

## End-of-Life Physical Care Checklist

### Comfort & Pain Management

- Assess pain using facial expression, breathing, body language
- Administer prescribed pain relief on schedule
- Use comfort measures (blankets, gentle touch, calm lighting)

### Skin Care & Pressure Relief

- Reposition every 2 hours or as tolerated
- Use pressure-relieving mattress/cushions
- Apply barrier cream and keep skin clean and dry

### Breathing Support

- Elevate head of bed to ease breathing
- Use fan for comfort if helpful
- Give prescribed meds for breathlessness/secretions

### Mouth & Oral Care

- Provide mouth swabs and moisture frequently
- Apply lip balm
- Offer sips/ice chips if safe — do not force fluids

### Nutrition & Hydration

- Offer small sips/soft food if wanted
- Never force food or drink
- Recognize reduced intake is natural at end-of-life

### Mobility & Positioning

- Move slowly and gently
- Support joints when repositioning
- Prioritize comfort and dignity

### **Elimination & Hygiene**

- Keep patient clean and dry
- Use pads or catheter if required
- Provide gentle perineal care

### **Environment & Dignity**

- Keep room calm and softly lit
- Maintain privacy at all times
- Explain actions even if they cannot respond