

## End-of-Life Study Guide

Pre-Class Preparation – 15-minute prep time:

1. How would you know a patient is dying? What signs would you see?
2. What is brain death? How does the provider test for this?
3. What's the difference between brain death and cardiac death? Which would be a candidate for organ donation?
4. What's the difference between withdrawing care and withholding care? How would you explain withdrawing care to a dying patient's family?
5. What does an implanted pacemaker do that is different from an implanted defibrillator? Why does this matter in a dying patient?
6. What is Life Gift?
7. Have you witnessed or participated in a Code Blue? What did you or would you anticipate needing to do after a Code? How did you feel?
8. Do you have an advance directive? Why not? How would you find one if you don't have one? How would you educate your patients about advance directives?
9. Does Texas support physician assisted death/suicide? Can a nurse participate in the care of a patient who uses physician assisted death/suicide? What is the nurse's responsibility?
10. How would you explain a do not resuscitate? What is the difference between DNR and AND?

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### 1. List the signs that the nurse would anticipate seeing that death is approaching.

Psychological	Cardiovascular	Respiratory	Sensory	Pain	GI/GU/Skin/Musculo

### Brain Death

Explain what brain death is.	List criteria to determine brain death.	What hemodynamics should the patient exhibit before brain death can be declared? Why?	Explain the vestibulo-ocular reflex.	Explain the oculocephalic reflex.

### Organ Donation

List organs that can be donated.	
List code status of organ donor.	
Identify the nursing actions required to maintain perfusion and oxygenation to major organs.	
List tissues that can be donated. Do these require perfusion or oxygenation? Why?	
Describe the factors that affect organ donation. Why would the transplant team be involved?	

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Withdrawing Life Sustaining Treatment (LST) & Nursing Management	
What LST's would the nurse anticipate being withdrawn?	
Describe medications used in EOL care. What is the benefit of giving or discontinuing a medication?	
What is the process when a patient is extubated? Do they die immediately? How would you explain the process to a family?	
Describe the difference between an implanted pacemaker and an automatic implantable cardioverter defibrillator.	Do they need to be turned off? How do you turn them off?
Read the 2017 Nutrition and Hydration at the End of Life <a href="http://nursingworld.org">Nutrition and Hydration at the End of Life   ANA Enterprise (nursingworld.org)</a>	<p>Should a patient continue to receive nutritional therapy against their wishes? Or against the family's wishes?</p> <p>Can a patient with decision making capacity decide if they no longer wish to eat or drink?</p> <p>How would you handle a situation like this?</p>
What should the nurse do when a patient has been declared brain dead? Who should they contact?	
Describe what to document. What should you say? What should you not say?	

Self-Care for Nurses			
What are your values, attitudes and feelings towards end-of-life and death? What are your customs regarding death?	Identify what your patterns of grief are. How do you deal with grief surrounding death? Have you ever experienced this type of loss? What would you expect if you suddenly lost a loved one?	Identify your support system at work.	Identify your support system at home.

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<b>Legal and Ethical Issues</b>
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<p>Describe an advance directive. Can an advance directive be overridden and/or revoked? Does this have to be the patient, or can it be next of kin?</p>	
<p>Explain the difference between Allow Natural Death (AND) and Do Not Resuscitate (DNR)</p>	
<p>Read the 2021 Nursing care and Do-Not-Resuscitate (DNR) Decisions - read the Statement of ANA position. <a href="https://www.nursingworld.org/pressroom/2021/02/21/2021-02-21-statement-of-ana-on-dnr-decisions">nursing-care-and-do-not-resuscitate-dnr-decisions-final-nursingworld.pdf</a></p>	<p>What is the difference between DNR and withdrawing care?</p>
<p>Read the 2019 The nurse's role when a patient request medical aid in dying - read the Statement of ANA position. <a href="https://www.nursingworld.org/pressroom/2019/04/24/2019-04-24-statement-of-ana-on-medical-aid-in-dying">the-nurses-role-when-a-patient-requests-medical-aid-in-dying-web-format.pdf</a> (<a href="https://www.nursingworld.org">nursingworld.org</a>)</p>	<p>How is euthanasia different from medical aid in dying?  What is the nurse's role in medical aiding a patient who is dying?</p>
<p>Explain the Ethical Principles.</p>	
<p>What is the purpose of an ethics committee? What is the nurse's role in contacting an ethics committee? Why and how would they consult them?</p>	