


Death and Dying

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Why Are You Here

Some Questions

- Who
- What
- When
- Where
- Why





**friends
& family**













Slang Terms for Death

- Passed ... Passed Away
- Croaked
- Kicked the bucket
- Checked out
- Bite the dust
- Bought the farm
- Food for worms
- Meeting their maker
- Going to a better place
- Taken by the devil
- Cashed in their chips
- Fell out~Fell out forever
- Not with us any longer
- They're gone

Definition of Death

- Definition of death
- 1 a :a permanent cessation of all vital (see vital 2a) functions :the end of life The cause of death has not been determined. managed to escape death prisoners were put to death death threats — compare brain death
- b :an instance of dying a disease causing many deaths lived there until her death
- 2 a :the cause or occasion of loss of life drinking was the death of him
- b :a cause of ruin
- the slander that was death to my character —Wilkie Collins
- The drought was death to the farm.
- 3 capitalized, folklore :the destroyer of life represented usually as a skeleton with a scythe when death comes to take me away
- 4 :the state of being no longer alive :the state of being dead

Signs of Death

- Signs
- Respiratory arrest (no breathing)
- Cardiac arrest (no pulse)
- Pallor *mortis*, *pale*ness which happens in the 15–120 minutes after death
- Livor *mortis*, a *settling* of the blood in the lower (dependent) portion of the body
- Algor *mortis*, the *reduction* in body temperature following death. This is generally a steady decline until matching ambient temperature
- Rigor *mortis*, the *limbs* of the corpse become stiff (Latin rigor) and difficult to move or manipulate
- Decomposition, the reduction into simpler forms of matter, accompanied by a strong, unpleasant odor.

EMT School Signs of Death

- No Carotid Pulse
- No Ventilations
- Centralized Cyanosis
- Skin Mottling & Livor mortis
- Cold skin
- Rigor mortis
- Decapitation



Paramedic School Signs of Death



Definition of Dying

- **dy·ing**
- 'diNG/Submit
- adjective
- on the point of death.
- "he visited his dying mother"
- synonyms: terminally ill, at death's door, on one's deathbed, near death, fading fast, expiring, moribund, not long for this world, in extremis; More
- occurring at or connected with the time that someone dies.
- "he strained to catch her dying words"
- synonyms: final, last; deathbed
- "her dying words"
- gradually ceasing to exist or function; in decline and about to disappear.
- "stone-cutting is a dying art"
- Synonyms: declining, vanishing, fading, ebbing, waning; informal the way out
- "a dying art form"

Hospice Patient Alliance Signs of Imminent Death 2015

- Pre-Active Phase
- Active Phase

Signs of Dying

Pre-Active Phase

Hospice Alliance 2015

- increased restlessness, confusion, agitation, inability to stay content in one position and insisting on changing positions frequently (exhausting family and caregivers)
- withdrawal from active participation in social activities
- increased periods of sleep, lethargy
- decreased intake of food and liquids
- beginning to show periods of pausing in the breathing (apnea) whether awake or sleeping
- patient reports seeing persons who had already died
- patient states that he or she is dying
- patient requests family visit to settle "unfinished business" and tie up "loose ends"
- inability to heal or recover from wounds or infections
- increased swelling (edema) of either the extremities or the entire body

Signs of Dying Active Phase

Hospice Alliance 2015

- inability to arouse patient at all (coma) or, ability to only arouse patient with great effort but patient quickly returns to severely unresponsive state (semi-coma)
- severe agitation in patient, hallucinations, acting "crazy" and not in patient's normal manner or personality
- dramatic changes in the breathing pattern including apnea,
- severely increased respiratory congestion or fluid buildup in lungs
- inability to swallow any fluids at all (not taking any food by mouth voluntarily as well)
- patient states that he or she is going to die
- patient breathing through wide open mouth continuously and no longer can speak even if awake
- urinary or bowel incontinence in a patient who was not incontinent before
- marked decrease in urine output and darkening color of urine or very abnormal colors (such as red or brown)
- blood pressure dropping dramatically from patient's normal blood pressure range (more than a 20 or 30 point drop)

Signs of Dying Active Phase

Hospice Alliance 2015

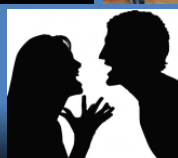
- systolic blood pressure below 70, diastolic blood pressure below 50
- patient's extremities (such as hands, arms, feet and legs) feel very cold to touch
- patient complains that his or her legs/feet are numb and cannot be felt at all
- cyanosis, or a bluish or purple coloring to the patients arms and legs, especially the feet, knees, and hands
- patient's body is held in rigid unchanging position
- jaw drop; the patient's jaw is no longer held straight and may drop to the side their head is lying towards

Your First Real Life Dead Person

Your First Real Life Dead Person



Death Scene Management



Situational Awareness Is A Must

- Patient Assessment
 - Location & Access
 - Primary ABCs & DEFs
 - Life Threats
 - Family & Bystanders
 - History
- Scene Assessment
 - Single Family Home
 - Public Space
 - Health Care Facility
 - Visibility (Light/Dark)
 - Family / Bystander
 - Expectations
 - Weapons & Safety
 - Surroundings
 - Culture & Customs
 - Pictures & Clues

Expectations of Patient Family & Friends

- Swoop & Scoop
- Confirmation of Death
- No Expectations ... Just Help
- Full On Resuscitation
- Comfort Measures
- Do Something..... Anything
- Even if there is nothing to be done ~

Family & Friends and Your Dying Patient

- You are a stranger entering into an extremely personal – private ... even an intimate situation where emotions are raw and social graces are few ~
- Every scene will be different ~ dynamic ... and potentially dangerous

First Time You Stopped CPR



So What Really Happens Next



Who gets to deal with the family ?

