

## Final phase of the journey-Preparation for End of Life

1. Clinician must talk to the patient regarding poor prognosis
2. Pertaining to the physical well being requirements the clinical team must:
  - a. focus on details of physical comfort of patients, hygiene and body care
  - b. Follow NACO OI Guidelines for symptom Management
  - c. Assess the cause, location, type and grade of pain for pain management
  - d. Adopt pharmacological measures
  - e. Adopt Alternative non-pharmacological measures like
    - i. Relaxation techniques. E.g.: music, occasional mobility to garden, fresh air
    - ii. Bed side physiotherapy
3. Ensure adequate possible nutritional intake, including fluids.
4. Pay special attention to
  - a. skin problems
  - b. avoid bed sores
  - c. ensure regular movement of patients
  - d. body hygiene
  - e. ventilation of rooms
5. Regarding the **Psychological & Social well being requirements the Psycho-Social Team must:**
  - a. Assess the anxieties, sleeping pattern, suicidal ideation, withdrawal
  - b. Invest efforts to make the patient understand the prognosis of the disease and the consequences
  - c. Discuss worries and anxieties of the patient
  - d. Discuss death if the patient is comfortable talking about it and work to reduce the fears attached to it
  - e. Address feelings of repentance ,guilt etc
  - f. Suggest options of relaxation techniques
  - g. Provide spiritual counseling for the patient if that is able to soothe the person
  - h. Work with patient and family to deal with psycho-social issues
  - i. Reconcile and resolve issues with family members (if any)
  - j. Facilitate preparation of will, decisions regarding property , addressing children's issues, income issues, children's custodial issues
  - k. Discuss with patient regarding his/her funeral wishes, required arrangements etc
  - l. The counselor must determine ***if the patient wants to die at home.*** If yes the counselor must:

- i. Train the family members for providing home based care
  - ii. Carry out family counseling
  - m. Suggest possibilities of respite care in the CCC
  - n. Identify health care providers nearby
  - o. Provide bereavement support for patient and family
  - p. Communicate to the patient and family regarding death
  - q. Address fears of the family members regarding the death
  - r. Address concerns of the family and the patient regarding children especially infected children
  - s. Discuss long term financial losses
  - t. Discuss the social implications of the death(stigma attached to the disease)
6. **Remember small gestures make a difference-**
- a. Let the patient know he/she will be loved and remembered
  - b. Be caring and considerate
  - c. Be completely present for the person, hold hands, allows the person to talk to his/her hearts content and listen carefully.

**Upon the death of a patient at the centre, the process to be followed is:**

- Counsellor must inform the family of the patient regarding the death
- The body must be moved to the mortuary
- Counsellor must inform the ART and DOTS centre regarding death of patient
- Counsellor must explain the cause of death to the family members
- Counsellor or the family member must arrange transport for taking the body from the centre
- Medical Officer must issue Medical Death Certificate
- Nurse must carry out body packing as per the cultural/religious practices of the person
- Family must be taken to mortuary to see the body
- Counsellor must educate the family regarding precautions to be taken while handling the body
- The centre must perform final rites of the patient in certain cases (in case of a death of destitute etc)
- Family must be asked to procure the original death certificate from the corporation office/Panchayat that the CCC belongs to
- Counsellor must handle bereavement by conducting counselling sessions to the family members/friends etc
- Follow up call must be made to the family to find out the support is needed
- Fill up the death register and update CMIS

Destitute: During the treatment of destitutes, counselors must work to identify if he/she has anyone to communicate with. If the case of a destitute who was referred to the centre by an NGO, the news of the death will be conveyed to them to determine if they would undertake cremation of the body. If the NGO is not willing for the same, the cremation is arranged by the centre. Information of the death of the destitute is given to the nearest police station.

<b>Annexure 5: Checklist for procedures after death</b>	√
1. Issue Death Certificate	
2. Return all the documents/materials/belongings/test reports of the patient	
3. Give Bills of treatment etc to the family	
4. Inform Family of the precautions to be followed	
5. Enter the -date and time of death in the face sheet and in the death register	
6. Enusre death is registered in the nearest Panchayat Office/Corporation in a 7 days	