

Caring for you at the end of life

District Nursing Service

Information for patients and carers

• Home • Community • Hospital
Caring for you

Supporting you and your family

The District Nursing Service are here to support you and the people important to you.

We will:

- care for you in the last part as you are coming to the end of your life
- support your family and carers
- listen to you and respect your wishes

We work closely with your GP and other healthcare teams.

What end of life care means

End of life care is about more than your physical health.

It also includes:

- your comfort
- your feelings
- your beliefs and wishes

We are here to support you and will always treat you with dignity, kindness and respect.

Your care plan

We will create a care plan with you and your family.

This plan will explain:

- what matters most to you
- what care you would like
- your wishes for the future

We will review this plan with you and change it if your needs or wishes change.

End of life medicines

We may use end of life medicines in the last days of life.

These medicines help to:

- control pain
- ease breathing
- manage other symptoms so you are comfortable

They can be especially helpful if:

- you cannot swallow tablets
- symptoms come on suddenly

Syringe pump

A syringe pump is a small machine that delivers medicines slowly through a tiny tube under your skin.

It helps keep your symptoms under control.

District nurses will:

- set the pump up safely
- check it every day
- adjust it if needed

Equipment at home

You may need equipment to help you feel more comfortable at home.

This may include:

- beds
- cushions
- other support aids

We will:

- assess what you need
- arrange delivery
- set it up if needed

Catheters

A catheter is a thin tube that drains urine from your bladder.

You may need one if it becomes difficult to pass urine.

We will:

- talk with you and your family
- check if a catheter is needed
- support your comfort and dignity

Personal care

We will:

- assess your needs
- arrange the care you need
- work with carers and your family

District nurses are not able to provide hands-on personal care such as:

- washing
- feeding
- changing bedding or clothes

Skin care at the end of life

Your skin can become more fragile towards the end of life.

This happens because:

- you are moving less
- your blood flow slows down
- you may lose weight or fluids

We will:

- check your skin regularly
- look for early signs of damage
- give advice on moving and positioning
- use special equipment if needed

We work with you and your carers to help keep your skin healthy.

Out-of-hours support

The out-of-hours District Nursing Team provides support for urgent care needs.

- we work in the evening and overnight
- we give care based on need
- we may offer advice over the phone.

Support for you and your family

We are here to:

- support you and your family
- answer your questions
- help you feel safe and cared for

Contact us

District Nursing Team
Monday to Sunday, 8am to 4pm

Call:

Out-of-Hours Team
Monday to Sunday, 4pm to 8am

Call: