

## 生命的終點

本資料主要涉及有關於生命的終點及如何為其籌劃的資訊。

帶下劃線的辭彙在本文最後所附的辭彙表中均有說明。

本資料單會告訴您家裡的甚麼人可以幫助您，並且為您解釋在生命的最後幾個星期應該會發生甚麼事情，其中還包含提供有關在您過身後可做事情的資訊給您的親人朋友。您也可以閱讀本部份。

您可能會覺得這些資訊令您不開心。您可以請一位親人、好友或健康專業人士來陪您一起閱讀，這樣你們也可以一起討論當中的資訊。

如有任何問題，您可以向醫生或護士查詢。

若您有任何疑問或想與某人溝通，則從週一至週五上午 9 時至晚上 8 時，您可以致電麥克米倫癌症援助機構熱線 0808 808 00 00。我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用甚麼語言即可。

我們提供更多關於不同類型癌症、治療和癌症患者生活的中文繁體版資訊。請前往 [macmillan.org.uk/translations](http://macmillan.org.uk/translations) 或致電 0808 808 00 00。

### 本資料單內容如下所示：

- 您可能會有的感覺
- 提早計劃
- 誰可以在家裡照顧您
- 生命的最後幾個星期
- 生命的最後幾天
- 接近死亡
- 離世後
- 麥克米倫如何給予幫助
- 有用的組織聯絡方式
- 辭彙表
- 更多中文繁體版資訊

## 您可能會有的感覺

被告知您快到達生命的終點是一件非常令人難受的事情。您雖然知道您的病情變得越來越嚴重，但要知道自己命不久矣仍是令人震驚的事情。您可能會覺得這個世界不公平。您可能會擔心之後會發生的事情。您可能會感到傷心和沮喪。您可能不知道如何應付這些不同的感覺。

有些人會覺得將這些感覺說出來後有幫助，您可以找家人或朋友，或者您的醫生或護士傾訴。或者致電 0808 808 00 00 與麥克米倫的癌症援助專家談談。我們有提供口譯員。

您可能會有時候感覺不錯，但有些時候感覺很差。在感覺不錯的時候，您可以做一些您喜歡的事情或與其他人相處。或者您可以做一些很重要的事情，例如立遺囑或籌劃您的葬禮。

## 宗教和精神感受

將近生命的終點時，人通常會變得比較注意宗教信仰或精神感受。有強烈宗教信仰的人會覺得宗教信仰對自己很有幫助。有時人們會質疑自己的信仰，以及死後是否會前往另一個世界。這些都會令人感到難受。

與宗教領袖交談可能會幫到您。即使您不確定您究竟相信甚麼，您也可以找他們談論。精神和宗教領袖經常幫助人渡過這種難關，您可能會從此獲得心靈的寧靜。

有些人在祈禱或冥想中尋找慰藉。許多人發現其他人在為他們祈禱對時他們會有幫助。

## 提早計劃

### 立遺囑

立遺囑是一件很重要的事情。這是唯一讓親人知曉您想如何處理過身後的財物和財產的方法。

您的遺囑是一份具有法律效力的文檔。立遺囑的時候最好僱用一位律師來幫您，他們會確保每個人都明白您想要怎樣處理各項事情。如需幫助尋找律師，您可以聯絡律師公會（見第 13 頁）。

### 籌劃您的葬禮

您可能會想籌劃自己的葬禮。您可以考慮的方面：

- 您想要土葬還是火葬
- 您想要甚麼樣的儀式
- 您想播放甚麼歌曲
- 您想穿著甚麼衣服

您也可與家人朋友一起談論這些計劃。他們可能會有些幫助他們面對要說再見時的想法。如有任何事情是想在葬禮中舉行的話，您最好把它寫下，好讓其他人知道。

## 誰可以在家裡照顧您

重要的是您自己和照顧您的人可獲得所需要的援助。您在家時候有很多人可以幫助您

### 您的家庭醫生

您在家時候，您的家庭醫生負責您的醫療護理。他們在以下方面可以幫到您：

- 擔心您的症狀有任何改變
- 想談談未來和可能發生的事情
- 需要有關於在家護理或其他幫助的建議。

### 社區護士

社區護士與家庭醫生密切合作，他們可以幫助舒緩您的症狀。他們可以：

- 給您藥物和更換敷料
- 幫助您提高舒適度和安排設備（如有需要）
- 為您的親人或看護人員提供如何照顧您的建議
- 聯絡其他可提供幫助的人士，例如社工或專科護士
- 幫助您應對情緒。

