

# End of Life Care

Central Church of Christ Grief Ministry  
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MIND. BODY. SPIRIT  
**WELLNESS**

# Objectives

- ❖ Discuss end-of-life care and identify what it encompasses
- ❖ Describe the stages of dying and the care provided
- ❖ Define palliative and hospice care and identify the differences and similarities
- ❖ Discuss ethical principles and legal documentation
- ❖ Describe the role of an End of Life Doula



## **End of Life Care**

End of life care is specialized interventions and support provided to a person who is nearing or at the end of life.

Purpose: To ease suffering and improve quality of life

When does end of life begin? How can it be determined?



# Signs/Symptoms of End-of-Life

- ❖ Pain
- ❖ Dyspnea
- ❖ Cough
- ❖ Anorexia and Cachexia
- ❖ Dysphagia
- ❖ GI Distress
- ❖ Fatigue
- ❖ Terminal Restlessness
- ❖ Delirium
- ❖ Anxiety



# Palliative and Hospice Care

**Palliative Care:** Improve the **quality of life** of individual's who have life threatening illnesses through the prevention and relief of physical, psychosocial, and spiritual suffering (World Health Organization, 2014).

Team approach, Any age or stage of illness, no pre-determined life expectancy required.

**Hospice Care:** Provide comfort for those who are at or near end of life.

Team approach, **prognosis of 6 months or less**, formal certification, forgoing all curative life sustaining medical treatment.

CARE COMFORT QUALITY



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# The Time of Death

Dying is a cascade of events

Actively Dying

Transitioning

Imminent

A “good death”: the individual’s preferences are met and symptoms are managed.



# Ethical Principles

Beneficence: Do Good

Nonmaleficence: Do No Harm



# Legal Documentation

Advanced Health Directives /Living Will

Medical Care

Health Proxy

After Death Care

My Wishes



Do not attempt resuscitation (DNAR) Do not resuscitate (DNR)

Do not intubate (DNI)

Allow natural death (AND)





## End of Life Doula

End of Life Doula also known as an end-of-life coach, death midwife, death coach, or death doula, assists a dying person and their loved ones before, during and after death.

An end-of-life doula provides emotional and physical support, education about the dying process, preparation for what's to come and guidance while you're grieving. (International End of Life Doula Association)

*“Dying is a journey through the unknown. Having a doula to accompany and guide us made such a difference. They didn’t take away the suffering, but they softened it, opened us to new possibilities of engagement, and helped us feel safe with the unexpected. I cannot imagine how I would have managed without a doula.”*



## End of Life Doula

International End of Life Doula Association <https://inelda.org/>

“Sitting vigil of a loved one can be a physical and emotional strain but it can also be a precious moment that one will cherish forever. The dying process is very personal and unique for each individual and their family members. However, having key strategies in place can make sitting vigil a rewarding experience for all who welcome the process. It was an honor to have the opportunity to sit vigil over my mother. It was an experience that I will hold close to my heart and share with others as a form of encouragement. Through this experience I have gained a deeper understanding and respect for life and death” (Harvin & Ward, 2019).



# Questions





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# Announcements