

Labor of Dying

Presented by Mare Martell

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- 1) Who I Am
- 2) What Topics are we going to cover?
- 3) What do Palliative Care and Hospice have in common?
- 4) The Ultimate goal of Palliative Care and Hospice?
- 5) What are the differences between Palliative Care and Hospice?
- 6) Five True or False Questions
- 7) Which to Choose and When?
- 8) What is considered a “Good Death?”
- 9) Anticipatory Grief
- 10) Stages of Dying
- 11) Nearing Death
- 12) Pre-Labor: Preparing for Death
 - a) Withdrawal
 - i) World
 - ii) Outsiders
 - iii) Family
 - b) Food
 - i) Energy
 - ii) Swallowing
 - c) Water
 - i) Glass
 - ii) Straw

- iii) Mouth moistened
- 13) Early Labor: Movement through Death
 - a) Beginning of the journey
 - b) Sleeping more
 - c) Communicates less
 - d) Physical
 - i) Walking
 - ii) Walking unassisted
 - iii) Standing
 - iv) Rolling over
 - v) Lower blood pressure
 - (1) Pale to bluish skin
 - vi) Respiration irregularities
 - vii) Congestion
 - viii) Sleeping but responding
 - ix) Sweating
 - x) Body feels heavy
 - xi) Feverish
 - e) Mental
 - i) Disorientation
 - ii) Agitation
 - iii) Confusion
 - iv) Talking or reviewing "The Angel Show"
 - v) Picking at clothes
- 14) Active Labor: Death in Hours to days
 - a) Intensification of Early Labor
 - b) No Activity or Restlessness
 - c) Surge of Energy
 - d) Irregular breathing
 - e) Eyes glassy, teared, half-open
 - f) Earlobes and ears relax to flat against head
 - g) Purplish hands, knees, or feet
 - h) May stool or wet bed

- 15) Last Minutes
- a) Can't be awakened
 - b) Skin waxy
 - c) Jawbone cold
- 16) Breathing
- a) Cheyne-Stokes Breathing
 - b) The "Death Rattle"
- 17) Death: The Transition
- a) Changed
 - b) Cold
 - c) No pulse
 - d) No breath
 - e) Silence
- 18) Spend Time with your Loved Ones Body
- a) STOP! Don't make that call yet
 - b) It's safe and legal for you to spend time with your loved one after death
 - c) Create Ritual at this time
 - i) Wash the body of your loved one
 - ii) Hold their hand
 - iii) Place flowers on or around the body
 - iv) Play their favorite music
 - v) Pray with them and for them
 - d) It can help start the grieving process and may bring comfort and closure