### 瑪麗·居里護士

瑪麗·居里護士負責看護生命接近終點的人士。他們會到家裡進行探訪，並可以提供日間或夜間的護理。這樣您的看護人員可以休息一下或睡一個好覺。

您的地區護士或家庭醫生可為您安排瑪麗·居里護士。

### 姑息性治療護理團隊

他們是由專科護士和醫生所組成，並致力幫助患上癌症和其他嚴重疾病的患者及其家人。

如有症狀需要幫忙應對的話，您可要求為您安排一個姑息性治療護理團隊。

### 臨終關懷團隊

一些臨終關懷機構可為您提供在家護理的護士，並通常是在生命的最後幾個星期或最後幾天才會有的。姑息性治療護理團隊可為您作出安排。

## 社工

社工可以幫助安排家務和其他實際的工作。您或您的醫生或護士可以聯絡社工要求其幫忙。如果您能負擔得起的話，您可能需要為一些服務付費。

## 職業治療師

職業治療師可到您的家裡進行探訪，並為您提供所需的設備。可能包括：

- 幫助您移動的扶手
- 淋浴間或浴缸中的設備
- 更容易進食的特殊杯子和餐具

您的護士或醫生可以為您安排上述任何服務，還會為您提供您所在地區的其他幫助。

## 生命的最後幾個星期

在生命的最後幾個星期，您可能會注意到以下一些變化。

### 情感變化

當您面對死亡時，感到擔心或焦慮是很自然的事情。您可能會感到憤怒，有些人會變得悲傷和不願意與外界接觸。這有時候可能是因為抑鬱症所引起。如果您認為您可能患上了憂鬱症，請告訴您的醫生。

與您的家人或護士交談可能會令您感覺良好。有些人可能會喜歡與一位不認識的人交談，例如輔導員。您的醫生或護士可為您作出安排。

### 身體變化和症狀

#### 疲乏

體能下跌和無法做到以前可做到的事情是很正常的。您可能需要在白天休息很多。請求別人幫忙是一件很累的事情，例如洗澡和更衣。您的護士或醫生可以為您提供一些能幫上忙的地區服務。

如果吃飯使您感到疲乏，可以嘗試少吃多餐。

#### 睡眠問題

有些人會覺得睡不好覺，這可能有很多原因。您可能太過擔憂或您受到了症狀的困擾。

有些藥物可能讓您睡不著。告訴您的醫生或護士您睡得不好。

為提高您的睡眠品質：

- 減少光和噪音
- 確保您不太熱或冷
- 在睡覺前喝熱飲料，但避免喝咖啡和酒精
- 睡前一小時避免使用電視或電腦
- 播放令人放鬆的 CD 或 DVD，或聽一些輕鬆的音樂

如果這些都不起作用，您的醫生或護士可能會建議您暫時服用安眠藥。

### 疼痛

如果您感到疼痛的話，請告訴您的醫生或護士。如有需要，他們會給您止痛藥。

止痛藥有分很多種，您的醫生或護士會判斷哪種對您比較好。

服用止痛藥時，一定要遵循醫生所給的指示。大部份止痛藥都是定時服用時最有效。

止痛藥通常分為片劑、液體藥物或貼在皮膚上的貼布。如果無法吞嚥或感到不適，您還有其他方法可以止痛。

您的醫生或護士會為您詳細解釋您的止痛藥。

### 止痛藥的副作用

藥效強的止痛藥可能會令您嗜睡、噁心和便秘。嗜睡一般在數天後便會停止。如果感到噁心，抗暈藥可能會對您有幫助。噁心的感覺一般會在數天後得以改善。便秘很常見。大多數服用藥效強的止痛藥的人還需要服用瀉藥來幫助治療。您的醫生或護士可以告訴您當中的詳情。

### 減輕痛楚

有些簡單的事情可以減輕您的痛楚：

- 找到一個舒適的位置坐著或躺下
- 嘗試在疼痛的位置上放一些溫熱或冰涼的東西
- 用一些方法令身體放鬆，例如深呼吸或冥想
- 嘗試透過聽音樂或看電影來分散自己的注意力

### 感到噁心或嘔吐

如果有這些症狀的話，您的醫生或護士可以為您開一些抗暈藥。重要的是定期服用藥物以防繼續感到噁心。您的醫生或護士可以告訴您當中的詳情。

如果您感到噁心的話，可以試一下：

- 薑茶、生薑啤酒或生薑餅乾
- 小口小口地喝碳酸飲料
- 少吃多餐，不要吃大餐
- 吃乾的食物，例如薄脆餅乾
- 吃一些溫熱或冰涼的食物，而非熱食。

### **體重下降或喪失食慾**

您可能會覺得噁心或累而不想吃任何東西。您的體重可能會下降，而這可能會令您和您的親人感到懊惱。

隨著時間過去，您可能就不會想吃任何東西了。嘗試少吃多餐並且經常吃小吃。選擇含有很高卡路里的食物。叫類固醇的藥物有時候可幫助您提高食慾。如果對您有幫助的話，您的醫生可以為您開處方。

當您接近生命的終點時，您可能會不想吃任何東西，不要勉強自己吃。您可以只吃一點點您喜歡的東西。您可能會覺得營養飲料更容易喝。有些叫Build Up<sup>®</sup>和Complan<sup>®</sup>的飲料。您的醫生或護士可為您作出安排。

### **便秘**

很多人都會有便秘。這是因為他們少了四處走動，而且吃喝得更少了。有些藥物也會引起便秘。若有這樣的問題，請告訴您的醫生或護士。他們會給您開瀉藥。您要確保您多喝水。

### **感覺呼吸困難**

這是很常見的，而且會令人感到害怕。如果您有感到呼吸困難，請告訴您的醫生或護士。有很多方法可以幫助您的呼吸。

您的護士可以告訴您和照護者可幫助您呼吸的最佳坐姿或站姿。有些活動可以坐著來做，例如洗澡和更衣。如果您感到呼吸困難，用風扇將空氣吹到臉上或坐在一個打開了的窗口旁。如果需要和另一個房間的人交談，您可以用一個對講機或搖鈴，這樣您就不需要大聲喊或起床。

