

生命的終結

這份資料是關於生命的終結以及如何為此作出計劃。

您可能會覺得這些資訊令您感到難過。您可以請一位親人、好友或專業醫護人員與您一起閱讀，這樣你們便可以一起討論當中的資訊。

如果您對這些資訊有任何疑問，請詢問您正在接受治療的醫院的醫生或護士。

您也可於每日上午 8 時至晚上 8 時，致電麥克米倫癌症援助機構（Macmillan Cancer Support）免費熱線：**0808 808 00 00**。我們有傳譯員，所以您可以使用您自己的母語與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言。

您可以在 macmillan.org.uk/translations 找到更多關於癌症的繁體中文資訊

這份資料是關於：

- 得知您已接近生命的盡頭
- 預先計劃
- 在生命接近終結時對您的護理
- 選擇離世的地方
- 生命的最後幾個星期
- 生命的最後幾天
- 照顧生命接近終結的人
- 死亡之後
- 有用機構的聯絡資訊
- 獲得合適的護理和援助
- 麥克米倫（Macmillan）能夠如何幫助您
- 詞語清單
- 更多繁體中文資訊
- 參考文獻與致謝

得知您已接近生命的盡頭

您可能會有的感受

當您發現您可能接近生命的盡頭時，您可能會湧現很多情緒。您可能會感到不安，不知道如何應對您的感受。您可能會對未來將會發生的事情感到麻木和焦慮。

談論您的情況可以幫助您。與您信任的人談論您的想法和感受可能會有幫助。這可能是親密的朋友、伴侶或家人。您可能覺得與醫護人員交談會更容易。您的家庭醫生、專科護士或醫院的保健團隊可以為您提供援助。您也可以致電 **0808 808 00 00** 與麥克米倫的癌症援助專家交談。我們提供傳譯員。

與親密的人的關係

有時，患上絕症會影響您的人際關係。有些人可能覺得很難知道該說些甚麼。或者他們可能避免談論您的疾病。另外，有些人可能會太過開朗。

如果您有伴侶，您可能會嘗試保護對方。如果可以的話，和對方談論您的情況和您的感受。坦誠的態度可以幫助您兩應對悲傷、焦慮和不確定性。

您選擇告訴孩子甚麼，將取決於他們的年齡和他們能理解多少。通常最好的做法是對他們坦誠，並嘗試提供他們能夠理解的資訊。

麥克米倫 (Macmillan) 的癌症支援專家可以為您的家人和朋友提供建議及援助。您可以致電我們的免費熱線：**0808 808 00 00**。

精神、宗教或教牧的援助

有些人可能在生命接近終結時會更關注宗教信仰或精神感受。與親密的朋友或家人或專業醫護或社工交談可能對您有幫助。即使您不信教，您也可以與牧師或宗教領袖交談。他們通常是很好的聆聽者，習慣於與痛苦或沮喪的人相處。

您可能比較願意與沒有宗教信仰的人交談。英國人道主義協會 (www.humanist.org.uk) 有義工可以提供非宗教性的人文關懷援助。

預先計劃

預先計劃可以幫助其他人瞭解您希望得到怎樣的照顧。這樣可令您更有可能得到您想要的照顧。預先計劃包括：

您對照護的期望

您可能需要考慮如何以及在何處得到照顧。您最好寫下您的期望和甚麼對您來說是重要的。

您可以決定是否有您不想接受的治療

您可以決定您將來不想接受的任何治療。在英格蘭、威爾斯和北愛爾蘭，這種決定稱為「預先拒絕治療決定」，在蘇格蘭稱為「預立醫療指示」。您最好將相關指示寫下來。只有在您不能自己作出或傳達決定時，才會使用這些決定。

決定誰可以為您作出決定

如果您自己不能作出決定，您可以選擇某人為您作出決定。這稱為授權委託。您授予他們的權力可以是長期或短期的。英格蘭、威爾斯、蘇格蘭和北愛爾蘭的授權委託法律是有所不同的。

訂立遺囑

遺囑是一份法律文件，它說明您希望在過世後如何分配您的財產。即是，您希望以哪種方式照顧您的親人和朋友。

訂立遺囑時，最好僱用一位律師協助您。律師是受過培訓，幫助人訂立遺囑的法律專業人士。他們會確保每個人都明白您想要怎樣處理各項事宜。

籌劃您的葬禮

您可能想籌劃自己的葬禮。您可以考慮您想要：

- 土葬或火葬
- 特定的歌曲、讀物或祈禱詞
- 遵循某些習俗或儀式
- 穿著的衣服或打扮的方式。

您也可與家人朋友一起談論這些計劃。他們可能會有一些與您道別的方式的想法。

在生命接近終結時對您的護理

當您的生命接近尾聲時，不同的醫護人員都可以為您提供幫助：

您的家庭醫生

您仍住在家裡的時候，您的家庭醫生負責對您進行護理。他們可以：

- 為您處方您需要的任何藥物
- 安排其他專業人士的幫助
- 與您談論隨著您身體狀況變差可能會出現的情況。

護士

不同的護士可以到您家中探望您。

社區護士經常與紓緩治療護士合作，幫助並支援您和您的照顧者。他們可以：

- 幫您服藥和更換敷料
- 提供建議
- 告訴您的照顧者如何照顧您
- 安排社工或醫療助理
- 安排實用的輔助工具，例如減壓床墊或坐廁椅。

紓緩護理護士為生命接近終結的人提供護理服務。他們可以幫助解決疼痛和其他症狀。他們可以為您和您的家人、朋友或伴侶提供情緒支援。

在國內的某些地區，瑪麗居里護士負責為生命接近終結的人提供居家護理服務。您的家庭醫生或地區護士可以告訴您在您的地區是否提供瑪麗居里護士服務。

其他專業醫護人員，例如職業治療師或物理治療師也可以為您提供援助。如果您需要個人護理、清潔和煮食等方面的幫助，社會服務部門可能能夠提供幫助。

選擇離世的地方

有些人會選擇在家中離世。其他人可能會選擇在寧養院、療養院或醫院離世。

寧養院專門為身患絕症、生命可能接近終結的人提供護理服務。寧養院有醫生和紓緩治療專科護士，他們都是控制疼痛等症狀的專家。寧養院也提供情緒支援。有些人短期入住寧養院，以便獲得控制症狀的幫助。有些人會選擇在寧養院中離世。

