

人生最后一段路 ——理解临终过程

临终亲人的家庭和看护者指南

濒临死亡是生命的一个正常阶段，每个人的经历都各不相同。死亡通常是一个渐进的平和过程，一些常见变化会预示着生命即将走到尽头。了解临终过程有助于减轻患者家属在这段时间内的焦虑不安。

不再进食及喝水

患者通常对饮食不再感兴趣，因为身体已适应液体摄入量减少的状态。在病人仍可吞咽时给予几小口水或让其吸吮碎冰块，这有助于安抚患者。

意识改变

随着病人身体的逐渐衰弱，患者可能会嗜睡，然后逐渐丧失意识。

呼吸变化

呼吸节律可能会改变，可能会有或短或长的呼吸暂停现象。有时患者会从喉咙发出“咯咯”的声音，这是正常现象，不会对其造成不适。这时改变体位可能会有所帮助。

大小便失禁

如果患者出现大小便失禁的情况，可以使用尿垫，有时插入导尿管也会有所帮助。

意识模糊，躁动加剧

患者可能会烦躁不安，胡言乱语，意识混乱。可以握着患者的手，平静温柔地说话会为其带来安全感。如果病人出现不适，药物可能会有所帮助。

肤色/体温改变

您可能会注意到其四肢变得湿冷，肤色变得斑驳暗沉。这并不意味着病人会觉得冷。体温改变（升高/下降）也是正常现象。

如何判断亲人已经死亡？

- 呼吸停止。
- 心跳或脉搏消失。
- 对触摸或大声讲话无反应。
- 目光固定，瞳孔放大，眼睛无法闭上。
- 下颌松弛，嘴张开。

亲人死亡后您该怎么做？

- 在这个特殊时刻，您可能希望坐下来陪伴亲人一段时间。因此您不需要急着做任何事。
- 最好记录下死亡时间。
- 您可以在亲人头下垫个扁枕头，让其躺平。
- 联系护士。如果亲人在夜间死亡，可以等到第二天早晨再联系。
- 联系亲人的家庭医生，家庭医生会到场确认死亡并开具死亡证明。

您可能需要将消息告知给其他人，请家人或朋友帮助您完成这项工作。

如欲联系殡仪馆，请访问该网址查找。

www.fdanz.co.nz/fdanz-funeral-directors

您也可以访问内务部网站以了解其他有用信息。

www.endoflife.services.govt.nz

Last Days of Life - understanding what is happening

A guide for family, whānau and carers of patients who are dying at home

The dying process is a normal part of life and unique to each person. Death usually comes gradually and peacefully, and there are common changes to signal that life is coming to an end. Knowing what to expect can help to make this time less worrying.

Not eating or drinking

It is common to have little interest in eating or drinking and the body adapts to the reduced intake of fluids. Offering sips of water or, ice chips to suck, while person can still swallow provides comfort.

Change in awareness

As weakness increases, the person may become sleepier and then gradually lapse into unconsciousness.

Breathing

Breathing patterns may change, with maybe small or long pauses between breaths. Occasionally, there can be a noisy gurgle sound. This is normal and not distressing for the person. Changing their position may help.

Incontinence

A loss of control of the bowel and bladder can be managed by using pads; sometimes an indwelling urinary catheter can be helpful.

Increased confusion and restlessness

Increased restlessness may occur or, the person may have muddled thinking and conversations. Reassure them by talking calmly and holding their hand. Medication may be helpful if the person becomes distressed.

Changing colour/temperature

You may notice that their arms and legs feel cool and clammy, look patchy and dark in colour. This may not mean they are feeling cold. Changes in temperature (hot / cold) are normal.

How will you know your loved one has died?

- Breathing ceases.
- There is no heartbeat or pulse.
- There is no response to touch or talking loudly.
- The person's eyes are fixed on a certain spot, pupils dilated (large) and the eyelids may be open.
- The jaw is relaxed, and the mouth stays open.

What do you do when your loved one has died?

- There is no rush to do anything immediately. You may wish to just sit and spend time with the person.
- It is helpful to note the time of death.
- You may want to reposition the person onto their back with a flat pillow under their head.
- Contact your nurse. If death occurs during the night, it is okay to wait until morning.
- Contact the person's GP who will visit to confirm the death, and write a death certificate.

There may be many people to notify so consider asking family/whānau or friends to help with this task.

Make contact with a funeral director – for information on Funeral Directors go to: www.fdanz.co.nz/fdanz-funeral-directors or to the Department of Internal Affairs website: www.endoflife.services.govt.nz for other helpful information.