

**During the COVID-19 (coronavirus disease) outbreak, some of the procedures for care in the last days of life may differ from the usual practices that are outlined in this booklet.**

The practical changes that can be made to overcome challenges that may be faced during this time have been carefully considered to ensure that the person you are looking after receives the best possible care available. Some of the changes that may occur are outlined below but it is important to remember that you may not experience all (or any) of these situations.

- It may become more difficult to provide face-to-face visits, so some of the visits that would usually be done in the home may be done over the telephone, or using video-calling like Skype, WhatsApp or FaceTime. This could have an impact on many aspects of the CARIAD package outlined in this booklet, such as training, the frequency of regular visits and how medication reviews are done. Alternatives to face-to-face contact will only be used where this is the most appropriate option and will not compromise the safety of the person you are caring for.
- 24 hour telephone support will be maintained but there may be changes made to how you access this support, for example you may have to ring a different number depending on the time of day. Your healthcare team will explain how to access this support in your area.
- Whilst regular medications are usually given using a continuous SC infusion through a syringe pump, this may not always be possible. This

might mean that there will come a time where you need to give the person you are caring for their regular medications, as well as as-needed medications. This will usually be done using the needle-less closed subcutaneous catheter system e.g. Saf-T-Intima. In rare situations, if the needle-less closed systems are unavailable you may be shown how to give the medications using a normal needle injection.

- Usually, only the five main breakthrough symptoms (pain, nausea/vomiting, anxiety/agitation/restlessness, noisy 'rattly' breathing and breathlessness) are covered in the CARIAD package. If necessary, you may be given the relevant medications and instructions to cover other symptoms that the person you are caring for may experience during this time.
- It may also be that you are caring for someone who is not in the last days of life, but who needs regular or as-needed subcutaneous medication for another reason, and so the CARIAD package for End of Life Care has been extended to you and the person you are caring for.
- It is possible that, under usual circumstances, the person you are caring for would not wish to die at home, or that you would not wish to be involved in administering subcutaneous medications. This is a very difficult situation and it is important to speak to other members of your support network about this, and ask your healthcare team for any support they can offer now or in the future.