**Restlessness**
The restlessness that commonly occurs during the dying process is also called terminal agitation. It can also result from pain, bladder distention or shortness of breath.

- The patient must be protected from injury and the family needs to be supported.
- Consider the following:
  - Give a final dose of opioids to rule out pain.
  - Assess for bladder distention and incontinence; lubricate catheter if needed.
  - Assess for infection if appropriate.
  - Consider antipsychotics (haloperidol or chlorpromazine).
  - Consider benzodiazepines (temazepam or midazolam).
  - Minimize noise and light.
  - Minimize bright lights.
  - Play patient’s favorite music.
  - Talk softly to patient, maintain use of touch and presence.
  - Comfort patient by saying, “You are safe. We are with you. We love you.”
  - Consider aromatherapy.
  - Uninterrupted business may cause restlessness discuss family possible causes of anxiety.

**Emotional Support**
Providing emotional, spiritual, psychosocial and cultural support to the patient and family allows us to care for the soul. This is the very foundation of caring for the dying. It is important to know your resources:

- Notify supportive care team members for assistance.
- Be specific; if resources are for patient, staff, or both.
- Always want to support the patient’s dignity and autonomy.

- Remember every family is unique and grieves differently.
- Good communication is essential.
  - Share information exists with the family and all disciplines.
  - Take your cues from the family. Do not assume you know what they are feeling or thinking.
  - Caring is not just about what we do.
  - Caring is also about what we do.
  - Caring is not just about what we do.
  - Caring is also about what we do.

- Just be with patient and family and sit in silence.
- Work with family to provide family activities, snacks, sounds, etc.
- Support visits and assist with obtaining desired clergy or equipment.

- Educate the family:
  - Patient rights awareness of behavior.
  - Possible to be peacefully confirmed.