Integrated Care Pathway (ICP) for the Dying
Information for Relatives and Carers

Exceptional healthcare, personally delivered
The doctors and nurses looking after your relative/friend believe that there has been a change in their condition. They believe that the person you care about is now dying and is in the last hours or days of life.

The doctors and nurses are committed to providing high quality end of life care for your relative/friend.

This will include addressing pain and any other symptoms, caring in such a way as to ensure privacy and dignity, discontinuing drugs and tests that are not necessary at this time and keeping everyone up to date especially about any changes in condition or management. The Integrated Care Pathway is a document which supports the doctors and nurses to provide care in this way. Your relatives/friend’s condition will be reviewed regularly and changes will be made to their care as needed.

You and your relative/friend will be involved in the discussion regarding the plan of care with the aim that you fully understand the reasons why decisions are being made. If your relative/friends condition improves then the plan of care will be reviewed and changed. All decisions will be reviewed regularly.

**What is the ICP?**

The ICP is a document which outlines the care that can be given to a dying person whatever their diagnosis or wherever they are being cared for.

It also includes guidance for the nurses and doctors to help them care for each person in the best possible way.

The ICP will prompt the doctors and nurses to make sure that you are kept fully informed and have the opportunity to ask questions.

The team will ask for the contact details of a named person so that they can keep you informed of any change in the persons condition.

**Medication/Treatment**

Medication will be reviewed and any medication that is not
helpful at this time may be stopped, new medication may be prescribed so that if a symptom should occur there would be no delay in responding.

Medication may be given as a small injection under the skin or as a continuous infusion by a small pump called a syringe driver.

Blood tests, monitoring blood pressure and temperature are usually discontinued unless it will help us improve the person's comfort.

The staff will talk to you about the best way to maintain comfort by such things as looking at their position in bed, the use of a special mattress and mouth care. You may wish to help with this care.

**Religious/Spiritual needs**

The team will wish to identify if the patient or you have any religious or spiritual wishes.

You may be asked if either of you belong to a faith or community. If you do, you may wish for the staff to contact a faith leader from that community for support now or at the time of death.

Not everyone who dies has a formal religious tradition. The staff will explore any other values, beliefs, wishes or desires that are important to you or your relative/friend.

You are welcome to meet a member of the hospital Spiritual/Pastoral Care Team (Chaplains). They are skilled people available every day that can provide support even if you do not have a religious belief. They can be called to visit and talk to either of you. They may be able to spend more time to listen to your fears and worries.

The staff will want to know if either of you have any special wishes for the time of death or after death so that they can support you to ensure that these are carried out.

**Facilities for Relatives**

The ward staff who are looking after you should give you...
information on what facilities are available. This should include

- Information on visiting.
- Car parking (including free car parking permit).
- Where you can eat.
- Where you can stay and use bathroom facilities.

**Information/Communication**

The staff will regularly ask if you have any worries or concerns and if you understand the plan of care.

The team will be making regular assessments of your relative/friends condition.

If you have any worries or concerns in between assessments please do not hesitate to let one of the doctors or nurses know.

Alternatively contact the ICP coordinators on 0117 323 5615

The staff on this ward are here to offer support and care to your relative/friend to ensure that their dignity and their comfort are maintained.

Being with someone at the end of their life can feel lonely and painful, so they are also here to offer you guidance, comfort and support.

Acknowledgement Marie Curie Palliative Care Institute Liverpool – Relative/carer information Leaflet 2010
North Bristol Trust Palliative Care Team

NHS Constitution. Information on your rights and responsibilities. Available at [www.nhs.uk/aboutnhs/constitution](http://www.nhs.uk/aboutnhs/constitution) [Last Accessed March 2010]
We appreciate your feedback. Please use the space below to record any comments you wish to give us.

This can be handed into the ward or bereavement services.
How to contact us:

ICP Co-ordinators
0117 323 5615

www.nbt.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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