

MORE than the LAST BREATH

The SPECTRUM of PALLIATIVE CARE

LIVING with LIFE LIMITING CONDITIONS (INCLUDING ADVANCED FRAILTY +/- DEMENTIA)

CHECK we KNOW...  Start FUTURE CARE PLANNING

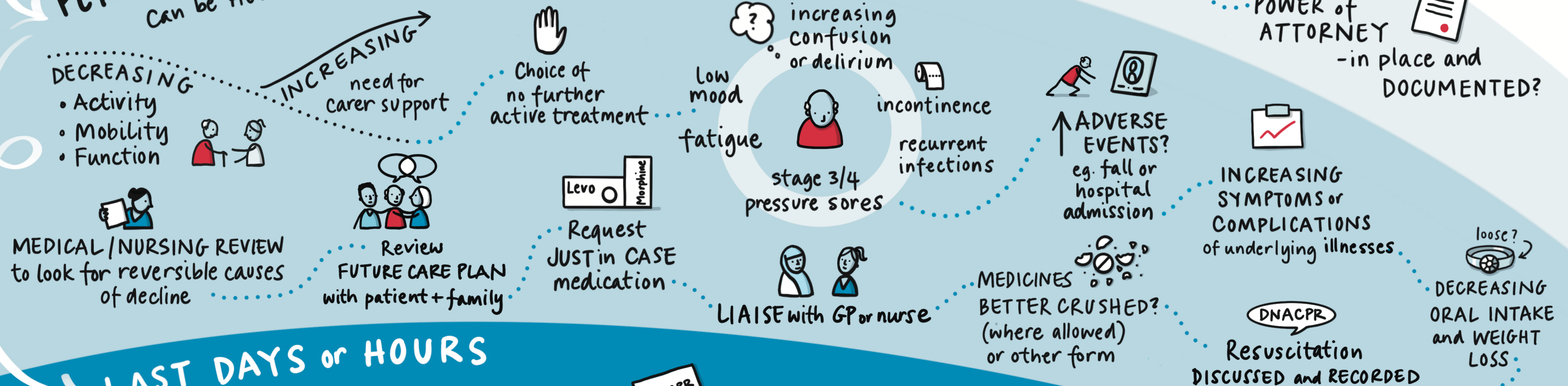
What MATTERS to ME...  Are PRESCRIBED DRUGS still needed? STOP unnecessary or harmful medication

Are patient and family aware FOCUS is on GOOD PALLIATIVE CARE?  Consider RESUSCITATION STATUS



PERIOD of DECLINE and INDICATORS of DECLINE *

Can be HOURS, DAYS, MONTHS or YEARS



LAST DAYS or HOURS

STOP monitoring/medicines

Has 'just in case' drugs

Family Supported and updated?

GP or nurse Courtesy call

DNACPR In place?

Recognise possible SIGNS of ACTIVE DYING

- LETHARGY - weak, bed-bound, increasingly sleepy
- ALTERED MENTAL STATE - confused, restless, agitated
- SKIN CHANGES - pale, blue, mottled, cold hands or feet
- TABLETS and oral intake diminished or stopped
- BREATHING CHANGES - rattly, rapid, intermittent

* Gold standards Framework 2011

