

HOPE HEALTHCARE and HOSPICE

Caregiver tips for TERMINAL AGITATION

At the end stage of life, restlessness or agitation are common and are defined as agitated delirium with cognitive impairment. The main symptoms are twitching or jerking, agitation, and irritability. Some patients may also experience hallucinations, paranoia, confusion, and disorientation.

If a patient is experiencing these symptoms, it can be very distressing for patients and their families. When managing a patient with terminal agitation, the HOPE Healthcare and Hospice nurse will always rule out any underlying causes and provide the appropriate treatment.

How to Maintain a Safe Environment:

- Keep the bed low and consider side rails.
- Remove clutter and obstacles to prevent falls.
- Remove rugs or use non-skid rugs.
- Keep items close, eliminating reaching.
- Consider bed alarm or room monitor.

How to keep the patient calm:

- Talk quietly
- Reaffirm that they are not alone.
- Create a calm and peaceful atmosphere.
- Avoid bright lights
- Play soft music
- Avoid sudden, loud noises



Questions or concerns about Terminal Agitation?

Call our hospice nurse at (337) 703-4674 or visit our website at www.hope-hospice.com.

