SM is concerned about her parents. Her mom has dementia and she's been the main caretakers to make sure she's well cared for. Her dad is not experienced and she worries if he'll be able to pick up the slack. She worries he'll be lonely after she's gone. She worries about him.

Spirituality is important to her and she wants it to be incorporated into her care. She'd like a spiritual person to come and speak to her and would not be averse to a chaplain. I would like my family involved in my care and wants information shared with them.