



# Comfort, Care & Dignity @ Maroba

## A Guide for Residents Entering

### Palliative Care



## What is Palliative Care?

Palliative Care is person centred care provided for anyone with a life limiting or terminal illness, where there is no likelihood of cure.

Our goal for Palliative Care is to help you live your life as fully and as comfortably as possible at this stage of your life.

Palliative Care focusses on your symptoms which may be physical, emotional, spiritual or social. Palliative Care is based on your needs and may include:

- Relief of pain and other symptoms e.g. vomiting, agitation, hallucinations, secretions from lungs, shortness of breath
- Equipment needed to aid in comfort cares and to reduce pressure injuries
- Assist families to come together and discuss your needs with you and discuss a plan for the future
- Discussions around medical treatment and goals of care
- Support for you to meet cultural obligations, emotional, social and spiritual concerns
- Counselling and grief support
- Maintaining your dignity and peace

Palliative Care is a family-centred model of care, meaning that family and carers can receive practical and emotional support.

## Why might I need Palliative Care?

When health changes and treatments are no longer effective, Palliative Care ensures:

- Comfort over invasive treatments
- Respect for your wishes
- Support for you and your loved ones



## Who is in the Palliative Care team?

At Maroba, Palliative Care may be provided by a wide range of people. This may include your

- General practitioner & Nurse Practitioner
- Registered Nurses & Enrolled Nurses
- Care, Wellbeing & Spiritual Care employees
- Allied Health
- Pharmacist
- Palliative Care specialist & many more
- And most importantly your family members

## Where is Palliative Care provided?

At Maroba, we want you to be surrounded by the things you love and where families, friends and other residents can still come and visit you. Where possible, Palliative Care will be provided in your own room. Alternatively, some people will palliate in hospital or hospice.

## Your Wishes Matter

We will talk with you and your family about:

- Preferred treatments and medications
- Cultural or spiritual needs
- Special requests for comfort

We will also look to your Advance Care Plan and Directive for guidance.

## What to Expect

At Maroba, we believe in being open with you about when we see a deterioration or concern that you may be approaching a palliative pathway. A palliative approach shifts the primary focus from life-prolonging treatments towards symptom treatment and quality of remaining life.

*End-of-life care is focused on providing increased services and support for the person's physical, emotional, social and spiritual/existential issues as they approach death.' Definitions from RACGP 2024 Silver Book*



## Anticipated Palliative Approach

This is a stage where we notice changes in you. We will talk to you and your family about being prepared for the next stage of your life. In these meetings we will discuss having end of life medications charted in anticipation of end of life. We also discuss your needs and wants as you approach end of life.

## Active Palliation

This relates to the final weeks, days and hours during which you may be rapidly approaching end of life. Your needs will be our priority at this time. This phase of Palliative Care is recognised as one in which increased services and support are essential to ensure quality, coordinated care.

## What You May Experience

- Your appetite and thirst may decrease. This is a natural process and is not painful. Sips of water, or a moist mouth swab will help you.
- Your body & vital organs will begin to slow down. This means you may become drowsy and may spend a lot of time asleep.
- Your body temperature will change from cool to touch, to warm & clammy. Sometimes your skin can become mottled as your circulation of blood slows down.
- Your breathing may become irregular or noisy as you approach end of life and there may be secretions from lungs which result in a gurgling sound.

During this experience we will be with you and aim to create a peaceful environment to bring you comfort.

## Once Death has Occurred

Once you have taken your final breath, a Registered Nurse will come and confirm your death. They will notify the GP & NP of your death so they can complete the death certificate. Our Nursing team will attend to your final cares in accordance with your wishes and your family will spend some time with you.

Upon collection from your chosen funeral company, you will be taken out the front door via a Guard of Honour.

*Your comfort, dignity, and peace are our priority*