



Talk 2. Dying Well

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“Dying Well”

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What is dying?

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

<p>VERIFICATION OF DEATH EXAMINATION</p> <p>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.</p> <p>NOTE a change in the order of examination to minimise contamination of equipment.</p> <p>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. However, you would anticipate that all other signs of life are absent. 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.</p> <p>If there are any doubts or concerns over verifying the death, it is advisable to liaise with the GP or other medical practitioner.</p>

Form for the Diagnosis of Death using Neurological Criteria (long version)				
Patient Name:		NHS / CHI Number:		
Guidance It remains the duty of the two doctors carrying out the testing to be satisfied that the only explanation for the respiratory failure is due to the irreversible cessation of brain-stem function. A train of four examination, using a peripheral nerve stimulator, may be required. See above for 'Red Flag' patient groups.				
		Test 1		Test 2
Is the apnoea due to neuromuscular blocking agents, other drugs or a non brain-stem cause (eg. cervical injury, any neuromuscular weakness)? (ALL answers should be NO)		Dr One Yes / No	Dr Two Yes / No	Dr One Yes / No
Tests for Absence of Brain-Stem Function				
Guidance: A complete set of tests should be performed on each occasion, i.e., a total of two sets of tests will be performed. Doctor One may perform the tests while Doctor Two observes; this would constitute the first set. Roles may be reversed for the second set. The tests, in particular the apnoea test, are therefore performed only twice in total.				
		Test 1		Test 2
	Dr One Examining	Dr Two Observing	Dr One Observing	Dr Two Examining
Do the pupils react to light? The pupils are fixed and do not respond to sharp changes in the intensity of incident light. Cranial nerves II, III.	Yes / No	Yes / No	Yes / No	Yes / No
Is there any cyclid movement when each cornea is touched in turn? Corneal reflex - Cranial nerves V,VII. The use of sterile gauze is recommended.	Yes / No	Yes / No	Yes / No	Yes / No
Is there any eye movement seen during or following the slow injection of at least 50mls ice cold water over 1 minute into each ear with the head flexed at 30°? Each ear drum should be clearly visualised before the test. Vestibulo-ocular reflex - Cranial nerves III VI VIII.	Yes / No	Yes / No	Yes / No	Yes / No
Is the gag reflex present? Use a spatula or Yankauer sucker or laryngoscope to stimulate the posterior pharynx. Cranial Nerves IX, X.	Yes / No	Yes / No	Yes / No	Yes / No
Is the cough reflex response present when a suction catheter is passed down the trachea to the carina? Cranial Nerves IX, X.	Yes / No	Yes / No	Yes / No	Yes / No
Is there any motor response in a cranial nerve or somatic distribution when supraorbital pressure is applied? Cranial Nerves V,VII. Reflex limb and trunk movements (spinal reflexes) can be present.	Yes / No	Yes / No	Yes / No	Yes / No

