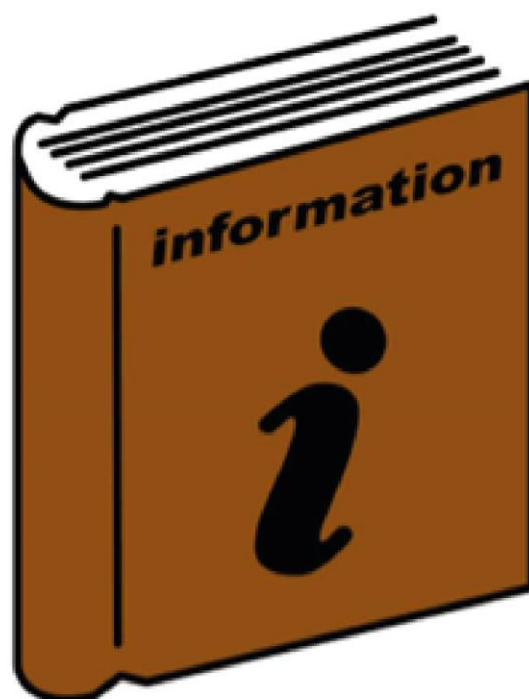
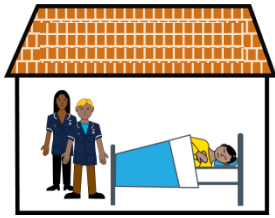


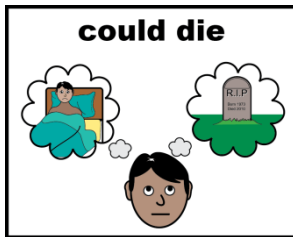
End of Life Care

Easy Read information

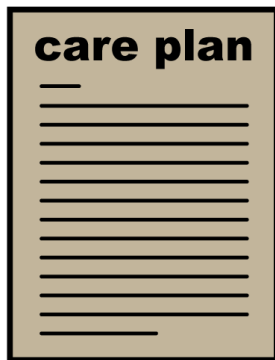




The doctors and nurses will have told you that the person who is important to you is very sick.



The doctors and nurses believe they are now in the last hours or days of life.



An end of life care plan will be started to support the person who is important to you.

This will help the doctors and nurses give them the care they need.

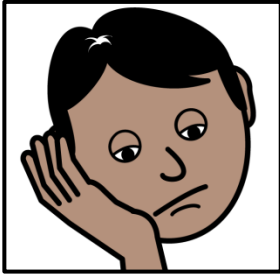


You can be involved in the end of life care planning if you want to.

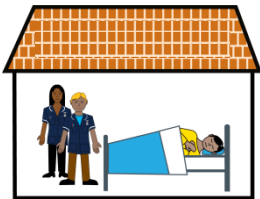


If the person who is important to you gets better, the care plan will be changed.

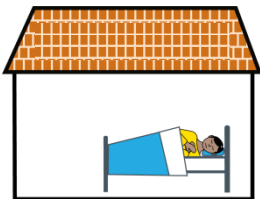
Communication



It can be very difficult to know someone is going to die.



Some people will want to be there when the person who is important to them dies.



Some people will not want to be there.

There is no right or wrong answer.



Please tell us what you want to do so that we can help and support you.



contact

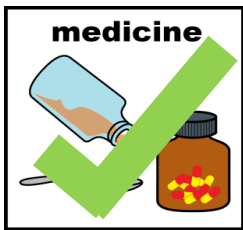
The doctors and nurses will ask for your contact details.

This is so we can tell you if anything happens to the person who is important to you.

Medication



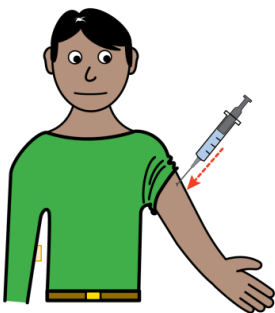
Medicine that your loved one does not need anymore could be stopped.



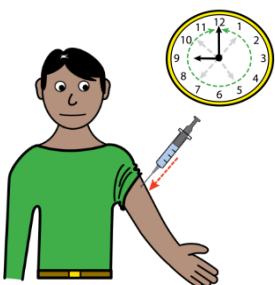
They might be given new medicine to help keep them comfortable.



At this point they may find it hard to swallow tablets.



Because of this, we might give the person who is important to you a small injection to give them their medicine.



We might also use a small pump called a syringe pump. This gives the medicine slowly over a longer time frame.

Food and drink

eating



drinking

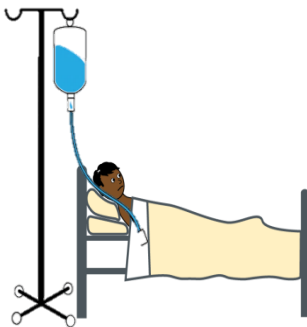


When a person is dying they lose their appetite and interest in eating and drinking. They may not want to eat and drink as usual.

