

## End of Life Skills and knowledge for Carers

Please ensure you adhere to your local protocols, policies and guidelines relating to End-of-Life care

<p><b>What is End of life care?</b> End of life care involves treatment, care and support for people who are thought to be in the last year of life.</p> <p><b>Who is End of life care for?</b></p> <p>Some people who need end of life care have:</p> <ul style="list-style-type: none"> <li>a terminal illness – an illness that cannot be cured and they are likely to die from</li> <li>a health condition which they are expected to die from</li> <li>a health condition and advancing age (sometimes called 'frailty') which means they are at risk of sudden changes to their health.</li> <li>a sudden change to their health, for example from a stroke or an accident</li> </ul> <p>End of life care video <a href="https://youtu.be/bM8LuiV5NF0?si=5mL0q50ZU56S wfvs">https://youtu.be/bM8LuiV5NF0?si=5mL0q50ZU56S wfvs</a></p>	<p><a href="https://www.mariecurie.org.uk/help/support/terminal-illness/preparing/end-of-life-care#who">https://www.mariecurie.org.uk/help/support/terminal-illness/preparing/end-of-life-care#who</a></p> <p><a href="https://www.nhs.uk/conditions/end-of-life-care/what-it-involves-and-when-it-starts/">https://www.nhs.uk/conditions/end-of-life-care/what-it-involves-and-when-it-starts/</a></p> <p><a href="https://www.skillsforcare.org.uk/Developing-your-workforce/Care-topics/End-of-life-care/End-of-life-care.aspx">https://www.skillsforcare.org.uk/Developing-your-workforce/Care-topics/End-of-life-care/End-of-life-care.aspx</a></p>
<p><b>Communication</b></p> <p>Communication is at the heart of every aspect of End of life care. It is important that all carers feel able to talk to people about the things that matter to them and are knowledgeable about who else to involve if they are unable to deal with any concerns or questions.</p> <p>Good communication allows you to connect with your patient and those who are important to them.</p> <p>Providing emotional care Providing spiritual care Talking to someone about dying <a href="#">WHAT MATTERS TO ME 4K</a> <a href="#">click CC for subtitles on Vimeo</a></p>	<p><a href="#">Providing emotional care   Information for healthcare professionals (mariecurie.org.uk)</a></p> <p><a href="#">Euthanasia and assisted suicide - NHS (www.nhs.uk)</a></p>

<p><a href="#">End of life care: What matters to the person who's dying (youtube.com)</a></p> <p>Telling someone they are dying. <a href="#">What to expect at the end of life (youtube.com)</a></p> <p><b>Talking about assisted dying and suicide in End of life</b></p> <p>Some people with a terminal illness have thoughts about wanting to end their life (suicidal thoughts)</p> <p>Some people might ask professionals involved in their care or a family or friend to help them end their life. This is called assisted dying, and it is against the law in the UK.</p> <p>If you're worried that a resident/service user may want to end their life, you should document it and tell the other professionals involved in their care.</p>	
<p><b>Understanding Person centred care</b></p> <p>Let's talk about person-centred care video: <a href="https://youtu.be/rM9QAxFSBMU?si=wZ_9zhcKQS0gs6G2">https://youtu.be/rM9QAxFSBMU?si=wZ_9zhcKQS0gs6G2</a></p> <p>Life story for a person with Dementia Video: <a href="https://youtu.be/DvO3UZQ2Z2U?si=vE1gLqbOgQ95VSWT">https://youtu.be/DvO3UZQ2Z2U?si=vE1gLqbOgQ95VSWT</a></p> <p>Person centred care is an opportunity to not only care for the resident/service users Physical, psychological, social, and spiritual needs, but also to focus on the family members and ensure that they are emotionally and practically supported.</p> <p><b>LBTQT+</b> <a href="#">Palliative and end of life care for LGBTQ+ people   For professionals (mariecurie.org.uk)</a></p> <p>People living with a learning disability. <a href="#">Palliative care for people with learning disabilities (mariecurie.org.uk)</a></p> <p>People with substance use problems.</p>	<p><a href="https://journals.rcni.com/nursing-standard/cpd/promoting-personcentred-care-at-the-end-of-life-ns.2023.e12171/pdf">https://journals.rcni.com/nursing-standard/cpd/promoting-personcentred-care-at-the-end-of-life-ns.2023.e12171/pdf</a></p>

