A Good Death is not an Oxymoron

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Good Death Good Life Expo, 2017



CareSearch is funded by the
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How would you define a good death?

To me, ‘a good death’ means …





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‘A good death’ could have a different meaning for everyone







How would you define a good death?

To decide what a good death is for each of us, we need to:

- Have information on what to expect
- Be able to make decisions about what is most important to you
- Be able to express those wishes to your family and health carers
- Know how to make those plans for you and your loved ones



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Why Access to Information Matters



- Information helps us to:
  - Understand our options
  - Feel more capable of making decisions
  - Reduce fear and uncertainty
- Information needs can change, so ongoing access to information is important



What is CareSearch?

- A free website designed to help those needing relevant and trustworthy information about palliative care.
- Suitable for anyone providing or needing palliative care:
  - health professionals
  - patients
  - carers, families and friends
- Provides the best up-to-date research knowledge on palliative care.
- Offers online discussions about death and dying through a free online course, Dying2Learn.





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CareSearch: Translating Research into Practice

- Shorten the pathway to the latest and best quality research evidence in palliative care for health professionals.
- Summarise research findings into practical guidelines about providing the best care.
- Translate research findings into easy-to-understand language ~~jargon~~
- Information is quality-checked and has HonCode certification.



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CERTIFIED
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What is Palliative Care?

When an illness cannot be cured, the focus of care changes to maintaining the best **quality of life** possible while managing symptoms.

Palliative care is holistic and addresses:

- physical symptoms like pain
- emotional wellbeing
- cultural and spiritual needs
- social and family support



Does everyone need specialist palliative care to have a good death?

- Not always …
- Many GPs and community health teams provide palliative care in their daily work.
- Palliative Care Specialists can help deal with specific problems.
- Country areas have less access to specialists, but doctors can connect with specialists to gain guidance on how best to care.



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If you would like some more information about CareSearch or about the free Dying2Learn online course, come see me.

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