如果您需要幾個月的護理，您可能想在安老院或護養院內接受護理。有些人可能會選擇在醫院內接受護理。

無論您入住哪個地方，您都可以獲得紓緩治療團隊的幫助。這是一支由醫護人員組成的團隊，負責照顧和支援那些患有無法治愈的疾病的人。在寧養院、社區和醫院都有紓緩護理團隊。

生命的最後幾個星期

在生命的最後幾個星期，您可能會經歷情緒和身體的變化。

情緒變化

在生命的最後幾個星期，出現焦慮、恐慌或憤怒等不同的情緒是很自然的。

與您的家人或醫療團隊的人交談會有幫助。有些人比較願意跟自己不認識的人交談，例如心理輔導員。

疲倦

體能下降是很正常的。您可能需要幫助才能做到平時自己能做的事情。您可能發現您需要更多的休息。

以下各項可能對您有幫助：

- 保留體力去做一些您認為重要且喜歡的事情
- 請家人或朋友幫忙煮食和清潔等事情。
- 如果進食令您感到很累，請嘗試少吃多餐。

睡眠問題

您可能發覺難以入睡。這可能是因為您感到焦慮，或者您可能受到某些症狀所困擾。有些藥物可能會令您無法入睡。告訴您的醫生或護士您無法安睡。安眠藥可能對某些人有幫助。

以下各項可能對您有幫助：

- 減少光線和噪音
- 若您的床墊不舒服，向您的護士徵求關於更舒適床墊的建議
- 睡前喝一杯熱飲，但避免咖啡因和酒精
- 睡前至少 1 小時內不要觀看螢幕
- 進行簡單的呼吸和放鬆運動。

疼痛

很多人在生命接近終結時都擔心疼痛。如果您感到疼痛，請務必告訴您的醫療團隊。他們可以確保對您使用正確劑量的止痛藥來控制疼痛。

對於何時服用止痛藥，請務必遵循醫生或護士的指示。

止痛藥通常分為藥片、液體藥物或貼在皮膚上的貼布。如果您無法吞嚥或感到噁心，您可能以皮下注射或透過小泵注射方式接受藥物。

服用止痛藥可能會產生副作用。強效的止痛藥可能會令您嗜睡、噁心和便秘。嗜睡和噁心通常在數天後便會好轉。如果服用強效的止痛藥，您可能需要服用瀉藥來解決便秘問題。便秘是指排便困難或排便時感到疼痛。您排便的次數可能比平常少。

體重減輕及食慾不振

當您的生命接近終結時，感覺不太肚餓是正常的。即使您能正常進食，您也可能會出現體重下降，這可能會令人感到沮喪。

以下各項可能對您有幫助：

- 吃零食或少吃多餐。只吃您能應付的食物。
- 如果您不喜歡煮食的氣味，可能的話，請別人為您煮食。
- 嘗試吃容易消化的食物。

在生命的最後階段，您的身體不需要那麼多食物。

感覺噁心或嘔吐

您可能感到噁心或會嘔吐，您的醫生或護士可向您提供防噁心藥物（止嘔藥）來幫助您。這種藥可以是藥片或液體藥物。如果您不能吞咽藥物，您可以透過另一種方式服用藥物。

以下各項可能對您有幫助：

- 定期服用止嘔藥。
- 吃溫暖的或冷的食物，因為這些食物沒有熱食物的強烈氣味。
- 吃乾的食物。
- 生姜可能有幫助 - 嘗試姜糖、生姜茶、生姜啤酒或生姜餅乾。
- 少吃多餐。
- 如果可能的話，請別人為您煮食。

便秘

因為您沒有到處走動，吃和喝的份量比以前少了，您可能會出現便秘。如果您出現便秘問題，請告訴您的醫生或護士。

以下各項可能對您有幫助：

- 遵循醫生或護士的指示服用瀉藥。
- 盡量飲用液體。
- 盡量進食一些高纖維食物，如水果和蔬菜、糙米、全麥麵包或全麥麵條。
- 如果可以，做一些溫和的運動，如散步。

感到呼吸困難

如果您感到呼吸困難或突然比平常更難呼吸，請告訴您的醫生或護士。取決於導致呼吸困難的原因，有很多方法可以幫助您緩解這個問題。

呼吸困難可以是非常可怕，可能會令您感到焦慮。您的護士或物理治療師可以教您放鬆的方法，幫助您減輕焦慮。

他們也可能會處方藥物來幫助您。他們也可以為您處方氧氣，讓您透過面罩吸入氧氣。

以下各項可能對您有幫助：

- 嘗試坐在打開的窗戶旁邊
- 使用電動或手持風扇將空氣吹到臉上
- 您的護士或物理治療師可以告訴您和照顧者有助您呼吸的最佳坐姿或站姿。
- 坐下來做如清洗和穿衣等事情
- 嘗試使用流動裝置與在另一個房間的人交談。