您的醫生可為您開一些藥去幫助您的呼吸，如有需要的話，您也可以在家裡放置氧氣機。

### **口腔問題**

您可能會覺得口乾，或者有口腔潰瘍或受到感染，有些藥物可能回令這些問題更糟糕。如果您有口腔問題，請告訴您的醫生或護士好讓他們可以幫助您解決問題。

保持口腔清潔非常重要。用含氟牙膏（大部份的一般牙膏）每天刷牙兩次。如果口腔裡有任何位置感到疼痛，您可以使用柔軟的嬰兒牙刷。如果您的醫生給了您漱口水，請按照他們的指示使用。

遠離咖啡因、酒精或吸煙可改善情況，因為這些可令您的口腔情況更差。如果口乾，可以嘗試喝一小口的湯力水、吸吮冰塊或咀嚼無糖口香糖。

## 面對較嚴重的症狀

您的症狀通常都會在家裡接受治療，但您有時候需要前往臨終關懷機構或醫院，您的護士或醫生會就這方面與您交談。當您感覺好一點之後，您一般便可以回家。

## 生命的最後幾天

來到生命的最後幾天，大家都會有不同的經歷。任何人都很難預料到會發生的事情及準確的時間。通常您會逐漸變得非常虛弱，體力大大減少。您可能會：

- 覺得很難走動
- 從床移到椅子的時候需要幫助
- 大部份時間都需要待在床上
- 對身邊的事物失去興趣
- 需要睡很多，而當您醒著的時候仍覺得很睏
- 感到困惑，不確定自己是否在做夢。

## 身體護理

需要看護您的人提供更多的照顧。如果家人在照顧您的時候需要幫助，您的護士可以作出安排。

您可能會覺得口乾和嘴唇乾，並需要定期將其沾濕。您的護士可能會拿一根沾了水的棉花棒來沾濕您的嘴唇。他們可以示範給您的照護者看。他們也可以為您的嘴唇塗上潤唇膏，以防止皮膚過乾導致裂開。

照護者需要為您的皮膚塗上保濕，並定期改變您的姿勢。這能防止您的皮膚變得酸痛。護士可以告訴您的照護者，當您不能自己移動時，如何讓您舒服一點。

很多時候，您甚麼都不需要做。您可以安靜地躺著，親人或朋友可以和您坐在一起。讓他們知道您是想談話還是想有自己安靜的時間。您可能會想聽一些您最喜歡的音樂。

## 症狀

有時候，您的護士或醫生可能會改變您的藥物。他們可能會停止一些您不再需要的藥物。如果您出現了新的症狀，您可能需要新的藥物。

如果您對於吞嚥片劑有問題的話，藥物也可以透過以下方法給到您：

- 透過注射
- 透過貼在皮膚上的貼布
- 透過連接到小泵的注射器

您可能會很難在晚上或週末獲得藥物。您的醫生或護士可能會為了以防萬一留下一些給您。這些是「以防萬一」藥物。當您有「以防萬一」藥物在家裡，您需要用到的時候就不會有任何延遲。

