Helping nurses provide care for people at or approaching the end of their life



People with a life-limiting illness and/or approaching death often look to nurses for support. The <u>CareSearch Nurses Hub</u> helps with evidence-based information and resources fit for practice across the life course.

Here are some ways the Nurses Hub can help

- 1. Talking about end of life can be hard. <u>The Communication with patients, carers, and family</u> section has examples of what you can say.
- 2. Managing symptoms is an important part of palliative care. You can find information on how to recognise, assess, and manage <u>ten commonly experienced symptoms</u> <u>and issues</u>. Accompanying My CPD reflections forms can be used to record your learning activity.
- 3. CareSearch has practical information to support nurses in <u>Planning and coordinating</u> <u>care</u> for a person with serious illness and/or approaching end of life.
- 4. <u>Communication within the care team</u> has practical tips including for case conferences, handovers, and interdisciplinary team meetings.
- 5. Careful <u>assessment</u> is key to <u>recognising deterioration in a person's health</u>. CareSearch has information and interactive versions of validated tools to help.
- 6. Palliative care represents a unique population and off-label use of medicines is common. The Nurses hub <u>Medicine management</u> section can help and, for terminal phase prescribing, visit our palliAGED section Symptoms and Medicines.
- 7. A syringe driver is often used when a person can no longer swallow. For information including commonly used medications and incompatibilities check out <u>syringe drivers</u>.
- 8. Good <u>end-of-life care</u> focuses on providing care for a good and dignified death. You can find information on what you can do to care for the person and the family during the terminal phase and how to provide respectful <u>after-death care</u>.
- 9. <u>Loss, grief, and bereavement</u> is a universal part of the experience of life-limiting illness and old age. This section can help you recognise and respond to needs at this time.
- 10. The repository of <u>forms</u>, <u>checklists and tools</u> can assist you in providing and documenting palliative care. These may be downloaded for free.

Visit the CareSearch Nurses Hub



