**Butterfly effect**

The goal of **palliative care** is to achieve the best quality of life for residents and their families. It involves pain management; provision of psychological, social and spiritual support. Making sure the person is comfortable and well supported is very important. Some examples can include, frequently visiting the resident, sit with them, hold their hand, give hand massage, play soft and relaxing music, put some diffusers on, maintain good oral care, repositioning, offer fluids, report any signs of discomfort, pain or respiratory secretions.

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| **DATE** | **TIME IN** | **Duration** (i.e 5min) | **ACTIVITY ENGAGEMENT**  **(examples as above)** | **INITIALS AND TITLE** (staff, volunteer, HCP etc.) |
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