行動不便

您可能會逐漸發現自己更難走動。如果您不經常走動，您的皮膚可能會變得酸痛。如果可以的話，定時改變您的姿勢是很重要的。如果您需要幫助，護士可以向您的護理人員示範如何安全地移動您，令您感到舒適。

口腔問題

妥善照顧您的口腔是很重要的。這有助防止如口乾或口腔疼痛、潰瘍或感染等問題。如果您有任何口腔問題，請告訴您的醫生或護士。

以下各項可能對您有幫助：

- 如果可以的話，每天用含氟的牙膏刷牙兩次。如果口腔感到疼痛，您可以使用柔軟的兒童牙刷。
- 如果您有假牙，請像平常一樣清潔它們。
- 使用醫生為您處方的任何漱口水。
- 如果您感到口乾，嘗試喝水 - 有些人覺得喝蘇打水有幫助。您也可以嘗試吸啜冰棍或冰片，或咀嚼無糖香口膠。

生命的最後幾天

每個人對生命最後幾天的體驗都有所不同。任何人都很難預料會發生甚麼事情及準確的時間，或者事情變化的速度。您通常會漸漸變得非常虛弱，幾乎沒有力氣。

您可能會：

- 覺得很難走動
- 一天的大部分或全部時間都需要躺在床上
- 對吃喝失去興趣
- 睡得很多，醒著的時候也感到睏倦
- 感到迷惑，不確定自己是不是在做夢
- 夢見不在身邊的人或過去認識的人
- 對您周圍的環境和您周圍的人失去興趣。

這些都是在您的生命接近終結時可能發生的自然現象。

接近死亡

雖然死亡是一個自然過程，但擔心會發生甚麼事情是正常的。您可能會感到焦慮或害怕。或者您可能感到平靜和安寧。

通常情況下，您會陷入無意識的深度睡眠。您可能不會醒來，但仍然會聽到和知道人們在您身旁。

對大多數人來說，生命的最後時刻通常是非常安靜的。您的呼吸可能逐漸變得更加緩慢和不規則，每次呼吸之間有很長的停頓。最終，您會完全停止呼吸。

照顧生命接近終結的人

以下資訊是為您的親屬或照顧者編寫的。您可能想一起閱讀。

本資訊講解更多關於照顧生命只剩下最後幾天的人以及一個人死後的情況。

您可能對在家中照顧他們感到焦慮。然而，這可能是一個有益的經驗。這也可以拉近您與臨終者的距離。

妥善照顧自己

護理工作可能很辛苦，包括在身體和精神上。如果您已經照顧您的伴侶、家人或朋友一段時間，您可能開始感到非常疲勞。

獲得支援和照顧自己同樣重要。如果您覺得照顧工作很困難，請與地區護士或家庭醫生討論。他們也許能向您提供額外的援助。或者，他們可以為您提供有關您的親人可以在裡獲得照顧的建議。

照顧生命只剩下最後幾天的人

當您的家人、伴侶或朋友的生命接近終結時，他們可能不想吃或喝任何東西。您可以讓他們的口腔和嘴唇保持濕潤，幫助他們感到舒適。

如果您照顧的人看起來很痛苦，或者有新的或不舒服的症狀，請告訴醫療團隊的成員。確保您有以下電話號碼：

- 家庭醫生
- 地區護士
- 專科護士或紓緩治療護士
- 在服務時間以外的聯絡號碼（在晚上、夜間和週末使用）。

請將這些電話號碼放在安全的地方。確保您知道首先聯絡誰。

呼吸的變化

您所照顧的人可能有不同的症狀，如疼痛或呼吸變化。有時呼吸會變得嘈雜或不規則。醫生或護士可以提供藥物來幫助病人。

煩躁不安

有些人會變得煩躁不安。他們可能看起來很困惑或會大聲叫喊。出現這種情況有多個不同的原因。醫生或專科護士可以治療導致煩躁不安的原因或提供藥物幫助患者放鬆。

腸道和膀胱的變化

患者可能會失去對腸和膀胱的控制能力。腸道是在體內幫助您消化食物的一條長管道。膀胱是您上廁所排尿（小便）之前在體內儲存尿液的器官。患者出現這個問題是很自然的。地區護士可以提供輔助物品來幫助您應對這個問題。包括：

- 一次性床墊
- 穿在內衣內或代替內衣的護墊
- 將一根管子（導尿管）插入膀胱，將尿液排入一個袋子中。導尿管是一根很幼的塑膠管，可以放入膀胱，這樣不用上廁所就可以小便。
- 像避孕套一樣套在陰莖上的尿護套 - 它可以收集並將尿液排入袋中。

有時患者無法排出尿液。他們可能有劇烈腹痛，他們的肚子（腹部）可能感到很硬、很脹。如果出現這種情況，立即聯絡您的醫生或護士，請他們緊急前來。他們可以將醫用導管放入膀胱來排出尿液，減輕患者的疼痛。

如果您有任何顧慮，請聯絡患者的家庭醫生或其醫療團隊成員尋求意見。

照顧臨終的人

您可以幫助您的家人、伴侶或朋友在臨終時保持舒適。即使他們不能回應，他們可能仍然能夠聽到您的聲音，知道您在身邊。

告訴他們您在做甚麼，尤其是在為他們喂藥或移動他們的時候。您可能需要定時移動他們以保持他們感到舒適。

在最後幾小時內，患者的手、腳和皮膚可能會感到很冷，有時會很濕潤。他們的皮膚可能會改變顏色，變得稍微有點藍、灰或蒼白。他們的呼吸模式可能會改變。有時，呼吸之間的間隔可能變得更長。有時，他們的呼吸可能變得更快。

