

Management of untoward symptoms at the end of life

Presented By

Richard McKenzie BSN RN

Educational Specialist

Beaumont Home services

Disclosures

- ▶ Richard McKenzie does not have any financial relationships that create or may be perceived as creating a conflict related to this educational activity
- ▶ The use of off-label drugs, common in pain management, will be discussed.
- ▶ Criteria for successful completion include attendance at the entire event and submission of a completed evaluation form.

Objectives

- ▶ Identify common untoward symptoms that occur at the end of life
- ▶ List the assessing symptoms
- ▶ Describe Pharmacologic and non-pharmacologic symptom management therapies.

Introduction and Overview

- ▶ As people travel through the last part of their life's journey, they tend to go through similar stages
- ▶ Recognizing these changes can help us be prepared, and can help us prepare the families for whom we care
- ▶ Each death we encounter tends to cause us to confront our own experiences with death
- ▶ Dealing with our own death experiences may help us take better care of our patients who are dying

Core Principles for End-of-Life Care

- ▶ Respect and dignity for both the patient and their family
- ▶ Be sensitive to and respectful of the patient's and family's wishes
- ▶ Use the most appropriate measures that are consistent with patient choices
- ▶ Alleviate pain and other physical symptoms
- ▶ Assess and manage psychological, social and spiritual or religious concerns

Patient and Family

- ▶ As health care professionals we may be familiar with the process of dying but our patient's families most likely are not.
- ▶ It is our job to prepare the families for what to expect and what we are doing for their loved one.
- ▶ Explain what is normal and expected and what would be a sign of distress or untoward symptom.
- ▶ Then re-explain as needed and give support to them.
Listen carefully for their fears and misunderstandings.

Nutrition and Hydration

- ▶ As the end of life nears organs begin to fail. Due to the multisystem failure the patient will not tolerate food and fluid.
- ▶ Hydration (PO and IV) may hasten heart failure and increase edema and pulmonary congestion
- ▶ Digestion and peristalsis is slowed as blood is diverted away from the GI tract and food is not tolerated. Swallowing becomes difficult and or lost. The potential for nausea, vomiting with aspiration is increased.

A new way to nurture

- ▶ In all cultures feeding someone is the way we nurture. For families seeing their loved one not eating/drinking feels wrong and distressing to them.
- ▶ Not only explain the rational for not forcing food and fluid but help them to see other ways to nurture.
 - ▶ Being present
 - ▶ Reading to them
 - ▶ Soft music
 - ▶ Oral care
 - ▶ Moist compresses

**Contact Hour (CNE) or
Nursing Educational Attendance List**

Grosse Pointe ☒ Royal Oak ☐ Troy

Contact Hour#: OH-378-175
CH: 0.5

Topic: Symptom Management at the End of Life

Date: January 27, 2016

Presented by: Richard McKenzie BSN RN
BSN RN

Attendance/Program Topic verified by: Richard McKenzie

For contact hour approval, a representative of Beaumont Hospitals provider unit is present at the event to ensure adherence to the criteria. Representative name: Richard McKenzie BSN RN

Please check which course code pertains to your sign-in sheet. Not all these categories meet continuing education requirements

- | | |
|--|--|
| <input type="checkbox"/> Computer Training RN/NA/NT (CT) | <input type="checkbox"/> Nursing Case Review (NCR) |
| <input type="checkbox"/> Documentation (DOC) – electronic or paper | <input type="checkbox"/> Pain (PN) |
| <input type="checkbox"/> Drug (DG) | <input type="checkbox"/> Products/Supplies (PRO) |
| <input type="checkbox"/> Equipment (EQ) | <input type="checkbox"/> Research/Studies (RECH) |
| <input checked="" type="checkbox"/> General Info/updates on Clinical Topics (GU) | <input type="checkbox"/> Other (OT) please describe: |
| <input type="checkbox"/> Procedures/Policies/Protocols (PPP) | |

