

PLAY A ROLE IN A LOVED ONE'S GOOD DEATH

Helping someone *with* the Dying Process

THIS IS A GENERAL GUIDELINE ONLY!! EVERYONE'S DYING PROCESS IS UNIQUE TO THEM AND WILL HAVE PEAKS AND VALLEYS IN THIS PATTERN DEPENDING ON MANY DIFFERENT FACTORS. WHEN ALL IS SAID AND DONE, PEOPLE WILL GENERALLY FOLLOW THIS PROCESS. NO ONE KNOWS THAT "MAGIC TIME". ALL WE CAN DO IS SHOW THE PATIENT'S LOVED ONES WHERE THE PATIENT FALLS IN THIS PATTERN AND UPDATE THEM WITH ANY FURTHER STATUS CHANGES AND/OR DECLINE.

- 1** 1-3 MONTHS BEFORE
- withdrawal from others
 - decrease food intake
 - increase in sleep
 - less communication

- 2** 1-2 WEEKS BEFORE
- disorientation
 - agitation
 - talking with unseen
 - confusion
 - fidgeting
 - BP decrease
 - pulse increase/decrease
 - skin color change
 - body temp change
 - respiration irregular
 - congestion/increased secretion
 - sleeping a lot
 - little to no eating

- 3** DAYS /HOURS BEFORE
- surge of energy (rally)
 - glassy eyes, tearing, half open
 - terminal restlessness/no activity
 - mottling
 - pulse weak/absent
 - decrease urine output
 - absent bowel sounds
 - may stool/wet the bed

- 4** MINUTES BEFORE
- breathing slows down /irregular
 - cannot awaken



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