對大多數人來說，生命的最後時刻是非常平靜的。患者的呼吸可能變得更加緩慢和不規則，每次呼吸之間有很長的停頓。最後，他們會完全停止呼吸。有時，很難知道死亡的確切時刻。通常情況下，患者的身體會完全放鬆，他們可能看起來非常平靜。您可能會感覺到患者已經死亡。

死亡之後

如果您的家人或朋友在醫院或寧養院去世，照顧人員應在旁邊。他們會指導您在接下來的幾個小時需要做的事情。

如果患者是在家中去世的話，您需要在幾小時內告訴其家庭醫生或社區護士。您不需要急著做這件事。在打任何電話之前，您可以花一些時間與您的親人相處。如果您的親人或朋友在晚上或家庭醫生正常辦公時間以外的時間去世，您可以在次日早上才聯絡醫生。但如果您想的話，您可以在晚上聯絡他們。

如果您的親人或朋友去世時只有您一個人，那麼在去世後不久最好有一個人在您身旁對您提供援助。這可能是親戚、朋友、宗教顧問或醫療或社工團隊的人。

很多文化和宗教對於有人去世都會有很重要的典禮或儀式。精神或宗教顧問可以幫助您解決這些問題。

家庭醫生會做的事情

如果患者的家庭醫生來到，他們會核實死亡。他們會向您提供一份「死亡醫學證明書」（MCCD），並附上一份名為「申報人通知書」的表格。該表格告訴您如何登記死亡。

如果地區護士到來，或者您致電給辦公時間以外的醫生，他們可以核實死亡。但是您可能需要在第二天從離世者的家庭醫生獲得一份 MCCD。

當您拿到 MCCD 時，您需要帶同它到當地的登記處登記死亡。該辦事處是負責記錄出生、婚姻和死亡的政府建築物。您需要在以下時間內登記死亡：

- 在英格蘭、威爾斯和北愛爾蘭，須 5 天內登記
- 蘇格蘭，須 8 天內登記。

您可能需要預先預約。

登記員會向您提供死亡證明書。您最好要求提供額外的死亡證明書副本。您可能需要這些副本來辦理有關死者的保險、養老金或銀行事項等。

禮儀師會做的事情

當護士或醫生確認死亡後，您可以聯絡禮儀師（殯儀員）。他們提供 24 小時服務，並可以向您建議下一步該做的事情。禮儀師是安排葬禮的人。他們也是在葬禮舉行前看管遺體和為離世人士的家人提供援助的人。您可以從本地的電話簿或網上獲得禮儀師的詳細聯絡資訊。

禮儀師會在您要求的時間盡快來到。如果您或您的家人和朋友想和遺體單獨相處一會，請告訴禮儀師。

有些人希望在葬禮前在家中看管親人或朋友的遺體。或者您可能希望禮儀師為您看管親人或朋友的遺體。您可以幫助禮儀師為您的親人清洗和穿衣。如果由禮儀師負責為死者穿衣，他們也會問您希望您的親人穿甚麼衣服。

您可以告訴禮儀師，您是否希望遵循任何文化或宗教習俗。

親人去世後您的情緒

在您的親人去世後，以及之後的一段時間內，您有不同的情緒是正常的。這些可能包括感到悲傷、焦慮、憤怒和麻木。

您也可能有一種解脫的感覺，因為您的親人不再受苦。您的想法和感受會因人而異。有時這些情緒可能非常強烈，並阻止您任何做事。有時，這些情緒可能會隱藏起來，您仍然可以進行您的日常活動。

有時您可能難以應對您的感受。您可能想與您的家人和朋友公開談論您的感受。您也許比較願意與不認識的人傾訴。

有些人需要額外的幫助來應對他們的情緒。有一些機構可以在您失去親人的時候為您提供援助，包括 **Cruse Bereavement Care**（喪親關懷服務）。您的家庭醫生可以為您提供援助，並可能會為您聯絡當地的喪親輔導員。喪親輔導員是受過訓練，專門幫助人們應對困難情緒或情況。很多寧養院也提供喪親援助服務。

兒童或青少年會有許多不同的情緒，這些情緒可能會影響他們的行為。有一些機構可以幫助您為子女提供支援。有些寧養院與學校合作，也提供廣泛的援助服務。

有用機構的聯絡資訊

照顧生命接近終結的人：

Marie Curie（瑪麗居里）

電話：0800 090 2309（週一至週五上午 8 時至下午 6 時；週六上午 11 時至下午 5 時）

www.mariecurie.org.uk

瑪麗居里的護士在英國各地提供免費的臨終護理服務。他們在患者的家中或瑪麗居里寧養院中為患者提供護理（全天候 24 小時）。請瀏覽：

<https://www.mariecurie.org.uk/help/support/different-languages> 查閱有關瑪麗居里可為您提供的幫助的繁體中文資訊。

當有人離世時所提供援助：

Cruse Bereavement Care (喪親關懷服務)

電話：0808 808 1677

為英國各地有需要的人提供喪親援助服務。您可以在網站上找到您當地的分支機構。

請瀏覽：<https://www.cruse.org.uk/understanding-grief/understanding-grief-information-in-other-languages/>查閱繁體中文資訊

獲得合適的護理和援助

如果您患有癌症並且不會說英語，您可能會擔心會影響您的癌症治療和護理。但是您的醫療團隊應該可以為您提供能滿足您需要的護理、援助和資訊。

我們知道，有時尋找合適的援助可能會面對額外的困難。例如，如果您有工作或家庭，可能很難空到醫院出席預約覆診。您可能還會擔心金錢和交通費。所有這些事情都會讓人感到壓力和難以應對。

但我們可以提供幫助。我們的免費援助熱線 **0808 808 00 00** 可以用您的語言就您的情況提供建議。您可以與護士、經濟援助顧問、福利權益顧問和工作援助顧問交談。

