



HOSPICE INSIGHTS

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Many families are faced with the responsibility of caring for, or arranging care, for a sick family member or friend. Others rely on professional care givers in skilled nursing facilities, or homecare staff in assisted living residences to care for their loved ones. Many of the individuals being cared for are facing a serious, life-limiting illness and Hospice may be right for them. Ask yourself some of these questions to see if Hospice might be right for you, your loved one, your resident, or your patient.

Has the individual you are caring for:

- Been to the hospital ER several times in the past few months?
- Seen the doctor more often than usual?
- Experienced pain on a daily or almost daily basis?
- Increased the use of medications for pain?
- Changed their Advance Directives to reflect “comfort care”?
- Received chemotherapy or radiation for cancer treatment and it no longer benefits them?
- Received dialysis for kidney disease and it no longer benefits them?
- Fallen several times over the past six months?
- Had a change in functional status in the past six months?
 - Bathing
 - Dressing
 - Getting out of bed
 - Walking
 - Eating
 - Toileting
- Started feeling weaker and more tired, even though they are sleeping more?
- Experienced a weight loss without dieting?
- Have recurring fevers?
- Have recurring infections?
- Noticed a shortness of breath, even while resting?
- Developed pressure ulcers from being mostly bedridden or chair-ridden?
- Been told by a physician that they have a “limited life expectancy”?
- Have a feeling they are dying, and verbalizing that feeling?
- **Had their MDS trigger several Quality Indicators?**

If you can answer “yes” to several of these questions, you may want to contact the attending physician and discuss the possibility of Hospice care for the individual you are caring for. At the very least, you may want to pay close attention to the changes occurring in their lives, as they may indicate the individual is entering the end-stage of their life.

If you would like more information on Hospice services or the criteria for Hospice appropriateness, call Linda Debner at (763)531-2424.

Mission Statement

Hospice of the Twin Cities’ mission is to enhance the quality of the lives of our patients and their families by providing respectful care based on maintaining dignity, alleviating physical, psychosocial, and spiritual suffering, advocating for fundamental rights, and affirming the sacred value of life.

