

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

<u>Changes/Challenges:</u>

- 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?

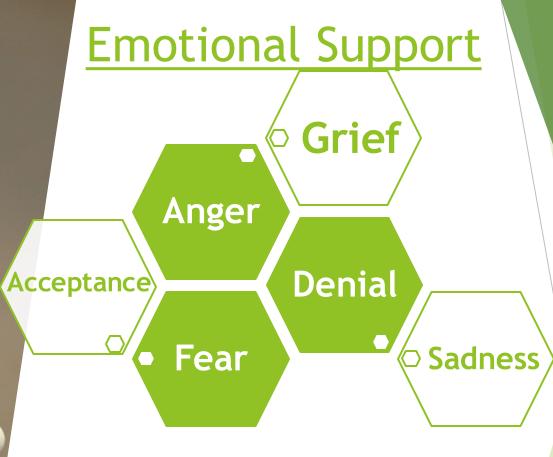


Physical Care

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







Spiritual & Cultural

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

Communication



Signs of Approaching Death

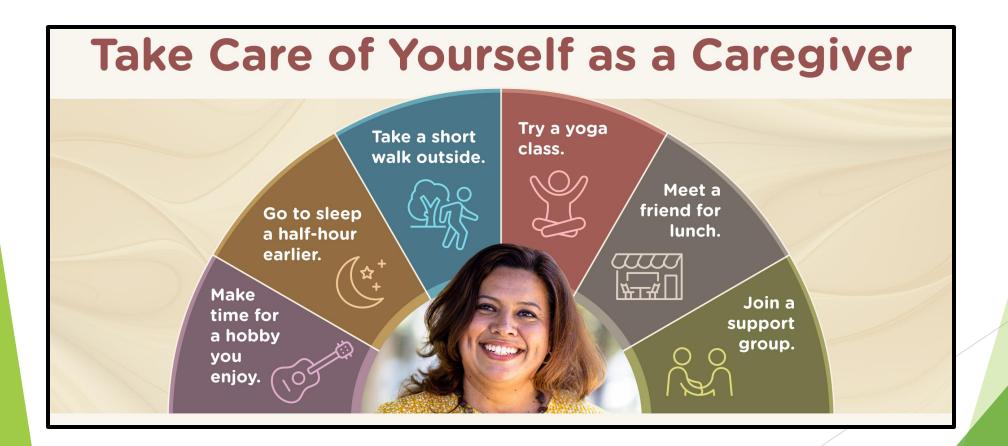


Support Family & Friends



Self Care

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





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.