我們還向癌症患者提供麥克米倫 (Macmillan) 資助金。這是一次性的款項，可用於支付醫院停車費、交通費、托兒或暖氣費等費用。

麥克米倫 (Macmillan) 能夠如何幫助您

麥克米倫 (Macmillan) 致力於幫助您和您的家人。您可透過下列方式獲得援助：

- **麥克米倫 (Macmillan) 援助熱線**。我們有傳譯員，所以您可以使用您的母語與我們溝通。您只需用英語告訴我們您希望使用哪種語言即可。我們可以回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。請在每日上午 8 時至晚上 8 時致電我們：**0808 808 00 00**
- **麥克米倫 (Macmillan) 網站**。有關癌症和與癌症共存的更多英文資訊，請瀏覽 macmillan.org.uk。若想以其他語言瞭解更多資訊，請瀏覽 macmillan.org.uk/translations
- **資訊與援助服務**。您可透過資訊與援助服務中心向癌症援助專家諮詢並獲得書面資訊。瀏覽 macmillan.org.uk/informationcentres 尋找離您最近的諮詢中心或致電我們。您的醫院可能設有資訊中心。
- **本地援助團體**。您可以在援助團體中與其他受癌症影響的人交流。瀏覽 macmillan.org.uk/supportgroups 尋找您附近的援助團體或致電我們。
- **麥克米倫 (Macmillan) 網路社群** – 您亦可以在網上 macmillan.org.uk/community 與其他受癌症影響的人士交流。

更多繁體中文資訊

我們提供更多有關下列主題的繁體中文資訊：

癌症類型	應對癌症
<ul style="list-style-type: none">• 乳癌• 子宮頸癌• 大腸癌• 肺癌• 前列腺癌	<ul style="list-style-type: none">• 癌症與新冠病毒• 如果您患有癌症，可申請的福利• 飲食問題與癌症• 生命的終結• 患癌時獲得費用幫助• 健康飲食• 若您被診斷患有癌症 – 快速指南• 疲倦（疲勞）與癌症• 癌症治療的副作用• 您可以做些甚麼來幫助自己
治療 <ul style="list-style-type: none">• 化療• 放射治療• 手術	

若想查看該資訊，請瀏覽 macmillan.org.uk/translations

參考文獻與致謝

本資訊由麥克米倫癌症援助機構（Macmillan Cancer Support）癌症資訊開發團隊編寫和編輯。本資訊是由翻譯公司提供的繁體中文翻譯版本。

本資訊以麥克米倫宣傳冊《生命的終點》為基礎編制而成。我們可以將副本發送給您，但完整手冊只有英語版本。

這份資料已獲得我們的高級醫學編輯、紓緩治療顧問 Viv Lucas 博士的審閱。

同時感謝審閱本資訊的癌症患者。

我們所有的資料都依據可獲得的最佳證據。欲瞭解我們所用資源的更多資訊，請透過 cancerinformationteam@macmillan.org.uk 聯絡我們。

MAC14363_Chinese (traditional)

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計劃下次審閱日期：2025 年 9 月

我們盡一切努力確保我們提供的資訊是準確和最新的，但您不應該依賴這些資訊來替代針對您的情況的專業建議。在法律允許的範圍內，Macmillan 不承擔與使用本出版物中的任何資訊或其中包含或提及的第三方資訊或網站相關的責任。

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End of life

This information is about what happens towards the end of life and how to plan for it.

You may find some of this information upsetting to read. You may want to ask a close relative, friend or health professional to read it as well, so you can talk about the information together.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need.

There is more cancer information in your language at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

This information is about:

- Learning that you are near the end of life
- Planning ahead
- Your care at the end of life
- Choosing where to die
- The last few weeks of life
- The last few days of life
- Caring for someone at the end of life
- After death
- Contact details of useful organisations
- Getting the right care and support for you
- How Macmillan can help you
- Word list
- More information in your language
- References and thanks

Learning that you are near the end of life

How you may feel

You are likely to have many emotions when you find out you may be nearing the end of your life. You may feel upset and unsure of how to cope with your feelings. You might feel numb and anxious about what will happen in the future.

Talking about your situation can help. You may find it helpful to talk about your thoughts and feelings with someone you trust. This may be a close friend, partner or family member. You might find it easier to talk to a healthcare professional. Your GP, specialist nurse or healthcare team at the hospital can support you. You can also speak to one of Macmillan's cancer support specialists on **0808 808 00 00**. We have interpreters.

Relationships with people close to you

Sometimes, having a terminal illness can affect your relationships. Some people may find it hard to know what to say. Or they may avoid talking about your illness. Others may be overly cheerful.

If you have a partner, you may try to protect each other. If you can, talk to each other about your situation and your feelings. Being open and honest can help you both cope with sadness, anxiety and uncertainty.

What you choose to tell children depends on their age and how much they can understand. It is often best to be honest with them, and try to give them information they can understand.

Macmillan's cancer support specialists can provide advice and support for your family and friends. You can call them on **0808 808 00 00**.

Spiritual, religious or pastoral support

Some people become more aware of religious beliefs or spiritual feelings towards the end of life. You may find it helpful to talk to a close friend or family member, or a health and social care professional. You can also speak to a chaplain or religious leader, even if you are not religious. They are usually good listeners and are used to being with people who are distressed or upset.

You may prefer to talk to someone who is not religious. Humanists UK (www.humanists.uk) has volunteers who can provide non-religious pastoral support.

Planning ahead

Planning ahead can help other people know about how you would like to be looked after. It means you are more likely to get the care you would like. Planning ahead includes:

Your wishes for your care

You may want to think about how and where you would like to be cared for. It is best to write down your wishes and what is important to you.