有些人會出現以下的症狀。您可能不會發覺到這些症狀，因為您會覺得很睏。

### 呼吸變化

您的喉嚨或胸部可能會積聚一些液體。這可能會使您的呼吸聲較大，但它通常不會令您難受。您的護士可以幫助您找出停止液體積聚的方法或給您藥物的幫助。

### 不安

有些人會感到不安，這可能是因為他們非常擔心。您可以服用一些藥物來幫助您放鬆和入睡。找一位親密的家庭成員在您身邊，或者一位宗教領袖與您坐下來談話和祈禱。

### 膀胱變化

您可能無法再控制您的膀胱。您的護士可以給您一些特殊的床單和床墊。他們也可以為您插尿管，幫您從體內直接導出小便。

如果您的照護者對您的任何症狀表示擔心，他們應該聯絡您的家庭醫生或護士。

## 接近死亡

一想到自己快要死了肯定會令人感到非常害怕，但這是很正常的事情。

您可能會在這個時候有些事情想要完成，其中包括：

- 有人讀出某些書或禱告的一些部份
- 播放您最喜歡的音樂
- 讓您安靜地渡過。

您也可能會想精神或宗教領袖陪伴您。將您的願望告訴您的照護者或親人，讓他們確保這個安排。



## 會發生的事情

對很多人來說，死亡是一件很平靜的事情。您通常會進入到深度睡眠的狀態，覺得很難醒過來。

您會進入沉睡的狀態並無法醒過來。您可能仍然會聽到和知道家人和朋友在旁邊。有些人可能會醒過來，說幾句話，然後再次沉睡。

**如果您在家有發生任何令您的照護者擔憂的事情，他們應該聯絡您的護士或家庭醫生。**

當您臨近死亡時，您的手腳會變得冰冷。您的嘴唇和指甲會變得青白。這都是正常的。您的呼吸也可能會起變化，變得更慢，每道氣之前的時間會更長。最後，您的呼吸會完全停止。

## 離世後

**本部份是為了您的親人或照護者而設的，但您也可能會想一起看。**

大家對死亡的反應都不一樣。您最初的時候可能會覺得震驚或麻木，您也可能會覺得沮喪或憤怒，或者您會覺得鬆了一口氣，您的親人或朋友終於都能安息了。

如果您想的話，您可以多花點時間陪伴剛離世的人，很多人會坐在其身旁或扶著手談話。您可能會想找一位親人或朋友陪著支持您，做您感覺對的便可以了。

花些時間去做對您重要的任何傳統。在這個時候，找一位精神或宗教領袖陪伴您可能會有幫助。

## 家庭醫生會做的事情

如果是在家裡離世的話，您則需要告訴其家庭醫生或社區護士，他們會來家裡確認死亡。

如果來的是家庭醫生，他會給您一張死亡證，這會確認死亡原因。他們也會給您一個叫「親屬通知書」的表格，告訴您如何登記死亡（見下文）。

如果護士或非辦公時間的醫生來到，他們可以確認死亡，但您可能需要在翌天向家庭醫生索取死亡證。

## 殯儀館代表會做的事情

一旦確認了死亡，您可以聯絡殯儀館（喪葬承辦者），他們全天 24 小時提供服務，會告訴您之後的步驟。您可以在當地的電話簿或網路上找一間殯儀館。

殯儀館會在您想要見他們的時候派代表前來，他們會接管您親人或朋友的遺體。您可以告訴殯儀館代表您想他們怎樣做，或者是否有任何傳統儀式需要遵循。

他們會將您親人的遺體帶到殯儀館的安息小堂。如果您想的話，您可以到安息小堂去看看親人的遺體。如果您想將遺體放在家裡直至是時候舉行葬禮的話，您可以告訴殯儀館代表。殯儀館代表也會問您想要他們穿這甚麼衣服。

## 登錄死亡

在舉行葬禮之前，您需要在當地的登錄辦事處先為離世的人登錄死亡。這必須在五天内完成（蘇格蘭為八天）。您可以在電話簿中找到當地的登錄辦事處的詳細資料。登錄辦事處的資料也可能會寫在裝著死亡證的信封上。前往登記死亡之前，先打個電話給登錄辦事處，您可能需要提前預約。您也可以瀏覽 [gov.uk/register-a-death](http://gov.uk/register-a-death) 查詢更多的資料。

## 籌劃葬禮

您的親人或朋友可能已經告訴過您或者寫下了他們想要怎樣的葬禮。根據某些文化和宗教，在死亡後沒多久就舉行葬禮是很重要的。如果是這樣的話，要告訴殯儀館代表。

殯儀館代表會幫您安排葬禮的事務。您也可以向宗教或精神領袖尋求協助。如果您的親人沒有留下任何關於他們的願望的信息，殯儀館代表會教您該如何籌劃葬禮。

## 哀傷會令您如何感覺

在與您親密的人離世後感到哀傷是正常的。您可能會感覺麻木、否認事實、憤怒或有罪惡感。您可能會很想念那個人或是感到很沮喪。雖然這些情感在開始時非常強烈，但之後會逐漸減少。

找人訴說你的感受可以帶給您幫助。您也可以和家人或朋友傾談。慈善團體 [Cruse Bereavement Care](#) 也可以提供援助（見第 12 頁）。

如果您無法舒緩您的感受，請告訴您的家庭醫生，他們可能可以幫到您。他們也可以轉介您到其他提供援助的人士，例如輔導員。很多人會覺得與輔導員談話很有效。

## 麥克米倫如何給予幫助

麥克米倫來到這裡是為了幫助您和您的家人。您可以下列方式獲得援助：

- **麥克米倫支持熱線 (0808 808 00 00)**。我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用甚麼語言即可。我們可以回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。我們的電話接聽時間是週一至週五上午 9 點至晚上 8 點。
- **麥克米倫網站 ([macmillan.org.uk](http://macmillan.org.uk))**。我們的網站有很多有關癌症和癌症病患生活的資訊。欲瞭解其他語言的更多資訊，請訪問 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)。
- **資訊中心**。您可透過資訊中心向癌症援助專家諮詢並獲得書面資訊。造訪 [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) 或致電我們，您可以尋找離您最近的諮詢中心。您的醫院可能設有資訊中心。
- **本地援助小組**– 瀏覽 [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 或致電我們，您可以尋找離您最近的本地援助小組。
- **麥克米倫網路社群**– 前往 [macmillan.org.uk/community](http://macmillan.org.uk/community)，您可以與處境相似的人溝通。

## 有用的組織聯絡方式

為生命接近終點的人提供護理：

**瑪麗·居里**

電話： 0800 090 2309（週一至週五上午 8 時至下午 6 時；週六上午 11 時至下午 5 時）

電郵： [supporter.services@mariecurie.org.uk](mailto:supporter.services@mariecurie.org.uk)

