

## Ageing Well Public Talk Series 2024/25

### Talk 2. *Dying Well*

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**Consultants in Palliative Medicine**

**Oxford University Hospital NHS Foundation Trust**

#### Slide 3: “Dying Well”

- Drs Victoria Hedges and Victoria Bradley
- Consultants in Palliative Medicine
- Oxford University Hospital NHS Foundation Trust

#### Slide 4: What is dying?

- A biological process
  - Is the medicalisation of death synonymous with the medicalisation of birth?

#### **Extract 1:** VERIFICATION OF DEATH EXAMINATION

The individual should be observed by the person responsible for verifying death for a minimum of five (5) minutes to establish that irreversible cardio-respiratory arrest has occurred.

NOTE a change in the order of examination to minimise contamination of equipment.

NB: In the rare case of a patient in the community having non-invasive ventilation (NIV), and the patient has died, the NIV will cause the chest to continue to rise and fall, mimicking respiratory effort from the patient. It is recommended that the ventilator be switched off and continued checking for a pulse, alongside auscultating for the presence of a heartbeat, occurs. Following this, the verification process should be followed, ensuring all checks are conducted over the 5-minute period.

If there are any doubts or concerns over verifying the death, it is advisable to liaise with the GP or other medical practitioner.

**Extract 2:** Form for the Diagnosis of Death using Neurological Criteria (long version). Table containing questions to test for the absence of brain-stem function to be completed by doctors. To diagnose death using neurological criteria, ALL answers should be NO. (July 2021 version)

#### Slide 5: What is dying?

- A social and cultural phenomenon
  - What have we learned from the change in experience of death from Covid-19?
  - What are the differences in death practices between cultures both before and after the moment of death and what do they tell us about what death means in society?
  - Can we separate death from the resultant grief? Where does the responsibility to those who live on start?
  - The legal implications of death – does a person cease to exist morally after death?

#### Slide 6: What is dying?

Graph: Depicting number of deaths and mortality projections between 2006-2040.

- Orange line: All deaths recorded in ONS death registry data, and as estimated in the 2014 ONS mortality projections.
- Blue line: Projection method 2 (constant proportion): Projected palliative care estimate assuming the proportion of people who die that will need palliative care remains the same as in 2014.
- Yellow line: Projection method 2 (annual change 2006 to 2014): Projected palliative care estimate assuming the proportion of people who die that will need palliative care continues to rise as per the trend from 2006-2014.
- Green line: Projection method 2 (annual change 2011 to 2014): Projected palliative care estimate assuming the proportion of people who die that will need palliative care continues to rise as per the trend from 2011-2014.

#### Slide 7:

Remember me when I am gone away,  
 Gone far away into the silent land;  
 When you can no more hold me by the hand,  
 Nor I half turn to go yet turning stay.  
 Remember me when no more day by day  
 You tell me of our future that you plann'd:  
 Only remember me; you understand  
 It will be late to counsel then or pray.  
 Yet if you should forget me for a while  
 And afterwards remember, do not grieve:  
 For if the darkness and corruption leave  
 A vestige of the thoughts that once I had,  
 Better by far you should forget and smile  
 Than that you should remember and be sad.

#### Slide 8: Can dying ever be “good” or done “well”?

- What do we mean by good?
  - Consideration of what death signifies to us – can anyone ever be better off dead?
  - Is it contingent on what we believe comes after?
- Does this influence our thoughts on the place of assisted dying or euthanasia?
  - The role of autonomy in an individualised society and the place of control in a modern world?
  - Does death have innate value even if not good?

**Photo:** Dame Cicely Saunders, Founder of the modern hospice movement (1918-2005)

#### Slide 9:

Stop all the clocks, cut off the telephone,  
 Prevent the dog from barking with a juicy bone,  
 Silence the pianos and with muffled drum  
 Bring out the coffin, let the mourners come.

Let aeroplanes circle moaning overhead  
 Scribbling on the sky the message 'He is Dead'.  
 Put crepe bows round the white necks of the public doves,  
 Let the traffic policemen wear black cotton gloves.

He was my North, my South, my East and West,  
My working week and my Sunday rest,  
My noon, my midnight, my talk, my song;  
I thought that love would last forever: I was wrong.

The stars are not wanted now; put out every one,  
Pack up the moon and dismantle the sun,  
Pour away the ocean and sweep up the wood;  
For nothing now can ever come to any good.

Slide 10: What might dying well consist of?

- Intuitive suggestions many would make around:
  - Personalisation (place, presence)
  - Privacy
  - Dignity (what does this mean?)
  - Control
  - Symptomatic management
  - Quiet/peace – does this require acceptance?
  - Pleasant (therapeutic) environment
- Does this lack nuance?

**Image:** Screenshot of *The American Journal of Geriatric Psychiatry*, Volume 24, Issue 4, April 2016, Pages 261-271

Clinical Review Article: Defining a Good Death (Successful Dying): Literature Review and a Call for Research and Public Dialogue.

Emily A. Meier Ph.D. <sup>a b c</sup>, Jarred V. Gallegos M.A. <sup>a b c</sup>, Lori P. Montross Thomas Ph.D. <sup>a b c d</sup>, Colin A. Depp Ph.D. <sup>a b</sup>, Scott A Irwin M.D., Ph.D. <sup>a c</sup>, Dilip V. Jeste M.D. <sup>a b</sup>

Slide 11:

Do not go gentle into that good night,  
Old age should burn and rave at close of day;  
Rage, rage against the dying of the light.