Category: 1=RN, 2=NA/NT, 3=Other

Attendance		Employee ID #									
Name (Please Print)	(Circle) Category	Unit	1	3	6	8	9	5			
1. Jessica Safran	① 2 3	2-SE	1	3	6	8	9	5			
2. Christina Mattes	① 2 3	2SE	1	3	5	7	1	1			
3. Danny Cotey	① 2 3	2SE	1	1	6	1	7	3			
4. V. Foch	④ 2 3	2SC	1	1	5	9	4	8			
5. Sandy Karas	① 2 3	2SE									
6. MaryEllen Riker	① 2 3	2SE									
7. Stefanie Soetzkies	① 2 3	2SF									
8. Trisha Giles	① 2 3	2SE									
9.	1 2 3										
10.	1 2 3										
11.	1 2 3										
12.	1 2 3										
13.	1 2 3										
14.	1 2 3										
15.	1 2 3										
16.	1 2 3										
17.	1 2 3										
18.	1 2 3										

**Contact Hour (CNE) or
Nursing Educational Attendance List**

Grosse Pointe ☒ Royal Oak ☐ Troy ☒

Contact Hour#: OH-378-17
CH: 0.5

Topic: Symptom Management at the End of Life

Date: February 1, 2016

Presented by: Richard McKenzie BSN RN
BSN RN

Attendance/Program Topic verified by: Richard McKenzie

For contact hour approval, a representative of Beaumont Hospitals provider unit is present at the event to ensure adherence to the criteria. Representative name: Richard McKenzie BSN RN

Please check which course code pertains to your sign-in sheet. Not all these categories meet continuing education requirements

- | | |
|--|--|
| <input type="checkbox"/> Computer Training RN/NA/NT (CT) | <input type="checkbox"/> Nursing Case Review (NCR) |
| <input type="checkbox"/> Documentation (DOC) – electronic or paper | <input type="checkbox"/> Pain (PN) |
| <input type="checkbox"/> Drug (DG) | <input type="checkbox"/> Products/Supplies (PRO) |
| <input type="checkbox"/> Equipment (EQ) | <input type="checkbox"/> Research/Studies (RECH) |
| <input checked="" type="checkbox"/> General Info/updates on Clinical Topics (GU) | <input type="checkbox"/> Other (OT) please describe: |
| <input type="checkbox"/> Procedures/Policies/Protocols (PPP) | |

Category: 1=RN, 2=NA/NT, 3=Other

	Name (Please Print)	Attendance	(Circle) Category	Unit	Employee ID #									
					1	2	3	4	5	6	7	8	9	0
1.	Susan Loracono RN		1 2 3	25E	1	1	5	9	5	3				
2.	Antoinette Dimitroff		1 2 3	18T	1	1	6	3	4	6				
3.	BETH THOMAS		1 2 3	25E	1	1	7	0	8	6				
4.	Catherine Cloutier		1 2 3	25E	1	1	4	1	4	5				
5.	Emily Gross		1 2 3	28E	1	3	7	1	2	5				
6.	Sharon Mysirowsicz		1 2 3	25E										
7.	Tim Pierce		1 2 3	25										
8.	Donna Napoli		1 2 3	25										
9.	Judith Onorati		1 2 3	25										
10.	Eleanor Meadows		1 2 3	25										
11.			1 2 3											
12.			1 2 3											
13.			1 2 3											
14.			1 2 3											
15.			1 2 3											
16.			1 2 3											
17.			1 2 3											
18.			1 2 3											

**Contact Hour (CNE) or
Nursing Educational Attendance List**

Grosse Pointe ☒ Royal Oak ☐ Troy ☒

Contact Hour#: OH-378-175
CH: 0.5

Topic: Symptom Management at the End of Life

Date: February 3, 2016

Presented by: Richard McKenzie BSN RN
BSN RN

Attendance/Program Topic verified by: Richard McKenzie

For contact hour approval, a representative of Beaumont Hospitals provider unit is present at the event to ensure adherence to the criteria. Representative name: Richard McKenzie BSN RN