<p><a href="https://mariecurie.org.uk">Substance use and palliative care: Information for professionals (mariecurie.org.uk)</a></p>	
<p><b>Know what the universal care plan is and how to access it</b></p> <p>The Universal Care Plan is an NHS service that enables every Londoner to have their care and support wishes digitally shared with healthcare professional across the capital. A care plan is created following a conversation between a health care professional (such as a doctor or nurse) and the person in their care. Throughout the conversation, the healthcare professional will listen, understand, and make notes on:</p> <ul style="list-style-type: none"> <li>• What is important to the persona in their day to day life</li> <li>• Their preferences or wishes about their care</li> <li>• What support they need and who is best placed to provide this</li> <li>• Information about others who may be involved in that persons care, such as relatives.</li> </ul> <p>The care plan is then created following this conversation using the Universal Care Plan, it is visible to all health and care services who use it. This includes the London Ambulance Service, 111 and Out of Hours GP service.</p> <p>The Advance care plan can be incorporated in the London Universal care plan. An Advance care plan is a voluntary process or person-centred discussion between an individual and their care providers about their preferences and priorities for their future care, while they have the mental capacity.</p>	<p><a href="https://onelondon.online">About – Universal Care Plan (onelondon.online)</a></p> <p><a href="https://www.youtube.com/watch?v=13Treatment">13 Treatment escalation plans and resuscitation (youtube.com)</a></p>
<p><b>Understanding Resuscitation decisions</b></p> <p>Mental Capacity <a href="https://www.youtube.com/watch?v=UsingMentalCapacity">Using the Mental Capacity Act (youtube.com)</a></p>	<p><a href="#">CPR Recommendations, DNACPR and ReSPECT   Resuscitation Council UK</a></p>

<p>Do not attempt cardiopulmonary resuscitation (DNACPR)</p> <p>DNACPR Poster <a href="https://www.skillsforcare.org.uk/resources/documents/Developing-your-workforce/Care-topics/DNACPR/DNACPR-poster.pdf">https://www.skillsforcare.org.uk/resources/documents/Developing-your-workforce/Care-topics/DNACPR/DNACPR-poster.pdf</a></p> <p>Advanced decisions Consent Rights of individuals Quality of life Power of attorney</p> <p><a href="#">13 Treatment escalation plans and resuscitation (youtube.com)</a></p>	<p><a href="#">Mental Capacity Act - Social care and support guide - NHS (www.nhs.uk)</a></p>
<p><b>Understanding your role in symptom management</b></p> <p>At the end of their life, people often need specialist care and support to manage the symptoms of illness. Every health worker has a part to play, and working together can have a significant impact, making sure that specialist input is provided when needed, and residents/service user's lives are also comfortable and managed in ways they have chosen.</p> <p>Below are Symptoms the resident/service user may experience at the end of their life that will need to be managed. Be aware that symptoms have many causes and understand that there may require different approaches to treatment care and support.</p> <p>Agitation Anticipatory medication (The medicines are prescribed in advance so that the person has access to them as soon as they need them) Anxiety Breathlessness Catheter care Constipation Continence care Delerium Fatigue Hiccups, dyspepsia, and reflux Hydration and nutrition Itch Mouth care</p>	<p><a href="#">Palliative Care Knowledge Zone   Information for professionals (mariecurie.org.uk)</a></p> <p><a href="#">Anticipatory medicines   Information for professionals (mariecurie.org.uk)</a></p>

<p>Nausea and vomiting Noisy chest secretions Oedema, lymphoedema and ascites Oxygen therapy Pain Pressure ulcers Seizures Sleep problems Sweating and temperature changes</p>	
<p><b>Providing care after death</b></p> <p>Verification of death (Nurse's role) is the process of formally confirming a person has died.</p> <p>Certification of death a doctor will certify the death.</p> <p>Organ and tissue donation, it's important to find out what the resident service users wishes were and whether any plans are in place for donation.</p> <p>Infection control</p> <p>Medical equipment (syringe pumps/catheters) Looking after relatives and friends</p> <p><a href="https://www.mariecurie.org.uk/professionals/palliative-care-knowledge-zone/final-days/care-after-death">https://www.mariecurie.org.uk/professionals/palliative-care-knowledge-zone/final-days/care-after-death</a></p>	
<p><b>Looking after yourself, other staff, and residents</b></p> <p>Debrief <a href="#">What's best for Lily? End of life training for care home staff - UCLPartners</a></p> <p>Bereavement resources for the social care workforce <a href="https://www.gov.uk/government/publications/bereavement-resources-for-the-social-care-workforce/bereavement-resources-for-the-social-care-workforce">https://www.gov.uk/government/publications/bereavement-resources-for-the-social-care-workforce/bereavement-resources-for-the-social-care-workforce</a></p>	<p><a href="#">KeepingWell North Central London – A wellbeing and mental health project that connects and supports the North Central and North East London health and social care workforce during the COVID-19 outbreak (keepingwellincl.nhs.uk)</a></p>