Though wise men at their end know dark is right,  
Because their words had forked no lightning they  
Do not go gentle into that good night.

Good men, the last wave by, crying how bright  
Their frail deeds might have danced in a green bay,  
Rage, rage against the dying of the light.

Wild men who caught and sang the sun in flight,  
And learn, too late, they grieved it on its way,  
Do not go gentle into that good night.

Grave men, near death, who see with blinding sight  
Blind eyes could blaze like meteors and be gay,  
Rage, rage against the dying of the light.

And you, my father, there on the sad height,  
Curse, bless, me now with your fierce tears, I pray.  
Do not go gentle into that good night.  
Rage, rage against the dying of the light.

#### Slide 12: What can facilitate dying well?

- Role of Palliative Care
- Specialist services – contention about when to be involved, how to be involved
- Focus on holistic care
- Engagement with Advance Care Planning
- When does living well become dying well?

**Image:** Screenshot of *The New England Journal of Medicine*

ORIGINAL ARTICLE: Early Palliative Care for Patients with Metastatic Non-Small-Cell Lung Cancer.

Jennifer S. Temel, M.D., Joseph A. Greer, Ph.D., Alone Muzikansky, M.A., Emily R. Gallagher, R.N., Sonal Admane, M.B., B.S., M.P.H., Vicki A. Jackson, M.D., M.P.H., Constance M. Dahlin, A.P.N., Craig D. Blinderman, M.D., Juliet Jacobsen, M.D., William F. Pirl, M.D., M.P.H., J. Andrew Billings, M.D., and Thomas J. Lynch, M.D.

**Image:** Screenshot of Mag Online Library, *International Journal of Palliative Nursing*, VOL. 23, NO. 12  
*What do patients with cancer and their families value most at the end of life? A critical analysis of advance care planning*

Stephanie B Johnson, Phyllis N Butow, Ian Kerridge, Martin HN Tattersall

Published Online: 22 Dec 2017 – <https://doi.org/10.12968/ijpn.2017.23.12.596>

#### Diagrams:

- A. The traditional model of late involvement of specialist palliative services.
- B. The model of early and increasing involvement of specialist palliative services.
- C. The model of dynamic involvement of palliative services based on trigger points.

#### Slide 13: What gets in the way of dying well?

- Role of society more broadly
  - Concept of compassionate communities
- What gets in the way?
  - Evidence of profound inequity in access to Palliative Care both in the UK and internationally

**Graph:** Percentage of total deaths from each Index of Multiple Deprivation (IMD) quintile that occurred in hospice, 1993-2012 (n=446,615)

**Image:** World map depicting level of palliative care development (PCD). @WPCA 2012

#### Slide 14: Questions?

#### Slide 15: Ageing Well series of Public Talks

- Dr Jitka Vseteckova (pictured), Senior Lecturer, Health and Social Care
- “Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing. Come and join us for the series of public talks with the title Ageing Well”

Slide 16: Summary of related resources to The Ageing Well Public Talk Series

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: [‘Ageing Well Under Lockdown’](#)
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](#) –
- Vseteckova J (2020) Podcast - [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)

Slide 17:

- Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)
- Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)
- Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)
- The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

Slide 18:

- Vseteckova J & Grimes C (2024) [Six ways to look after your brain health in your 20s and 30s](#)
- Vseteckova J (2020) [Ageing Well Public Talks Series](#)
- Vseteckova J (2019) [5 reasons why exercising outdoors is great for people who have dementia](#)
- Vseteckova J (2019) [Depression, mood and exercise](#)
- Vseteckova J (2019) [Five Pillars for Ageing Well](#)
- Vseteckova J (2020) [Ageing Brain](#)

Slide 19:

- Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)
- Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)
- Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)
- Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Slide 20:

- Hedges V & Vseteckova J (2023) [What should I expect when I am nearing the end of my life?](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)
- Mehta S, Vseteckova J (2023) [Ageing, health inequalities and person centred care](#)

- Mehta S, Vseteckova J (2023) [Ageing, health inequalities and integrated approach to care](#)
- Araya Y, Broad E, Vseteckova J (2023) [Ageing well by connecting and learning about nature outdoors](#)

Slide 21:

- Vseteckova J (2022) [Pharmacotherapy while ageing](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)
- Mehta S (2022) [Medicines and personalisation while ageing](#)
- Gale B (2022) [How can we prepare for death while ageing?](#)
- Gale B (2022) [Valuing death at home: making preparations](#)

Slide 22: Care and caring related

- Vseteckova J, (2020) [How to age well, while self-isolating](#)
- Vseteckova J, (2020) [SHORT FILM - Ageing Well in Self-Isolation](#)
- Vseteckova J, (2020) [ANIMATION - Keeping healthy in Self-Isolation](#)
- Vseteckova J et al (2020)
- [COVID-19 The effects of self-isolation and lack of physical activity on carers](#)
- Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)

Slide 23:

- Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)
- Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)
- Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)

Slide 24:

- [AGEING WELL PUBLIC TALK SERIES WEBSITE](#)
- [Ageing Well Public Talks' Series 2023/2024](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2022/2023](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2021/2022](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2020/2021](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2019/2020](#) repository on ORDO Collections
- [Midlife MOT OpenLearn Course](#)
- OpenLearnCreate Course on ['Ageing Well' 2019/2020](#)
- [Home exercise no equipment – no problem](#) Blog