

End of Life Considerations

Considerations from studies regarding what terminal patients want:

- To avoid suffering
- To strengthen relationships with family/friends
- To maintain mental awareness
- To not be a burden to family/friends
- To cultivate a sense of life being complete

Considerations for the caregiver:

- Rest, take breaks, be sure to eat.
- Bach Flower remedies: Rescue Remedy, Elm, Olive, Walnut.

Helpful remedies to ease suffering/fear in the final hours/days/weeks: *Can purchase most of these through Fullscript/Wellevate.*

- Arsenicum 200c: "Friend of the dying" - gives quiet and ease to the last moments of life when given in high potency. Fear of being alone, anxiety and restlessness, chilly, cold. 3 pellets tucked between teeth and gums. Repeat infrequently - not more than 2x a day.
- Antimonium tartarticum 30c: Rapid breathing, coughing and gasping, mucus in trachea ("death rattle"): 3 pellets tucked between teeth and gums; repeat every few hours or as needed.
- Chamomilla 30c: Oversensitivity to pain, unendurable pain. 3 pellets tucked between teeth and gums; repeat every few hours or as needed.
- Rescue Remedy: as needed for fear, pain, overwhelm of either patient or caregiver. 4 drops in water - moisten mucus membranes with remedy if patient can't drink.

Essential oils:

Can mix with a carrier oil and use to very gently massage hands and feet; use a very dilute mixture as it may be overwhelming for the dying person. Do not open or use around homeopathic remedies. Can also put in a diffuser:

- Helichrysum
- Frankincense
- Sandalwood
- Lavender
- Geranium
- Rose.