

Cash Williams: Preserving Personhood and Dignity

Cash Williams was an interesting but sad case. It was tough to see someone so young and full of life become bedridden and suffer from various physical and mental afflictions after living life as a daredevil. Reflecting on my own life, I wondered how I would feel if the same had happened to me and I wondered if Cash regretted his actions. Although I didn't appreciate that Cash would "scam" on women, I don't think any person deserves to lose their independence. From a nursing perspective, it is important to remember that Cash is still a young adult. His livelihood may have been taken from him, but that doesn't mean his life is over. He still needs to receive the best possible care and support, while preserving his self-worth. It cannot be easy for a person who did flips on their snowboard to now need assistance with basic tasks. Cash can no longer scratch his nose, use the bathroom alone, or have sex. It is vital to consider the psychological impact his injuries have on him. By acknowledging and validating his feelings of depression and thoughts of suicide, Cash can begin to feel heard and understood. While this is only one step in the direction of his recovery, building a solid rapport with Cash will help him open up about his goals and fears. Because Cash is struggling and has admitted to being suicidal, it is important to involve a mental health professional or social worker to provide additional support. Cash may not have the means to commit suicide, but his feelings are very real and concerning.

Communication is also essential. As a nurse, we must communicate with Cash respectfully and empathetically, listening to his concerns and involving him in his care plan as much as possible. This can help to empower him and promote his sense of autonomy and dignity. So much has been taken away from Cash that involving him in the few choices he has will mean

a lot to him. We need to be sensitive to Cash's unique needs and preferences. This may involve providing specialized equipment or accommodations to help him maintain his independence and mobility, as well as providing culturally sensitive and respectful care. Although Cash has lost sensation in most of his body, we still need to respect his body. Just like in the video when the nurse accidentally turned him and squished his testicles, we need to remain sensitive and respectful to him.

Another concerning thing that has a profound effect on Cash is the social isolation he is experiencing. While he struggles to adjust to life with a spinal cord injury, Cash is still mourning the loss of his old life. Nurses can address this issue by providing opportunities for social interaction, such as facilitating visits from family and friends or connecting Cash with support groups or other resources for people with spinal cord injuries. As nurses, we can also provide physical and emotional comfort to Cash. This might be in the form of pain medication, music, distractions, or just listening to him talk. We need to advocate for our patients, as well as teach them additional pain management strategies, such as non-pharmacological interventions like relaxation techniques or alternative medications. These may be more effective for visceral pain. Providing Cash with emotional support and advocacy will help his overall well-being and sense of dignity.

The care that we, as nurses, provide must be free from judgment and discrimination. Nurses must be aware of their own biases and assumptions and provide culturally sensitive and respectful care. By doing so, they can help to ensure that Cash feels valued and respected as an individual, which can be an important factor in his recovery and overall well-being. While it might be easy to pass judgment on someone who was a reckless thrill-seeker in the past, we must

look at the person we have in front of us now and differentiate the two. Cash deserves to feel whole again and deserves care that preserves his dignity. By taking concrete actions to address social isolation, promote comfort and well-being, and provide care that is free from judgment and discrimination, we can help to preserve Cash Williams' personhood and dignity while providing the care and support he needs to regain what was lost and thrive again.