

## Last Year of Life Route Map 2023

See FH&C ICS P&EoLC Plan on a Page on the website <https://www.frimleyhealthandcare.org.uk/living-here/compassionate-end-of-life-care/> and P&EoLC Landing Page on DXS

**Cancer – Advanced and/or Metastatic Disease**

**Non-malignant Disease – Advanced, progressive and incurable  
E.g. Dementia, Long Term Condition, organ failure or Frail Elderly**

### End of Life Care - Last year of life

#### Triggers suggesting that your patient is nearing the end of life:

Surprise question - Would you be surprised if your patient were to die in the next 12 months? Looking for general indicators of decline – deterioration, increasing need or choice for no further active treatment, Look for specific clinical indicators of a deterioration in specific Clinical Conditions (see prognostic indicator tools) .Ensure there is appropriate and effective communication with patient and family at all stages of assessment and care provision.

#### Stable Disease Prognosis = >1 year

Identify triggers for discussion about Anticipatory Care Planning, Advance Care Planning & ReSPECT  
<https://www.frimleyhealthandcare.org.uk/living-here/compassionate-end-of-life-care/>  
End of Life care  
[www.nhs.uk/planners/end-of-life-care](http://www.nhs.uk/planners/end-of-life-care)  
Consider completion of SR1 (replacement to DS1500)

#### Unstable/Advanced disease Prognosis = Months

Agree needs and preferences and record Advance Care Planning including ReSPECT  
Alert on local systems 'Palliative Care Patient'  
Upload details (subject to consent) to EoLC/Gold Standards Framework Register (GSF)/IBIS/OOH/Ambulance Services  
Discuss at practice Palliative Care MDT  
Consider Palliative Care and/or Virtual Ward  
Referral – community or day hospice  
Identify Social Care Need

#### Deteriorating Prognosis = Weeks

Review and ensure completion of Advance Care Plan including ReSPECT & organ donation  
Update details (subject to consent) on EoLC/GSF/IBIS/OOH/Ambulance Services  
Discuss at practice Palliative Care MDT  
Symptom Management including anticipatory prescribing  
Consider Palliative Care and/or Virtual Ward  
Reassess Social Care need  
Consider CHC funding  
<https://www.gov.uk/government/publications/nhs-continuing-healthcare-fast-track-pathway-tool>

#### Final Days/ Terminal Phase Prognosis = Days

Identification of the dying phase  
Review and ensure completion of Advance Care Plan  
Including ReSPECT  
Update details on EoLC/GSF/IBIS/OOH/Ambulance Services  
Discuss at practice Palliative Care MDT  
Consider Palliative Care input – community  
Symptom Management including anticipatory prescribing  
Reassess Social Care Need/ Specialist Palliative Care within the home

DEATH

#### Care After Death

Recognition that end of life care does not stop at point of death  
Support from health care professionals for family, carers and friends  
Bereavement Booklet  
Consider Grief Counselling  
E.g. Cruse  
[www.cruse.org.uk](http://www.cruse.org.uk)  
Brigitte Trust  
<https://www.brigitte-trust.org>  
Local IAPT services  
Signpost to Hospice and FH&C ICS commissioned services for bereavement support

All Palliative & End of Life Care information available on the DXS P&EoLC Landing pages and FH&C ICS Website

Support & information for Patients, Carers & Families (NICE Guideline 2020) and FH&C ICS Booklets for Families & Bereavement and Guide to reaching communities

Signpost to local/online resources & Spiritual Care Services as required