Deciding if there are any treatments you do not want

You can decide about any treatments you do not want to have in the future. This is called an 'Advance decision to refuse treatment' in England, Wales and Northern Ireland and an 'Advance directive' in Scotland. It is best to write these down. They will only be used if you cannot make or communicate a decision yourself.

Deciding who can make decisions for you

You can choose someone to make decisions for you if you become unable to make decisions yourself. This is called giving someone power of attorney. The power you give them can be long or short term. Power of attorney laws are different in England, Wales, Scotland and Northern Ireland.

Making a will

A will is a legal document that gives instructions about who you want to give your money and belongings to when you die. It means your loved ones and friends will be looked after in the way you want.

It is usually best to use a solicitor when writing your will. A solicitor is a legal professional trained to help people write their will. They will make sure everyone understands what you want to happen.

Planning your funeral

You may want to plan your funeral. You can think about whether you want:

- a burial or cremation
- specific songs, readings or prayers
- certain customs or rituals to be followed
- to be dressed or presented in a certain way.

You can talk to your family or friends about these plans. They may also have ideas that will help them say goodbye.

Your care at the end of life

Different healthcare professionals can help you when you are near the end of your life:

Your GP

While you are at home, your GP is responsible for your care. They can:

- prescribe any drugs you need
- arrange help from other professionals
- talk to you about what might happen as you become less well.

Nurses

There are different nurses who can visit you at home.

District nurses often work with palliative care nurses to help support you and your carers. They can:

- change dressings and give you medicines
- give advice
- show your carers how to look after you
- arrange for a social carer or healthcare assistant
- arrange practical aids, such as pressure-relieving mattresses or commodes.

Palliative care nurses care for people who are close to the end of their life. They can help with pain and other symptoms. They can provide emotional support to you and your family, friends or partner.

In some parts of the country there are Marie Curie nurses who care for people at home who are nearing the end of their life. Your GP or district nurse can tell you if there are Marie Curie nurses in your area.

Other healthcare professionals such as an occupational therapist or a physiotherapist can also help support you. Social services may be able to help if you need help with things like personal care, cleaning and cooking.

Choosing where to die

Some people prefer to die at home. Other people may prefer to be in a hospice, a care home or a hospital.

Hospices care for people who have a terminal illness and may be close to the end of their life. They have doctors and specialist palliative care nurses who are experts in controlling symptoms such as pain. They also provide emotional support. Some people go into a hospice for a short time to get help with managing symptoms. Some people choose to die in a hospice.

You may prefer to be looked after in a residential care home or nursing home, if you need care for several months. Some people may prefer to be in a hospital.

Wherever you are, you can get help from a palliative care team. This is a group of healthcare professionals that care and support people who have an illness that cannot be cured. There are palliative care teams at hospices, in the community and in hospitals.

The last few weeks of life

During the last few weeks of life, you may go through emotional and physical changes.

Emotional changes

It is natural to feel different emotions, including anxiety, anger or sadness in the last few weeks of your life.

Talking to your family or someone in your healthcare team may help. Some people prefer to talk to a person they don't know, such as a counsellor.

Tiredness

It is normal to have less energy. You may need help to do things you usually do for yourself. You may find you need to rest more.

Things that can help:

- Save your energy for the things that matter to you and that you enjoy
- Ask family or friends to help with things like cooking and cleaning
- If eating is tiring, try eating little and often.

Sleep problems

You may find it difficult to sleep. This might be because you feel anxious or you may have symptoms that are bothering you. Some medicines can keep you awake. Tell your doctor or nurse if you are not sleeping well. Sleeping tablets may help some people.

Things that can help:

- reduce light and noise
- if your mattress is uncomfortable ask your nurse for advice about a more comfortable one
- have a hot drink before going to bed but avoid caffeine and alcohol
- avoid using a screen for at least 1 hour before you go to bed
- simple breathing and relaxation exercises.

Pain

Many people are worried about pain as they approach the end of their life. If you are in pain, it is important to tell your healthcare team. They can make sure you have the right dose of painkillers to control your pain.

Always follow your doctor or nurse's instructions on when to take painkillers.

You may have painkillers as tablets, liquid medicines, or patches stuck onto the skin. If you cannot swallow or are being sick, you may have them as an injection under the skin or through a small pump.

You may get side effects from taking painkillers. Strong painkillers can cause

drowsiness, sickness and constipation. Drowsiness and sickness usually get better after a few days. If you are having a strong painkiller you may need to take a medicine called a laxative to help with constipation. Constipation is when you find it difficult or painful to poo. You might not go as often as usual.

Weight loss and loss of appetite

It is normal to feel less hungry as you near the end of your life. Even if you are eating well, you may lose weight, and this can be upsetting.

Things that can help:

- Have snacks or small meals more often. Only eat what you can manage.
- If you don't like the smell of cooking, ask someone else to cook your food if this is possible.
- Try eating foods that are easy to digest.

Your body does not need as much food towards the end of life.

Feeling sick or being sick

You may feel sick (nausea) or be sick (vomit), Your doctor or nurse can give you anti-sickness drugs (anti-emetics) to help. They can be given as tablets or liquid medicines. If you cannot swallow medicines, you can have them in a different way.

Things that can help

- Take anti-sickness medicines regularly.
- Have warm or cold food, as this does not smell as strong as hot food.
- Eat dry foods.
- Ginger can help – try crystallised ginger, ginger tea, ginger beer or ginger biscuits.
- Eat little and often.
- Ask someone else to prepare food for you if this is possible.

