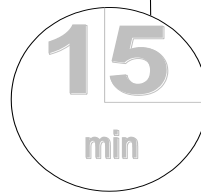


CLiP

15 minute Worksheet



The last hours and days

5: The death

Introductory level

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Aim of this worksheet

To explore some issues for patients and carers at the time of death.

How to use this worksheet

- You can work through this worksheet by yourself, or with a tutor.
- Read the case study below, and then turn to the Work page overleaf.
- Work any way you want. You can start with the exercises on the Work page using your own knowledge. The answers are on the Information page - this is not cheating since you learn as you find the information. Alternatively you may prefer to start by reading the Information page before moving to the exercises on the Work page.
- This CLiP worksheet should take about 15 minutes to complete, but will take longer if you are working with colleagues or in a group. If anything is unclear, discuss it with a colleague.
- If you think any information is wrong or out of date let us know.
- Take this learning into your workplace using the activity on the back page.

Case Study

Michael is a 57 year old man with severe learning disability who lives in a community home with three other men with learning disability. Michael was diagnosed with gastric carcinoma some months ago, but presented too late for treatment. He began to deteriorate rapidly, was smoking fewer cigarettes and had difficulty swallowing his tablets. In the last few days he became extremely weak and unable to move in bed without assistance.

He is now comatose and close to death.

v14

Reflect

Think back to the last patient who died with you present.

NB. If you find this hard because of a difficult personal experience then ask a colleague about their experience.

How did it seem for the patient?

How did it seem for the partner, relative or friend?

How did you feel?

Michael drifts into coma and dies peacefully four days later, with his family at his bed side.

What?

What can you do and what can you say?

Michael's mother asks what is going to be put on the death certificate and is a post mortem necessary.

What?

What do you say?

FURTHER ACTIVITY: The Death

Reflect on a patient who died recently. How did you feel?

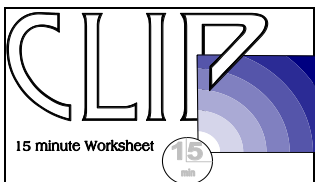
FURTHER READING: The Death

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Further resources

e-lfh: *e-Learning for Healthcare* contains a range of online self-learning programmes, including several relating to end-of-life care (e-ecla). Registration is required but is free.

Stedford A. *Facing death : patients, families and professionals* London : Heinemann Medical Books, 1984. (178p. ISBN 0433315504)



Current Learning in Palliative care
An accessible learning programme for health care professionals

15 minute worksheets are available on:

- An introduction to palliative care
- Helping the patient with pain
- Helping the patient with symptoms other than pain
- Moving the ill patient
- Psychological and spiritual needs
- Helping patients with reduced hydration and nutrition
- Procedures in palliative care
- Planning care in advance
- Understanding and helping the person with learning disabilities
- The last hours and days
- Bereavement

Available online on
www.clip.org.uk