[www.mariecurie.org.uk](http://www.mariecurie.org.uk)

瑪麗·居里護士為生命接近終點的人士提供免費護理。他們可以在您家裡或臨終關懷機構照顧您，也可以在夜間提供護理。

輔導和情感援助：

**It's Good to Talk（英國心理諮詢協會）**

電話： 01455 883 300

電郵： [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

[www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk)

您可以在網站上搜索輔導員，並閱讀有關治療及如何提供幫助的資訊。

為照護者提供援助：

**英國照護者協會**

電話（英國、電話（英格蘭、蘇格蘭和威爾士）： 0808 808 7777

電話（北愛爾蘭）： 028 9043 9843

（週三至週四上午 10 時至中午 12 時以及下午 2 時至 4 時）

電郵： [advice@carersuk.org](mailto:advice@carersuk.org)

[www.carersuk.org](http://www.carersuk.org)

為全英國的照護者提供資訊和援助。他們可以為您提供聯絡您所在地區的照護者。

當有人離世時提供援助：

**Cruse Bereavement Care**

電話： 0808 808 1677（週一及週五上午 9 時半至下午 5 時；週二至週四上午 9 時半至下午 8 時）

電郵： [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

[www.cruse.bereavementcare.org.uk](http://www.cruse.bereavementcare.org.uk)

如果您有親人離世，這些是可以為您提供援助的英國分行。您可以在

[www.cruse.org.uk/cruse-areas-and-branches](http://www.cruse.org.uk/cruse-areas-and-branches) 找到您當地的分行

## 尋找律師：

### 英國和威爾士法律協會

電話：020 7242 1222

[www.lawsociety.org.uk](http://www.lawsociety.org.uk)

代表英格蘭和威爾士的律師並可提供律師的相關詳細資訊。

### 蘇格蘭法律協會

電話：0131 226 7411

[www.lawscot.org.uk](http://www.lawscot.org.uk)

代表蘇格蘭的律師並可提供律師的相關詳細資訊。

### 北愛爾蘭法律協會

電話：028 9023 1614

[www.lawsoc-ni.org](http://www.lawsoc-ni.org)

代表北愛爾蘭的律師並可提供律師的相關詳細資訊。

## 辭彙表

<b>Bladder</b>	<b>佈拉德</b>	<b>膀胱</b>	體內去廁所排泄之前將小便到貯藏的器官。
<b>Calories</b>	<b>卡咯裏斯</b>	<b>卡路</b>	食物中所含能量的單位。您的身體需要從食物獲得能量。
<b>Chapel of rest</b>	<b>沙埔·喔 伏·勒斯特</b>	<b>安息小堂</b>	舉行葬禮之前放置遺體的地方。
<b>Constipation</b>	<b>克斯塔佩巡</b>	<b>便秘</b>	排便（上廁所）困難或痛苦時。也可能排便沒有往常頻繁，或大便較硬，成塊狀。
<b>Counsellor</b>	<b>卡恩斯喇</b>	<b>輔導員</b>	受過培訓，幫助人們面對自己的情緒或個人問題的專業人士。
<b>Fluoride</b>	<b>弗落喇德</b>	<b>氟</b>	大部份牙膏成份裡的天然礦物質。
<b>Funeral director</b>	<b>伏納拉 魯·戴勒科 特</b>	<b>殯儀館代表</b>	安排計劃葬禮的人。他們也是在葬禮舉行前看管遺體及離世人士的家庭提供援助的人。
<b>Funeral home</b>	<b>伏納拉 魯·霍姆</b>	<b>殯儀館</b>	為遺體準備舉行葬禮的地方。安息小堂就是在殯儀館裡面。
<b>Grief</b>	<b>故里伏</b>	<b>哀傷</b>	哀傷是您在有人離世時的感覺。每個人都會有不同的感覺。

<b>Register office</b>	<b>勒吉斯塔·噢伏斯</b>	<b>登錄辦事處</b>	記錄出生、婚姻和死亡的政府辦事處。
<b>Solicitor</b>	<b>索勒斯塔</b>	<b>律師</b>	受過培訓，幫助人立遺囑的法律專業人士

## 更多中文繁體版本的資訊

我們提供更多關於以下主題的中文繁體版本：

<p><b>癌症類型</b></p> <ul style="list-style-type: none"> <li>• 乳腺癌</li> <li>• 大腸癌</li> <li>• 肺癌</li> <li>• 前列腺癌</li> </ul> <p><b>治療</b></p> <ul style="list-style-type: none"> <li>• 化療</li> <li>• 放療</li> <li>• 手術治療</li> </ul>	<p><b>應對前列腺癌</b></p> <ul style="list-style-type: none"> <li>• 若您被診斷患有癌症 – 快速指南</li> <li>• 申請福利救濟</li> <li>• 飲食問題與癌症</li> <li>• 生命的終點</li> <li>• 健康飲食</li> <li>• 疲憊（疲勞）與癌症</li> <li>• 癌症治療的副作用</li> <li>• 您可以做些甚麼來幫助自己</li> </ul>
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欲查看該資訊，請前往 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

