

SPECTRUM of PALLIATIVE CARE

LIVING with LIFE SHORTENING CONDITIONS - eg long term conditions, dementia or frailty

REALISTIC CONVERSATIONS



READY
EXPECT
DIAGNOSIS
MATTER
ACTION
PLAN

Discuss treatments and medicines - can any be stopped or reduced?

FUTURE CARE PLAN

CPR PLAN ?

Treatment Escalation Plan (in hospital)

Power of Attorney

Power of Attorney - in place and checked?

LIVING with LIFE SHORTENING CONDITIONS and DETERIORATING HEALTH - can be weeks, months or years

DECREASING

INCREASING

- Activity
- Mobility
- Function



Need for carer support

Clinical and medicines review to look for reversible causes of decline



Increasing confusion or delirium

Fatigue



Eating less
Poor swallow
Weight loss



Incontinence
Recurrent infections

Adverse events: eg. fall or unplanned hospital admission



Increasing symptoms or complications of underlying condition(s)

REALISTIC CONVERSATIONS

FUTURE CARE PLAN

Treatment Escalation Plan (in hospital)

DNA CPR ☒



Consider 'JUST in CASE' medicines

RECORD in NOTES
[Name] lives with life shortening condition/s. Needs a realistic approach and holistic care.

[Name] has life shortening condition/s and deteriorating health. Needs a realistic approach focusing on increasing care needs.

CARE AROUND DYING - last few weeks, days or hours...

Review or stop medicines and monitoring

Family supported and updated?

WHAT MATTERS TO YOU NOW?

DNA CPR ☒

FUTURE CARE PLAN

Treatment Escalation Plan (in hospital)

Has 'JUST in CASE' medicines

RECOGNISE SIGNS of DYING

- L**ETHARGY - weak, bedbound, increasingly sleepy
- A**LTHERED MENTAL STATE - confused, restless, agitated
- S**KIN CHANGES - pale, blue, mottled. Cold hands or feet
- T**ABLETS - little or no oral intake now
- B**REATHING CHANGES - pauses, noisy or rapid

[Name] is sick enough to die soon.

