

What Can I Do?



Offer assurance



Music/Prayers



Massage



Oral Care



Eye Care



Continue to talk to your loved one, they will be able to hear you

Where Can I Get More Help?



Scan the QR Code on the left to find out more on support for caregiving

Caregiving resources:

<https://singaporehospice.org.sg/caregiver/>

For more information on Caring for Yourself and Others After a Death:

<https://singaporehospice.org.sg/bereavement/>

Approach any staff in the ward if you feel that you require professional help.

Department of Nursing

Tan Tock Seng Hospital

Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have any feedback regarding what you have just read at patienteducation@ttsh.com.sg

Department of NURSING

Comfort Care Room



Why is My Loved One Here?

- The comfort care room provides the patient and their loved ones a place to spend time together in their final moments of life.
- The care provided will be symptom directed with the aim to enhance patient's quality of life.

Frequently Asked Questions

"Can a monitor device be up to check on my loved one continuously?"

- Monitoring devices such as blood pressure cuffs are potential sources of discomfort and pain especially when pressure is put on the skin.
- The nurses and doctors will perform physical checks to identify and treat the symptoms of your loved one.

"When will my loved one leave me?"

- It may take hours or days.
- It is normal that people may not feel prepared. You might feel overwhelmed, anxious and tired while waiting.
- It will be helpful to hold a family discussion on what to do when death occurs.

"Can I give my loved one food and drink?"

A person nearing the end of life usually do not feel hungry or thirsty as calories needs are lesser. Force feeding may cause choking or body swelling.

- You can wet the lips of your loved one with ice chips (please approach nurses for advice).

"Why is their skin cold / purplish / puffy?"

- As the body begins to shut down, it naturally channels the blood supply to the vital parts of the body (chest area) like the heart and brain.
- It is normal for the skin to feel cool to touch and for the hands and feet to change to a dark and purplish colour.
- Skin may also look tight and shiny when the body swells due to fluid changes.
- Keep the body warm with extra blankets. Apply barrier creams to pressure areas.

"I am worried about the noisy throat sounds, can you perform oral suctioning for my loved one"

- Oral suctioning may cause discomfort to your loved one. Nurses will help to administer appropriate medication prescribed to ease their discomfort. Loud throat sounds does not mean that your loved one is experiencing increased discomfort.
- You can reposition their head for comfort and reassure your loved one.

"What can I do when my loved one is sleepy or confused?"

- You can talk to your loved one softly into their ears, touch and massage them or play familiar music while reassuring them.

Self-care

- Grief is a natural response to loss. Tears and crying are normal expressions of your love. Say goodbye by saying "I love you, its okay to go".
- Share your favourite memories and forgive each other. Talk to your loved one to resolve both feelings of guilt and help with closure.

Message

It has been a difficult time for you as your loved one is on his/her final journey.

As the final moments approach, your focus is to provide comfort for your love one.

The dying process for each person is unique, there is no fixed pattern or process.

Give you and your loved ones some time to adjust to changes.

Do activities that your loved one enjoy as much as his/her is able to.

