

End of Life Care: Staff Guidance for Personal Care, Pressure Care & Repositioning

1. Principles of End-of-Life Care

- Maintain dignity, comfort, and respect at all times
- Prioritize comfort over routine tasks
- Communicate gently and clearly with residents and families
- Be attentive to non-verbal signs of discomfort or pain

2. Personal Care

- Provide gentle hygiene care (washing, oral care, grooming)
- Keep skin clean and dry
- Use warm water and soft cloths to avoid irritation
- Offer continence care promptly and respectfully
- Maintain privacy and explain actions even if the resident is unresponsive

3. Pressure Care

- Inspect skin regularly for redness, breakdown, or pressure damage
- Use pressure-relieving mattresses or cushions where available
- Keep bedding smooth, dry, and wrinkle-free
- Avoid friction and shear when moving residents
- Apply barrier creams as appropriate

4. Repositioning

- Reposition regularly (typically every 2–4 hours, but adjust based on comfort)
- Use supportive positioning (pillows, wedges) to relieve pressure areas
- Avoid over-handling if it causes distress or pain
- Document repositioning and any changes in skin condition
- Prioritize comfort—if repositioning causes pain, adapt the approach

5. Comfort-Focused Approach

- Pain management is a priority—report any signs of discomfort
- Reduce unnecessary interventions
- Create a calm, quiet environment
- Support family presence and involvement

6. Communication & Teamwork

- Report any concerns promptly
- Maintain clear documentation
- Work collaboratively with nurses, doctors, and palliative care teams
- Provide emotional support to families