

END OF LIFE SYMPTOMS

1 TO 3 MONTHS SYMPTOMS:

- Withdrawal
- Non social
- Increased sleep
- Not speaking as much
- Not wanting visitors
- Weight loss
- May need more assistances in ADLs
- Falls
- Appetite decreases
- Incontinence may occur as functions decrease
- Skin breakdown d/t increased sleep, less activity, poor appetite
- Breathing changes/irregular

THINGS YOU CAN DO FOR THE RESIDENT:

- Offer foods/liquids do not force to eat or drink
- Increase personal care d/t skin can start to breakdown
- Reposition every 2-4 hrs.
- Listen to concerns and wishes
- May hear unusual statements, out of character for patient
- Give permission to die
- Hearing and touch are the last to go

1 TO 2 DAYS/HOURS PRIOR TO DEATH SYMPTOMS:

- Surge energy, alert, talking (spiritual transformation)
- Restlessness
- Breathing patterns become slower, irregular
- Congestion in throat/gurgling
- Eyes open/semi/closed
- Skin changes cool, mottling, blotchy
- Non responsive
- Apnea

THINGS YOU CAN DO FOR RESIDENT AND FAMILY:

- Notify nursing, for medication. Meds are available to help fast breathing
- Fever — use cool washcloth
- Touch, talk, explain what are going to do before you start
- Reposition patient from side to side, helps with congestion and raise HOB
- Encourage a calm supportive environment
- When breathing stops it is not an emergency. Call the nurse