Constipation

You may get constipation because you are not moving around and not eating and drinking as much. It is important to tell your doctor or nurse if you have this problem.

Things that can help:

- Take your laxatives as your doctor or nurse tells you to.
- Drink as much fluid as you can.
- Try to have some high-fibre foods, such as fruit and vegetables, brown rice, brown bread or brown pasta.
- If you can, do some gentle exercise like walking.

Feeling breathless

Tell your doctor or nurse as soon as possible if you are breathless or you suddenly become more breathless than usual. Different things may help depending on what is causing the breathlessness.

Breathlessness can be very frightening and may make you feel anxious. Your nurse or a physiotherapist can teach you ways to relax, so that you feel less anxious and breathless.

Your doctor may prescribe medicines to help. They can also prescribe oxygen that you breathe in through a mask.

Things that can help:

- try sitting by an open window
- use an electric or handheld fan to blow air onto your face
- a nurse or physiotherapist can show you and your carers the best positions to sit or stand to help with your breathing
- sit down to do tasks like washing and dressing
- try using a mobile device to talk to someone in another room.

Difficulty moving around

You may gradually find it harder to move around. If you are not moving around very much, your skin may get sore. It is important to change your position regularly if you can. If you need help, your nurse can show your carers how to move you safely so you are comfortable.

Mouth problems

Looking after your mouth is important. It can help prevent problems such as a dry or sore mouth, ulcers or an infection. Tell your nurse or doctor if you have any mouth problems.

Things that can help:

- If you can, brush your teeth twice a day using a fluoride toothpaste. Use a soft children's toothbrush if your mouth is sore.
- If you have false teeth, clean them as usual.
- Use any mouthwash that you have been prescribed.
- If you have a dry mouth, try sipping water – some people find tonic water helpful. You could also try sucking ice lollies or ice chips, or chewing sugar-free gum.

The last few days of life

Each person's experience of the last few days of life will be different. It can be difficult to know exactly what will happen, or how quickly things might change. Usually, you slowly become weaker and have very little energy.

You may:

- find it difficult to move around
- need to spend most, or all, of the day in bed
- lose interest in eating and drinking

- sleep a lot and feel sleepy when you are awake
- feel disorientated or confused, and unsure whether you are dreaming
- dream about people who are not there or that you knew in the past
- lose interest in your surroundings and the people around you.

These are all natural things that can happen as you approach the end of your life.

Nearing death

Although death is a natural process, it is normal to worry about what will happen. You may feel anxious or frightened. Or you may feel calm and peaceful.

Usually, you slip into a deep sleep where you are unconscious. You cannot be woken, but you may still be able to hear and be aware of the people around you.

The final moments of life are usually very peaceful. Your breathing may gradually become even slower and more irregular, with very long pauses between each breath. Eventually, you will stop breathing altogether.

Caring for someone at the end of life

This information is written for your relatives or carers. You may want to read it together

This information explains more about caring for someone in the last few days of life and what happens after a person has died.

You may be anxious about looking after them at home. However, it can be a rewarding experience. It can also bring you closer to the person who is dying.

Looking after yourself

Caring can be hard, both physically and emotionally. If you have been looking after your partner, family member or friend for some time, you may start to feel very tired.

It is important to get support and to look after yourself too. Talk to the district nurse or GP if you are finding caring difficult. They may be able to provide extra support. Or they can give you advice about where your loved one could be cared for.

Caring during the last few days of life

As your family member, partner or friend gets close to the end of their life, they will probably not want anything to eat or drink. You can keep their mouth and lips moist to help them feel comfortable.

If the person you are caring for seems distressed or has new or uncomfortable symptoms, tell a member of the healthcare team. Make sure you have phone numbers for the:

- GP
- district nurse
- specialist or palliative care nurse

- out-of-hours services (to use in the evening, at night and at weekends).
Keep the numbers in a safe place. Make sure you know who to contact first.

Breathing changes

The person you are caring for may have different symptoms such as pain or changes in their breathing. Sometimes the breathing can get noisy or be irregular. A doctor or nurse can give medicines to help.

Restlessness

Some people become restless. They may seem confused or call out. There are different reasons for this. A doctor or specialist nurse can treat the cause of the restlessness or give drugs to help the person relax.

Bowel and bladder changes

The person may lose control of their bowel and bladder. The bowel is a long tube inside your body that helps you digest food. The bladder is the organ in your body that stores urine until you go to the toilet to pee (pass urine). This is natural. A district nurse can provide aids to help manage this. This includes:

- disposable bed pads
- pads to wear inside, or instead of, underwear
- a tube (catheter) that is put into the bladder and drains urine into a bag. A catheter is a thin plastic tube that can be put into the bladder so you can pee without going to the toilet.
- a urinary sheath that fits over the penis like a condom – it collects urine and drains it into a bag.

Sometimes the person cannot pass urine. They may have a lot of abdominal pain, and their tummy (abdomen) might feel hard and bloated. If this happens, contact their doctor or nurse straight away and ask them to come urgently. They can put a catheter into the bladder to drain urine and relieve the pain.

If you have any concerns, contact the person's GP or a member of their healthcare team for advice.

Caring for someone nearing death

You can help keep your family member, partner or friend comfortable as they near death. Even if they cannot respond, they may still be able to hear you and know you are there.

Tell them what you are doing, especially if you are giving them medicines or moving them. You may need to move them regularly to keep them comfortable.

In the last few hours, the person's hands, feet and skin may feel very cold and sometimes moist. Their skin may change colour and become slightly more blue, grey or pale. Their breathing pattern will probably change. At times there may be longer gaps between breaths. At other times, their breathing might be quicker.