Please check which course code pertains to your sign-in sheet. Not all these categories meet continuing education requirements

- | | |
|--|--|
| <input type="checkbox"/> Computer Training RN/NA/NT (CT) | <input type="checkbox"/> Nursing Case Review (NCR) |
| <input type="checkbox"/> Documentation (DOC) – electronic or paper | <input type="checkbox"/> Pain (PN) |
| <input type="checkbox"/> Drug (DG) | <input type="checkbox"/> Products/Supplies (PRO) |
| <input type="checkbox"/> Equipment (EQ) | <input type="checkbox"/> Research/Studies (RECH) |
| <input checked="" type="checkbox"/> General Info/updates on Clinical Topics (GU) | <input type="checkbox"/> Other (OT) please describe: |
| <input type="checkbox"/> Procedures/Policies/Protocols (PPP) | |

Category: 1=RN, 2=NA/NT, 3=Other

Name (Please Print)		Attendance		Employee ID #	
		(Circle) Category	Unit		
1.	Laren Musuaco	(1) 2 3	IP-1	1	1
2.	Zrin Krause	(1) 2 3	2SE	1	1
3.	Allison Frawley	(1) 2 3	2SE	1	1
4.	Andrea Carstens	(1) 2 3	2ES	1	1
5.	Pamela Lively	(1) 2 3	2S	1	1
6.	John Little	(1) 2 3	2S	1	1
7.	Barb Rozell	(1) 2 3	2S	1	1
8.	Sarah Boone	(1) 2 3	2S		
9.	Annette Gipperich	(1) 2 3	2S		
10.	Mike Hokestra	(1) 2 3	2S		
11.		1 2 3			
12.		1 2 3			
13.		1 2 3			
14.		1 2 3			
15.		1 2 3			
16.		1 2 3			
17.		1 2 3			
18.		1 2 3			

Contact Hour (CNE) or
Nursing Educational Attendance List

Grosse Pointe

☐ Royal Oak

☒ Troy

Contact Hour#: OH-378-175
CH: 0.5

Topic: Symptom Management at the End of Life

Date: February 3, 2016

Presented by: Richard McKenzie BSN RN
BSN RN

Attendance/Program Topic verified by: Richard McKenzie

For contact hour approval, a representative of Beaumont Hospitals provider unit is present at the event to ensure adherence to the criteria. Representative name: Richard McKenzie BSN RN

Please check which course code pertains to your sign-in sheet. Not all these categories meet continuing education requirements

- ☐ Computer Training RN/NA/NT (CT)
- ☐ Documentation (DOC) – electronic or paper
- ☐ Drug (DG)
- ☐ Equipment (EQ)
- ☒ General Info/updates on Clinical Topics (GU)
- ☐ Procedures/Policies/Protocols (PPP)
- ☐ Nursing Case Review (NCR)
- ☐ Pain (PN)
- ☐ Products/Supplies (PRO)
- ☐ Research/Studies (RECH)
- ☐ Other (OT) please describe:

Category: 1=RN, 2=NA/NT, 3=Other

	Name (Please Print)	Attendance			Employee ID #									
		(Circle)	Category	Unit										
1.	TRINIA MANALO	1	2 3	25	1	1	5	9	8	8				
2.	DORIS COLLINS	1	2 3	ILT	1	2	0	6	3	1				
3.	JANET HASTENBACH	1	2 3	25	1	1	6	3	0	3				
4.	Rebecca Ryan	1	2 3	25										
5.	Bryn Sargent	1	2 3	25										
6.	Suzanne Zabel	1	2 3											
7.		1	2 3											
8.		1	2 3											
9.		1	2 3											
10.		1	2 3											
11.		1	2 3											
12.		1	2 3											
13.		1	2 3											
14.		1	2 3											
15.		1	2 3											
16.		1	2 3											
17.		1	2 3											
18.		1	2 3											