



# Comfort & Joy in the Last Moments

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## Objectives:

- ▶ Provide for physical, emotional, spiritual/cultural needs
- ▶ Determine causes of pain/promote comfort
- ▶ Communicate Kindly
- ▶ Identify signs of dying
- ▶ Prepare the body
- ▶ Support family and friends
- ▶ Cope with your feelings

## End of Life:

- ▶ Unique for everyone
- ▶ Difficult to predict timeline
- ▶ Care leading up to death and immediately after
- ▶ Follow end-of-life wishes/treat with respect and dignity

## Changes/Challenges:

- ▶ Walking or standing
- ▶ Speaking
- ▶ Eating and drinking
- ▶ Bowel or bladder control
- ▶ Sleeping

# Pain & Comfort

Signs of Pain

Changes in Behavior

Common Sources of Pain

Prevent & Manage Pain

Promote Comfort

# What Can Be Done About Pain at End of Life?





# Physical Care

- ▶ Mobility
- ▶ Skin Care
  - ▶ Repositioning
  - ▶ Incontinence
  - ▶ Dryness
- ▶ Nutrition and Fluids
- ▶ Mouth Care
- ▶ Environment



# Emotional Support



## Spiritual & Cultural

- ▶ Respect Beliefs/Wishes
- ▶ Rituals & Customs
- ▶ Music & Readings

# Communication

Sight

Sound

Touch





# Signs of Approaching Death



# Support Family & Friends



# Self Care

- ▶ Cope with your feelings/grief
- ▶ Ask for help
- ▶ Talk with other caregivers/family

## Take Care of Yourself as a Caregiver







In the end, know there isn't a "perfect" death so just do the best you can for resident.

Your pain and sense of loss may be softened a little by appreciating that you were there when your resident and their family needed you most and you did all you could for them.