以中文繁體與我們溝通。

您可撥打麥克米倫免費電話 0808 808 00 00 透過口譯員用您的母語與我們交談。您可以同我們討論您的憂慮和醫療問題。您只需用英語告訴我們您希望使用甚麼語言即可。

我們的辦公時間是週一至週五上午 9 點至晚上 8 點。

## 參考文獻與致謝

所有這些資料均由麥克米倫癌症援助機構的資訊編製團隊撰寫和編輯。

本資料單資訊以麥克米倫宣傳冊《生命的終點》為基礎編制而成。本宣傳冊是由瑪麗·居里協力編制而成。我們可以將副本發送給您，但完整手冊只有英語版本。

該內容已由相關專家審核，並獲得我們的首席醫學編輯、麥克米倫顧問腫瘤學醫師 Tim Iveson 博士的批准。

感謝 Myton Hospice 護理副主任 Kirsty Clayton 和麥克米倫護士顧問 Anna-Marie Stevens。同時感謝審閱本版的癌症病患。

我們所有的資料都依據可獲得的最佳證據。關於我們所用資源的更多資訊，請透過 [bookletfeedback@macmillan.org.uk](mailto:bookletfeedback@macmillan.org.uk) 聯絡我們。

MAC14363



審閱內容：2017 年 1 月計劃下次  
審閱：2018 年

我們盡最大努力確保我們提供的資訊準確無誤，但其並不能反映最新的醫學研究情況，因為這是不斷變化的。若您擔心您的健康狀況，則應諮詢您的醫生。麥克米倫對由於此資訊或第三方資訊（如我們所連結到的網站上的資訊）的任何不準確所造成的任何損失或損害不承擔任何責任。

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MAC14363

## End of life

This fact sheet is about what happens towards the end of life and how to plan for it.

Any words that are underlined are explained in the glossary at the end.

This fact sheet tells you about who can help care for you at home. It explains what to expect in the last few weeks of life. It also has information for your relatives and close friends about what to do after your death. You may want to read this section too.

You may find some of this information upsetting to read. You may want to ask a close relative, friend or health professional to read it as well, so you can discuss the information together.

If you have any questions, ask your doctor or nurse.

If you have any questions or want to talk to someone, you can call Macmillan Cancer Support on **0808 808 00 00**, Monday to Friday, 9am to 8pm. We have interpreters, so you can speak to us in your own language. Just tell us, in English, the language you want to use.

We have more information in [language] about different types of cancer, treatments and living with cancer. Visit [macmillan.org.uk/translations](http://macmillan.org.uk/translations) or call us on **0808 808 00 00**.

### In this fact sheet:

- How you may feel
- Planning ahead
- Who can look after you at home
- The last few weeks of life
- The last few days of life
- Nearing death
- After death
- How Macmillan can help
- Contact details of useful organisations
- Glossary
- More information in [language]



## **How you may feel**

Being told that you may be reaching the end of your life can be very difficult. You may know that you are becoming more ill, but it can still be a shock to learn you may not have long to live. You may feel it is unfair. You may worry about what will happen next. You may be tearful and sad. You may not know how to cope with these different feelings.

Some people find it helpful to talk about how they are feeling. You could talk to family or friends, or your doctor or nurse. Or you can speak to one of Macmillan's cancer support specialists on **0808 808 00 00**. We have interpreters.

You will probably have days when you feel well and days when you don't. On days when you feel well, you may want to do things you enjoy or spend time with people. Or you may want to do other important things, such as making a will or planning your funeral.

## **Religion and spirituality**

Towards the end of life, people often become more aware of religious beliefs or spiritual feelings. People with a strong religious faith often find this helpful. Sometimes people question their faith and whether there is a life after death. This can be very difficult.

It may help to talk to a religious leader. You can do this even if you are not sure about what you believe. Spiritual and religious leaders are used to helping people through these times and you may find peace of mind.

Some people find comfort in prayer or meditation. Many people find it helpful knowing that other people are praying for them.

## **Planning ahead**

### **Making a will**

It is important to make a will. This is the only way to make sure those close to you know your wishes about belongings and property.

Your will is a legal document. It is usually best to use a solicitor when writing your will. They will make sure everyone understands what you want to happen. If you need help finding a solicitor, you can contact the Law Society (see page xx).

### **Planning your funeral**

You may want to plan your funeral. You can think about:

- whether you want a burial or cremation
- what type of service you want
- what songs you would like
- what clothes you want to wear.

You may want to talk to your family or friends about these plans. They may also have ideas that will help them say goodbye. If there are things that you want to happen at your funeral, write them down, so that people know.

## **Who can look after you at home**

It is important that you and those who look after you have all the support you need. There are many people who can help you when you are at home

### **Your GP**

While you are at home, your GP is responsible for your medical care. They can help if you:

- are worried about any changes in your symptoms
- want to talk about the future and what may happen
- need advice about getting nursing care or other help in the home.

### **Community nurses**

Community nurses work closely with GPs. They can help with any symptoms you have. They can:

- give you medicines and change dressings
- help make you more comfortable and arrange equipment if needed
- give your relatives or carers advice on looking after you
- contact other people who can help, like social workers or specialist nurses
- help you cope with your feelings.

