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护 患 情 境 会 话

对哀伤亲属的辅导

Grief Counseling to Bereaved Family Members

背景

沈女士,50岁,晚期胰腺癌伴肝转移。因病情恶化跳楼自杀,经抢救无效身亡。她的女儿,20岁左右,在校读书,闻讯立即赶来医院,跪在一旁,哭泣着阻止护士接近其母亲。

Background

Mrs. Shen, 50 years old, suffered from late pancreas carcinoma with liver metastasis. As her disease worsened, she committed suicide by leaping from the upper floors of the hospital. All rescue measures failed. Her daughter, about 20, studying in school, came to the hospital as soon as she heard the sad news. She kneeled near her mother and kept the nurses from going near her mother.

交流

护士:(走到女孩身边,弯下身轻声道)对不起,小姐。我们已经尽力抢救了,可还是无法挽回你母亲的生命。你先站起来,好吗?

女孩:(沉浸在丧母的巨大悲哀中,忽视了周围的一切,边磕头边语无伦次地说着)妈,你为什么要这么做?为什么?……是不是女儿哪儿做错了?……妈,你不要女儿了吗?……妈,你不要死……

护士:(蹲下身,用手轻轻拍着女孩的肩背,说道)娟娟(女孩的乳名),你并没有什么过错,你妈妈爱你们。我想妈妈这么做一定是为了不再增加你们的负担,不想拖累你们。

女孩:(仍旧哭泣着回应)我们不怕,我和爸爸会好好照顾妈妈的。我会听话的,妈妈你不要离开我们……

护士:(双手环抱着女孩的肩膀,安抚着)妈妈一定知道你们都爱她。而且她知道这种病是很难治好的,她才更不想增加你们的痛苦。这次病情又恶化了,带给妈妈更多的痛苦。既然妈妈选择这种方式结束自己的生命,你应该尊重她的选择,让妈妈安心的走。

(女孩情绪慢慢缓和下来,仍抽泣着)

护士:你都二十多岁的大姑娘了,也很懂事。你还要照顾爸爸和年迈的爷爷奶奶,你这个样子,怎么让妈妈放心呢?(女孩沉默着。)好,现在我扶你站起来,我们一起来帮妈妈洗漱整理一下。能拿给我妈妈平时最喜欢穿的衣服和鞋子吗?

女孩:(微微点头,在护士搀扶下站起,然后给爸爸打电话,让他把妈妈最喜欢的衣服送来。过了一会儿,女孩走过

来,平静地请求)护士小姐,可以让我来帮妈妈洗脸梳头吗?

护士:当然可以,给!(护士递过毛巾和梳子。)

Interactions

Nurse: (The nurse walks up and bends over to the girl and says softly) Sorry, lady. We have tried our best to save your mother, but failed. Could you stand up first?

Girl: (The girl, keeping her mind on the sadness of losing her mother and neglecting everything around her, is kowtowing on the floor while mumbling) Mom, why did you do this? Why? ……Did I do something wrong? …… Mom, don't you want me any more? ……Mom, please do not die! ……

Nurse: (The nurse squats, patting the girl's shoulder and says) Juanjuan (the girl's nickname), you did nothing wrong, and your mother loves you. I think she did this because she did not want to add more burdens on you, nor drain you.

Girl: (The girl, still crying, answers) We are not afraid. Dad and I will take good care of mom. Don't leave us mom, I will be a good girl.

Nurse: (The nurse hugs the girl's shoulder with her arms and says) Your mother must have known you all love her. She also knew that her disease was very difficult to cure. Therefore, she didn't want you to suffer any more. This time, her condition was much worse, and she suffered much more than before. Since your mother has chosen this way to end her life, you should respect her choice and let her go.

(The girl is relaxed a little, but still sobbing.)

Nurse: You are more than 20 years old and very sensible too. You need to look after your father, and your grandparents. How will your mother feel if she sees what you are doing now? (The girl becomes silent.) Well, let me help you stand up now. We will dress your mother together. Could you give me the clothes and the shoes that is your mother's favorite?

Girl: (The girl nodded gently, stood up with the nurse's help, and then called her father to bring the clothes. After a while, the girl came to the nurse and asked calmly) Miss, can I clean my mom's face and comb her hair?

Nurse: Of course, here you are. (The nurse handed her the towel and the comb.)

(罗永勤)