For most people, the final moments of life are very peaceful. The person's breathing

may become even slower and more irregular, with very long pauses between breaths. Finally, they will stop breathing altogether. Sometimes it can be difficult to know the exact moment of death. Often, the person's body will relax completely, and they may look very peaceful. You may feel that you can sense when the person has died.

After death

If your family member, partner or friend dies in a hospital or hospice, the nursing staff will be nearby. They will guide you through what needs to be done over the next few hours.

If the person dies at home, and this was expected, you need to tell their GP or district nurse. You do not need to rush to do this. It is fine to spend some time with your loved one before making any phone calls. If they died during the night or outside your GP's usual working hours, you do not need to contact the doctor until the following morning. But you can contact them during the night if you want to.

If you are alone when your relative or friend dies, it may be helpful to have someone with you soon after the death to support you. This might be a relative, friend, religious adviser or someone from the health or social care team.

Many cultures and religions have ceremonies or rituals that are important when someone dies. A spiritual or religious adviser can help you with these.

What the GP will do

If the person's GP comes, they will verify the death. They will give you a Medical Certificate of Cause of Death (MCCD) with a form called Notice to Informant. This tells you how to register the death.

If a district nurse comes, or you have called an out-of-hours doctor, they can verify the death. But you may need to get the MCCD from the person's GP the next day.

When you have the MCCD, you need to take this to the local register office to register the death. The register office is a local government building where births, marriages and deaths are recorded. This needs to be done:

- within 5 days in England, Wales and Northern Ireland
- within 8 days in Scotland.

You may need to make an appointment to register the death.

The registrar will give you the death certificate. It is a good idea to ask for extra copies of the death certificate. They may be needed for sorting out things such as the person's insurance, pensions or banking.

What the funeral director will do

When the death has been verified by a nurse or doctor, you can contact a funeral director (undertaker). They provide a 24-hour service and can advise you on what to do next. A funeral director is a person who arranges funerals. They can look after the person's body before the funeral and support the family. You can get contact details of funeral directors from your local phone book or online.

The funeral director will come as soon as you want them to. Tell them if you or your family and friends would like to spend some time alone with your loved one's body.

Some people wish to look after their family member or friend's body at home until the funeral. Or you may want the funeral director to take care of your family member or friend's body. You can help the funeral director wash and dress your loved one. If the funeral director dresses the person, they will also ask what you would like your loved one to be dressed in.

You can tell the funeral director if there are any cultural or religious practices you would like to be followed.

Your emotions after someone has died

After the death of your loved one, and for some time afterwards, it is normal to feel different emotions. These can include feeling sad, anxious, angry and numb.

You may also have a sense of relief that your loved one is not suffering anymore. The thoughts and feelings you have will vary. Sometimes they may be very strong and stop you doing things. At other times they may be in the background and you can still do your day-to-day activities.

Sometimes your feelings can be difficult to deal with. You may want to talk to your family and friends about how you are feeling. Or you may prefer to talk to someone you do not know.

Some people need extra help to manage their emotions. There are organisations that can support you when you are bereaved, including Cruse Bereavement Care. Your GP can support you and may be able put you in contact with a local bereavement counsellor, this is a person who is trained to help people cope with difficult emotions or situations. Many hospices also provide bereavement support.

Children or teenagers will have many different emotions and these may affect their behaviour. There are organisations that can help you support children. Some hospices work with schools and also offer a wide range of support.

Contact details of useful organisations

Care at the end of life:

Marie Curie

Telephone 0800 090 2309 (Monday to Friday, 8am to 6pm, Saturday, 11am to 5pm)

www.mariecurie.org.uk

Marie Curie nurses provide free end-of-life care across the UK. They care for people in their own homes or in Marie Curie hospices, 24 hours a day, 365 days a year. Visit <https://www.mariecurie.org.uk/help/support/different-languages> to see how Marie Curie can help you in your language.

Support when someone dies:

Cruse Bereavement Care

Telephone 0808 808 1677

Provides bereavement support to anyone who needs it across the UK. You can find your local branch on the website. Visit <https://www.cruse.org.uk/understanding-grief/understanding-grief-information-in-other-languages/> for information in your language

Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may face extra challenges in getting the right support. For example, if you work or have a family it can be hard to find time to go to hospital appointments. You might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

But help is available. Our free support line **0808 808 00 00** can offer advice, in your language, about your situation. You can speak to nurses, financial guides, welfare rights advisers and work support advisers.

We also offer Macmillan Grants to people with cancer. These are one-off payments that can be used for things like hospital parking, travel costs, childcare or heating bills.

How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line.** We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. Just call **0808 808 00 00** (7 days a week, 8am to 8pm).

- **The Macmillan website.** Visit macmillan.org.uk for lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups.** At a support group you can talk to other people affected by cancer. Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

More information in your language

We have information in your language about these topics:

<p>Types of cancer</p> <ul style="list-style-type: none"> • Breast cancer • Cervical cancer • Large bowel cancer • Lung cancer • Prostate cancer <p>Treatments</p> <ul style="list-style-type: none"> • Chemotherapy • Radiotherapy • Surgery 	<p>Coping with cancer</p> <ul style="list-style-type: none"> • Cancer and coronavirus • Claiming benefits when you have cancer • Eating problems and cancer • End of life • Help with costs when you have cancer • Healthy eating • If you are diagnosed with cancer – a quick guide • Tiredness (fatigue) and cancer • Side effects of cancer treatment • What you can do to help yourself
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To see this information, go to macmillan.org.uk/translations

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into your language by a translation company.

The information included is based on the Macmillan booklet A guide for the end of life. We can send you a copy, but the full booklet is only available in English.

This information has been approved by our Senior Medical Editor Dr Viv Lucas, Consultant in Palliative Care.

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

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