### **Marie Curie Nurses**

Marie Curie Nurses care for people who are nearing the end of their life. They visit people at home and can provide care during the day or overnight. This allows your carers to have a break or get a good night's sleep.

Your district nurse or GP can arrange a Marie Curie Nurse for you.

### **Palliative care teams**

These are specialist nurses and doctors. They support people and their families who are coping with cancer and other serious illnesses

You may have a palliative care team if you have symptoms that you need help with.

## **Hospice teams**

Some hospices have nurses who can help care for you at home. This is usually for the last few weeks and days of life. Your palliative care team can arrange it for you.

## **Social workers**

Social workers can arrange help with housework and other practical tasks. You, or your doctor or nurse, can contact a social worker to ask for this help. If you can afford it, you may be asked to pay for some of it.

## **Occupational therapists**

Occupational therapists can visit your home and provide any equipment you need. This may be things like:

- rails to help you move around
- equipment for your shower or bath
- special cups and cutlery to make eating easier.

**Your nurse or doctor can arrange any of the services described above. They will also tell you about other help available in your area.**

## **The last few weeks of life**

During the last few weeks of life, you may notice some of the following changes.

### **Emotional changes**

It is natural to feel worried or anxious when you are facing death. You may feel angry. Some people become sad and withdrawn. Sometimes this may be due to depression. If you think you may be depressed, talk to your doctor.

Talking to your family or your nurse may help you feel better. Some people prefer to talk to a person they don't know, such as a counsellor. Your doctor or nurse can arrange this for you.

### **Physical changes and symptoms**

#### **Tiredness**

It is normal to gradually lose energy and not be able to do as much. You may need to rest a lot during the day. Ask for help with things that are tiring, like washing and dressing. Your nurse or doctor can tell you about local services that can help. If eating a meal makes you tired, try to eat small amounts regularly instead.

### **Sleep problems**

Some people find it hard to sleep well. There may be many reasons for this. You may be worrying or you may have symptoms that are bothering you.

Some medicines can keep you awake. Tell your doctor or nurse if you are not sleeping well.

To help you sleep:

- reduce light and noise
- make sure you are not too hot or cold
- have a hot drink before going to bed, but avoid caffeine and alcohol
- avoid using a TV or computer for about an hour before you go to bed
- use a relaxation CD or DVD, or listen to some relaxing music

**If these things don't help, your doctor or nurse may suggest you try sleeping tablets for a short time.**

### **Pain**

Tell your doctor or nurse if you have pain. They can help with this and give you painkillers if you need them.

There are many types of painkiller. Your doctor or nurse will decide which one is best for you.

**Always follow your doctor's instructions on when to take painkillers. Most work best when they are taken at regular times during the day.**

You usually have painkillers as tablets, liquid medicines, or patches stuck onto the skin. If you can't swallow or are being sick, there are other ways you can have painkillers.

Your nurse or doctor can explain more about your painkillers.

### **Side effects from painkillers**

Stronger painkillers can cause drowsiness, sickness and constipation. Drowsiness usually stops after a few days. If you feel sick, you can be given anti-sickness drugs to help. Sickness usually gets better in a few days. Constipation is common. Most people taking strong painkillers also need to take a medicine called a laxative to help with this. Your doctor or nurse can tell you more.

### **Reducing pain**

There may be simple things you can do to reduce your pain:

- Find a comfortable position to sit or lie in
- Try putting something warm or something cool on the painful area
- Use relaxation techniques such as deep breathing or meditation
- Try to distract yourself by listening to music or watching a film

### **Feeling sick or vomiting**

If this happens, your doctor or nurse can give you anti-sickness drugs to help. It is important to take the medicine regularly to prevent the sickness returning. Your doctor or nurse will tell you more about this.

If you feel sick, try these things:

- ginger tea, ginger beer or ginger biscuits
- sipping fizzy drinks
- eating small amounts regularly, rather than a big meal
- eating dry foods, like crackers
- eating warm or cold food, rather than hot food.

### **Losing weight or losing your appetite**

You may not want to eat if you feel sick or tired. You may lose weight, which can be upsetting for you and your relatives.

As time goes on, you may not want to eat. Try eating smaller amounts more often and have snacks. Choose foods that have lots of calories. Medicines called steroids can sometimes help improve your appetite. Your doctor can provide these if they may help you.

As you near the end of your life, you may not want to eat at all. Don't force yourself to eat. Have small amounts of things you enjoy. You may find nutritious drinks easier to have. There are drinks called Build Up<sup>®</sup> and Complian<sup>®</sup>. Your doctor or nurse can get these for you.

### **Constipation**

Many people get constipation. This is because they are not moving around and not eating and drinking as much. Some medicines also cause constipation. Tell your doctor or nurse if you have this problem. They can give you medicines called laxatives to help. Make sure you drink plenty of fluids.

### **Feeling breathless**

This is very common and can be frightening. Tell your doctor or nurse if you feel breathless. There are many ways they can help you with your breathing.

Your nurse can show you and your carers the best place for you to sit or stand to help your breathing. Sit down to do jobs like washing and dressing. If you are feeling breathless, use a cool fan to blow air onto your face or sit by an open window. If you need to talk to someone in another room, use a baby monitor or bell so that you don't need to shout or get up.