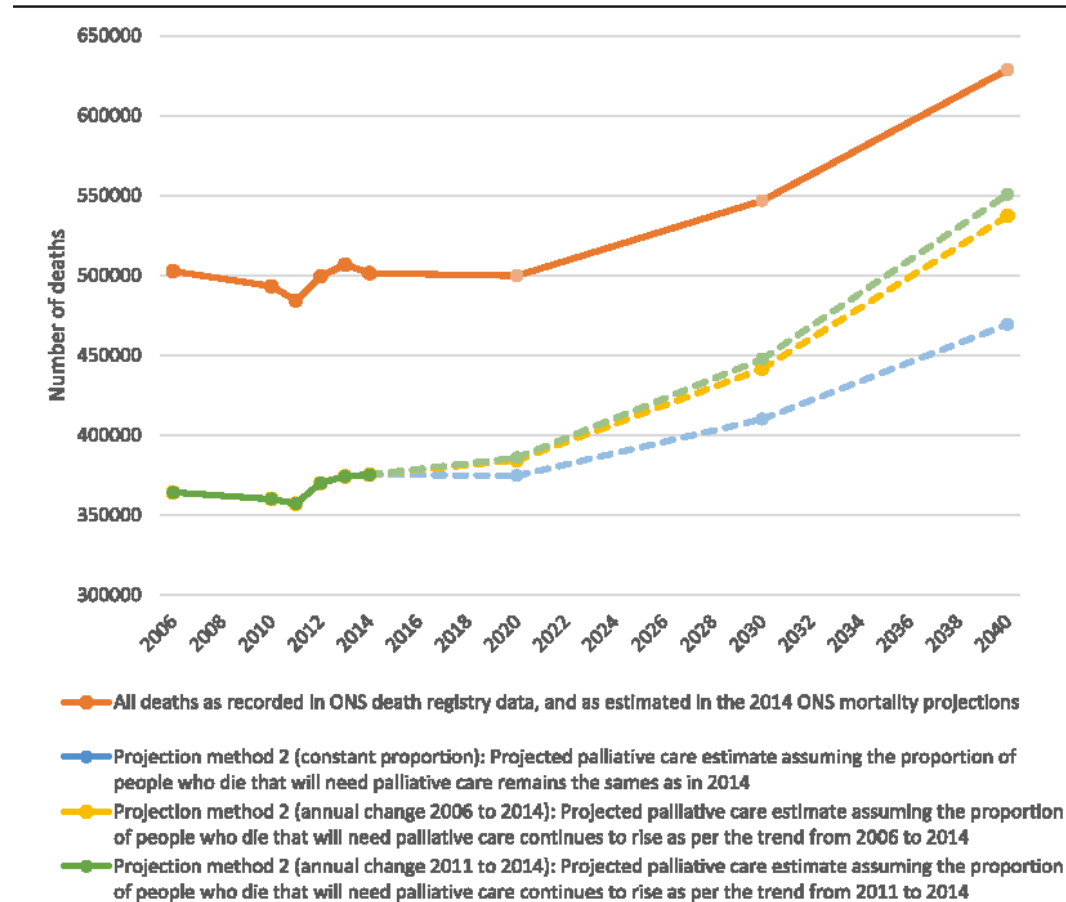
Brain-Stem Reflexes

To diagnose death using neurological criteria, ALL answers should be NO

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?

What is dying?



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.

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)

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.

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?

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.

What can facilitate dying well?

- Role of Palliative Care

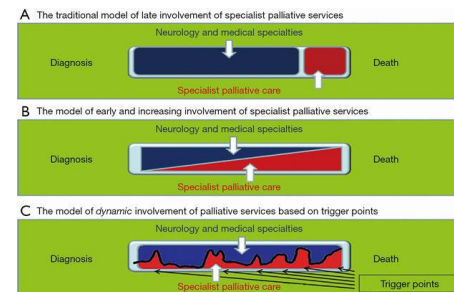
- Specialist services – contention about when to be involved, how to be involved
- Focus on holistic care
- Engagement with Advance Care Planning
- When does living well become dying well?

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ORIGINAL ARTICLE

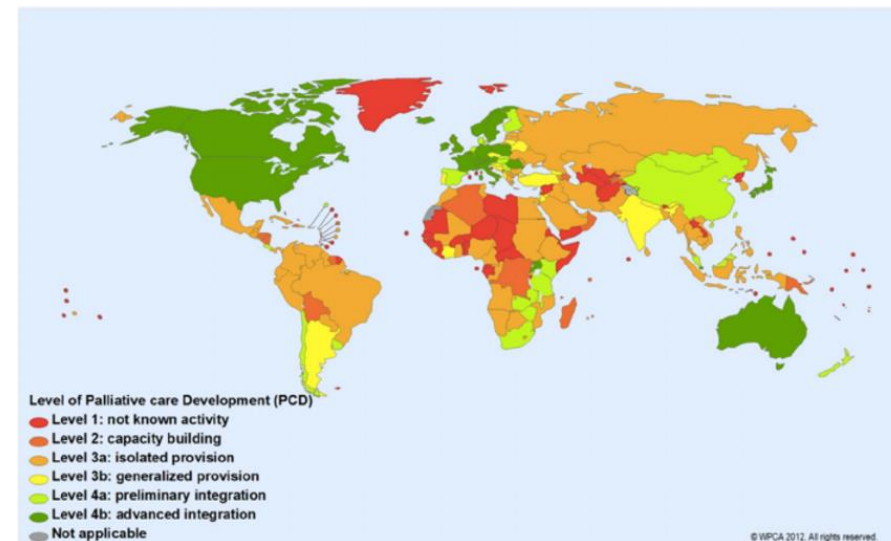
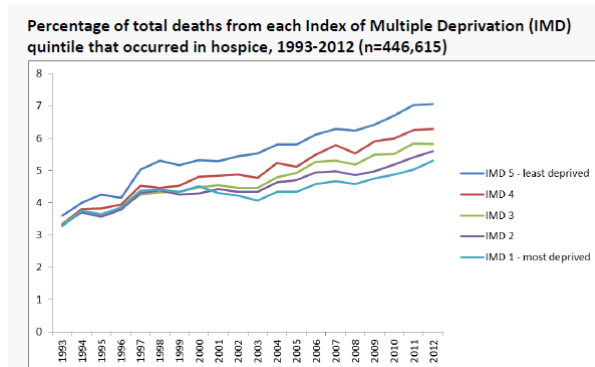
Early Palliative Care for Patients with Metastatic Non–Small-Cell Lung Cancer

Jennifer S. Temel, M.D., Joseph A. Greer, Ph.D., Alona 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.



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



Questions?

Ageing Well series of Public Talks

“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”



Dr. Jitka Vseteckova
Senior Lecturer, Health and Social Care



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](#)



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](#)



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](#)



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**](#)



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](#)

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](#)



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](#)



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](#)



AGEING WELL PUBLIC TALK SERIES WEBSITE

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Midlife MOT OpenLearn Course

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[Home exercise no equipment – no problem](#) *Blog*