Bystander Help & Observation



Death Notification



Death Notification

Coroner Talk 2015

- In Person
- In Time
- In Private
- In Pairs
- In Plain Language
- With Compassion
- Guidance & Education
- Write it Down
- Stay the Cause
- Offer & Assist with Viewing ... (if desired)
- Answer Questions

Kubler-Ross Stages of Dying ¹⁹⁶⁹

- Family and Friends who were told their loved one had died demonstrated the following behaviors:
 - Denial & Isolation
 - Anger
 - Bargaining
 - Depression
 - Acceptance

7 Stages of Grief

(Modified Kubler-Ross Model)

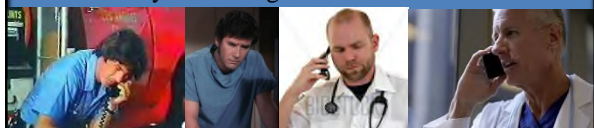
Shock*	• Initial paralysis at hearing the bad news.
Denial	• Trying to avoid the inevitable.
Anger	• Frustrated outpouring of bottled-up emotion.
Bargaining	• Seeking in vain for a way out.
Depression	• Final realization of the inevitable.
Testing*	• Seeking realistic solutions.
Acceptance	• Finally finding the way forward.

Some Sticky Situations

- Family doesn't want anything done, but there is No DNR, Living Will or Pre-Directive ~
- There is a DNR, but the family wants you to do everything ~
- Family wants you to treat & transport, but the patient says... "No Way!"
- The scene is so unstable or unsafe that you have to improvise ~

Options for Resolution

- "I'll do everything I can" verses ...
- "I'll do everything I should ~
- Remember that Medical Control is your ally, and having this discussion and answers prior to the call will help everyone concerned
- Call early and be a good communicator




DEATH

is always a

Multiple-Casualty Incident...

Death with Dignity

Scene Management



Code of Conduct



Death with Dignity

The Hospice Team Is a Beautiful Thing




Death with Dignity

Physician Assisted Suicide



Medically Assisted Death











Line of Duty Deaths



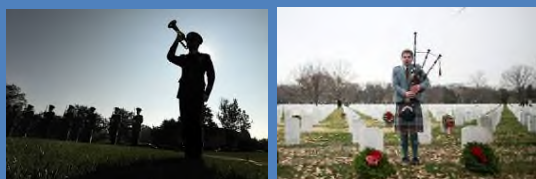
Honor & Traditions



Honor & Traditions



Honor & Traditions



1st Responders Honor and Traditions



Meeting Death Head On



Death ...



Murph & Judy

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253 370 2005

Line of Duty Death Customs & Traditions

- Needs of Family
- Needs of Extended Family
- Private ~ Personal Intimate
- Public ~ Professional Spectacle

Death of Our Own Line of Duty Death vs Suicide

- EMS Line of Duty
 - 87 EMS LOD in 2016
 - Motor Vehicle Crashes
 - Auto vs Pedestrian
 - Shootings
- EMS Suicide
 - 112 Reported suicides in 2016
 - Drug OD
 - Self Inflicted GSW
 - Bleedouts
 - Hangings

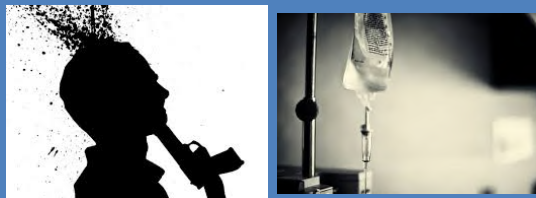
EMS1 April 2016

EMS1.com

March 2017

Increasing suicide rates among first responders spark concern. A survey of more than 4,000 first responders found that 6.6 percent had attempted suicide, which is more than 10 times the rate in the general population

1st Responder Suicide ... LOD ?



Post Traumatic Stress



1st Responder PTSD

- We See ... and Smell ... and Hear things that no one person should ever have to experience
No One !!!

Not just blood and guts ~

Death of a infant or child

Abuse and Neglect

And just when you think you've seen it all ...

PTSD

Acute Stress

Delayed Stress

Chronic Stress



1st Responder PTSD

What to look for:

- Change in affect & behavior
- Change in appearance
- Change in sleep patterns
- Change in appetite
- Dry or Dark humor
- Addictive behavior (ETOH)
- Hear what your loved ones and friends are telling you

Treatment Options:

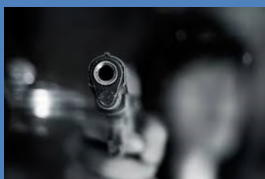
- Preemptive ~ Attitude Adjustment
- Preventative ~ Defusing and Debriefing
- Peer Counseling
- Mental Health Professionals

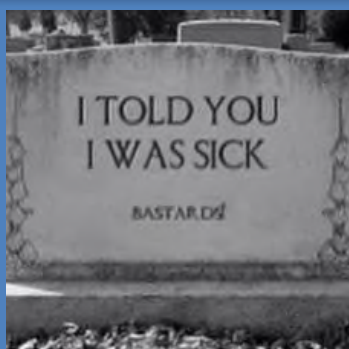


Stress Events



Stress Events





Kubler-Ross Stages of Dying ¹⁹⁶⁹

- Patients who were told they had a terminal disease demonstrated the following behaviors:
 - Denial & Isolation
 - Anger
 - Bargaining
 - Depression
 - Acceptance

- Always remember that your loved one can often hear you even up till the very end, even though he or she cannot respond by speaking. Your loving presence at the bedside can be a great expression of your love for your loved one and help him to feel calmer and more at peace at the time of death.

Death & Dying



Death Angle



Remnants of Death



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