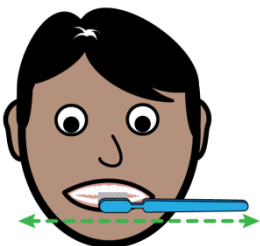
support



The doctors and nurses will support the person who is important to you to eat and drink for as long as they can.



When eating and drinking is no longer possible, sometimes (but not always) they may be given a drip.



The doctors and nurses will look after your loved one's mouth by keeping it clean and moist.



One of the ways they look after the mouth is called 'taste for pleasure'.

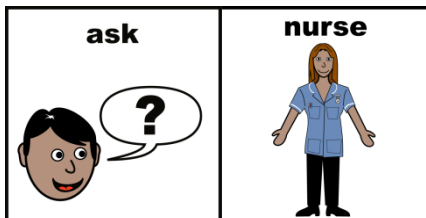


This is where your loved one's favourite flavours are used to keep the mouth moist.



Flavours that might be used are:

- juice,
- tea,
- lemonade, or
- alcohol.

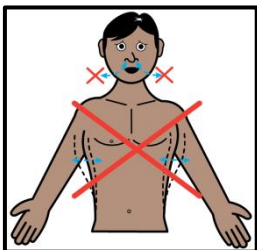


If you want to be involved in your loved one's mouth care, please ask the nurse.

Changes in breathing



When someone is dying, the way they breathe may change.

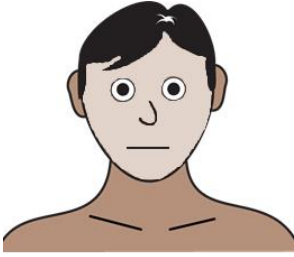


For example their breathing may look or sound different, or it may pause for a while and start again.



This might make you upset but it is not usually distressing for the patient.

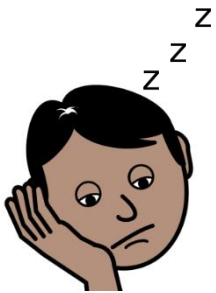
Changes in how the person looks and behaves



When a person is dying, their skin might become pale and moist.

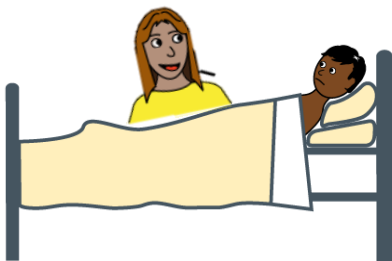


Their hands and feet can feel very cold. They might also look blue in colour.



Dying people often feel very tired and will sleep more.

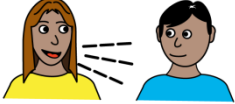
Even when the person is awake, they may still feel sleepy.



The person who is important to you may still be aware that you are with them so you can still talk to them.

Support for you

talk to

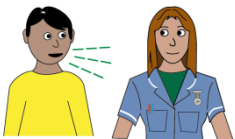


It is sometimes easier to cope if you have someone outside of your family to talk to.

talk to your doctor



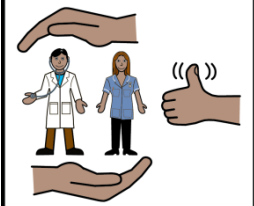
talk to your nurse



You could talk to:

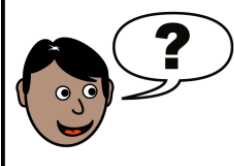
- a friend,
- your GP,
- the Nurse,
- the hospital Palliative Care Team,
- the hospital Swan End of Life Care Team or
- the hospital Chaplaincy Team.

good care



Caring well for the person who is important to you at the end of their life is very important to us.

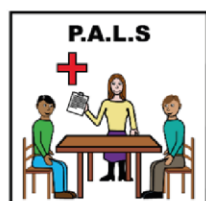
ask



If you have any questions, or you would like to talk to someone, please ask a member of staff.



Further information is available from:



Patient Advice and Liaison Service (PALS)

Royal Shrewsbury Hospital: 0800 7830057

Princess Royal Hospital: 01952 6414679

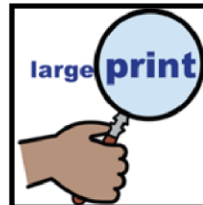


This information can be provided in other languages



The Learning Disability Team

can be contacted for support on 01743 211210



or large print.



Mencap

<https://www.mencap.org.uk/advice-and-support>



If you would like a copy of this information in a different format email sath.patientexperience@nhs.net or telephone 01743 261000 ext 3032

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