

ICU end of life / terminal decline aide mémoire	Patient's Name			
	Date of birth		Gender (circle)	M / F
	St George's Hospital No.			
	NHS number			
Front side		PLEASE affix a patient's sticker if available		

- In the terminal phase of a patient's illness ensure optimal palliation of any / all sources of distress AND proactively institute any measures that might improve comfort / wellbeing.
- Stop everything that isn't contributing to a patient's comfort this includes monitoring / physiological observations, drugs and all
 procedures.
- If already in place, consider continuation of enteral food and hydration, especially if death is not imminent. If not in place consider the need and options for hydration.
- Don't hesitate to seek senior / expert help if required. Only contact the Palliative Care Team if the patient is to be discharged from GICU.

Optimise the environment

- Turn all device alarms off. If unable to do so, set to maximum thresholds and minimum volume.
- If time permits, remove all unnecessary clutter, inform adjacent bed spaces of situation and ask them to minimise noise. If available, consider transferring the patient to a side room.
- If the dying process continues for >12-24 hours, consider transfer to a ward (preferably a side room.) Alternatively, we have, on occasion, transferred patients to Hospices or the patient's / their next of kin's homes.

Communication

- If a patient is terminally ill, ensure that key / close contacts (family & friends) are fully aware of the situation.
- Contact the admitting team to ensure they are also aware of the situation.
- If the patient could be a potential organ / tissue donor discuss referral with the ICU consultant. For specialist information, or to make a referral, contact the Transplant Co-ordinator via 07659 100103.
- If appropriate, ask close contacts if they would like religious / spiritual support from the hospital chaplaincy team (covers all religions and denominations).

Focus on the patient

- Do they appear to be in pain, uncomfortable or in any way distressed?
- If yes, record why you think so (below & continue overleaf) AND what you did about it.

Date & Time	Personal observation(s)	Management Plan(s)

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