死亡過程

給家人照顧者的指導原則

每一個人和每一個死亡都是不同的，但在死亡過程中發生的一些現象卻帶有共同性。這些變化是自然的，發生的時間可能是幾個月，幾天或幾個小時。您若有任何問題，請隨時與您的醫療團隊聯繫。

疏離親朋好友

在生命的最後幾個月裏，病人經常只專注於自己，他並不想表示他在生氣，抑鬱或不愛您。

他們可能對喜愛的電視節目、朋友、甚至寵物失去興趣。

當他們想說話時，他們可能會談論過去快樂的或憂傷的事情。他們或許想要處理未完成的事情，談論重要文件或紀念品保管的地方，可以在這個時候去傾聽他們認為重要的事情。

睡眠

病人可能比平常睡得更多，無論白天或夜晚，都可能蹬上幾個小時。

當他們睡醒時，常顯得昏沉而遜弱。

若擔心或擔心他們睡著睡不著，留在房間裏直到他們醒著或許對他們有幫助，但他們也許只想獨處，所以一定要問清楚。

逐漸虛弱

您的家人會越來越虛弱和疲倦，情況有意時殿，需要更多的日常生活照料和有人陪伴在側。

醫生很難讓他們有力量，這樣他們就可以去做他們認為最重要的事情。

胃口

隨著身體功能的自然緩緩，病人會吃得越來越少。給他們少量愛吃的食物，因為吞嚥太費力氣，所以他們可能會喜歡奶昔、冰淇淋或布丁。

只要他們能順利吞嚥，儘可能給他們流質，若病人無法坐起來飲用，可用彎曲吸管；若無法吞嚥，可以給他碎水或含在口中，用吸管喝水或飲液保持喉嚨溼潤。用軟質布潔口。

瀕死前的意識狀態

臨終前，病人經常會思維混亂，處於恍惚狀態。

有時，他們會說自己死去的親人，或與他們講話。他們也許談論要去旅行，看到光、麵條或我們在現實中看不到的其他現象。

只要這些情形沒有使病人感到不安，您可以讓他們多說一些，讓他們與您分享這些所看到的現象或他們的夢。不要企圖說服他們所看見的並不真實。

瀕死過程

病人可能會變得較多並且漸漸變得沒有反應。因爲他們也許還能聽到您說的話，所以您仍要繼續與病人講話，即使他已沒意識。和他們講話，分享您所喜歡的往事，祈禱或播放喜歡的音樂。

您將注意到病人的排尿量減少，尿液顏色變深並且氣味強烈。也许會大便失禁。您可以不斷地換上乾淨的床單並輕柔地溼洗。您的醫療團隊將協助您處理這些事情。

只要不會造成疼痛，撫摸病人，讓他知道您在他身邊。

呼吸的模式經常會有週期性改變，变得慢或快，通常病人自己不會感覺到的，如果您擔心這些變化可以告知您的醫療團隊。

當血液循環減慢，生命一些部位可能會變色和變冷。這並不會造成痛苦或難受，只要為病人蓋上薄被子即可。

對所有的變化有問題或擔心，可諮詢您的護理師或安寧療護團隊。

若需更多資料，請聯絡
CaringInfo:

援助電話 800.658.8898
護理後援線 877.658.8896

www.caringinfo.org
caringinfo@nhpco.org

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THE DYING PROCESS

A GUIDE FOR FAMILY CAREGIVERS

Each person and every death is unique, but there are some common things that accompany the process of dying. These changes are natural and can happen over months, days or hours. Always contact your healthcare team if you have any questions.

Withdrawal from Friends and Family
- People often focus inward at times in the last months of life. This does not mean that your loved one is angry or depressed or that they do not love you.
- They may lose interest in favorite TV shows, friends, even their pets.

When they feel like talking, they may want to reminisce, about both joys and sorrows. Or they may want to tie up loose ends, talk about where important documents or mementos are kept. Use this time to listen to what is important to them.

Sleep
- Your loved one may sleep a lot more, or sleep for a few hours at a time, day and night.
- They may seem drowsy and be confused at times when they first wake up.
- Worries or concerns may keep them up at night. Staying in their room as they fall asleep might help them or they might prefer to be alone; be sure to ask.

Increasing Weakness
- Weakness and fatigue increase over time. You can expect your loved one to have good and bad days, and increased help with daily personal care and getting around will probably be needed.
- As much as possible, help them save their energy for things that are most important to them.

Appetite
- As the body naturally shuts down, your loved one will need and want less food. Offer small amounts of the food they enjoy. Since chewing takes energy, they may prefer milkshakes, ice cream or pudding.
- Offer sips of fluids as long as they can comfortably swallow. Use a flexible straw if they have difficulty sitting up. When a person can no longer swallow, offer bits of ice chips. Keep lips moist with lip balm and their mouth clean and moist with a soft damp cloth.

Near Death Awareness
- Near the end of life, people often have episodes of confusion, or waking dreams.
- Sometimes they may report seeing or speaking with loved ones who have died. They may talk about going on a trip, seeing lights, butterflies or other symbols of a reality we can not see.
- As long as these things are not disturbing to your loved one, respond by asking them to tell you more. Let them share these visions and dreams with you and try not to talk them out of what they believe they see.

They Dying Process
- Your loved may sleep more and over time seem unable to respond at all. Continue to talk to your loved one, even if unconscious, as they may hear you. Talk to them, share your favorite memories, pray or play favorite music.
- You will notice a decrease in urination, it may be dark and smell strong and your loved one might have bowel changes. You can continue to provide clean dry bedding and provide gentle personal care; your care team will help you manage this care.
- Touch lets your loved one know you are there, as long as it doesn’t cause pain.
- Breathing patterns often change—becoming slower or faster, in cycles. In most cases this is unnoticed by the person who is dying, but let your care team know if you are worried about these changes.

For more information contact CaringInfo:

InfoLine: 800.658.8898
Multilingual Line: 877.658.8896
www.caringinfo.org
caringinfo@nhpco.org

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