Your doctor may give you medicines to help with your breathing. You can also have oxygen at home if you need it.

## **Mouth problems**

You may have a dry mouth, or get ulcers or an infection. Some medicines can make these problems worse. Tell your nurse or doctor if you have mouth problems so that they can treat them.

It helps to keep your mouth clean. Brush your teeth twice a day using a toothpaste that contains fluoride (most toothpastes do). Use a soft baby toothbrush if your mouth is sore. If your doctor gave you a mouthwash, follow their instructions about how to use it.

It can help to avoid caffeine, alcohol or smoking, as these can make your mouth worse. If your mouth is dry, sip tonic water, suck ice cubes or chew sugar-free gum.

## **Managing difficult symptoms**

Your symptoms can often be treated at home. But sometimes you may need to go into a hospice or hospital. Your nurse or doctor will talk to you about this. Once you are feeling a bit better, you can usually go home again.

## **The last few days of life**

People have different experiences in the last few days of life. It can be difficult to know exactly what will happen and when. Usually you will slowly become very weak and have little energy. You may:

- find it difficult to move around
- need help getting from your bed to a chair
- need to spend most or all of the day in bed
- lose interest in what is happening around you
- sleep a lot and feel drowsy when you are awake
- feel confused and unsure whether you are dreaming.

## **Physical care**

You will need more care from those looking after you. If your family needs help to look after you, your nurse can arrange this.

Your mouth and lips may become dry. They will need to be moistened regularly. Your nurse may use a swab to do this (like a big cotton bud). They can show your carers how to use them. They can also put lip balm on your lips to stop them cracking.

Your carers will need to moisturise your skin and change your position regularly. This will stop your skin becoming sore. The nurses can show your carers how to make you comfortable when you cannot move yourself.

There may be a lot of time when you do not need to have anything done. You can lie quietly and your relatives or friends can sit with you. Let them know whether you'd like to talk or have some time on your own. You may want to listen to some favourite music.

## **Symptoms**

Sometimes your nurse or doctor may change your medicines. They may stop any medicines you no longer need. If you develop new symptoms, you may start a new medicine.

If you have problems swallowing tablets, medicines can also be given:

- by injection
- by patches stuck on the skin
- by a syringe attached to a small pump.

It can sometimes be hard to get medicines quickly at night or at weekends. Your doctor or nurse may leave some with you in case you need them. These are called 'just in case' medicines. When you have 'just-in-case' medicines at home, there is no delay if you need them.

Some people develop the symptoms below. You are unlikely to be aware of these symptoms, as you will be sleepy.

### **Breathing changes**

Fluid can sometimes collect in your throat or chest. This may make your breathing noisy but it won't usually cause you any distress. Your nurses can help you find ways to stop the fluid building up or give you medicines to help.

### **Restlessness**

Some people become restless. This may be because they are worried. You can have medicines to help you relax and sleep. Having a close family member with you can help, or a religious leader who can sit, talk or pray with you.

### **Bladder changes**

You may not be able to control your bladder. Your nurse can get you special bed covers and pads. They may put a tube into your bladder to drain away urine.

**If your carers are worried about any of your symptoms, they should contact your GP or nurse.**

## **Nearing death**

Thinking about dying can be very frightening. It's normal to worry about what will happen.

You may want certain things done as you near death. This might include:

- parts of books or prayers being read out
- favourite music playing
- being quiet.

You may also want a spiritual or religious leader with you. Tell your carers or relatives what you would like so they can make sure it happens.

## **What happens**

For many people, dying is very peaceful. You will usually fall into a deep sleep and find it difficult to wake up.

Usually you are so deeply asleep you cannot wake up. You may still be able to hear and be aware that family and friends are close by. Some people have times when they are awake and can talk, and then they go back into a deep sleep.

**If you are at home and anything happens that worries your carers, they should contact your nurse or GP.**

As you near death, your hands and feet become cold. Your lips and nails may turn slightly blue. This is normal. Your breathing may also change, becoming slower with longer gaps between each breath. Finally, your breathing will completely stop.

## **After death**

**This section is written for your relatives or carers, but you may want to read it too.**

Everyone reacts to death differently. At first you may feel shocked or numb. You may also be very upset or angry. Or you may feel relieved that your relative or friend is now at peace.

You can spend time with the person who has died if you want to. Many people like to sit and talk or hold hands. You may want to have a relative or friend there to support you. Do what you feel is right.

Take time to carry out any traditions that are important to you. It may also help to have a spiritual or religious leader with you at this time.



## **What the GP will do**

If the person died at home, you will need to tell their GP or community nurse. They will come to the house to confirm the death.

If the GP comes, they will give you a death certificate. This confirms the cause of death. They will also give you a form called 'Notice to informant'. This tells you how to register the death (see below).

If a nurse or out-of-hours doctor comes, they will confirm the death. But you may need to get the death certificate from your GP the next day.

## **What the funeral director will do**

Once the death has been confirmed, you can contact the funeral director (undertaker). They are available 24 hours a day. They can tell you what to do next. You can find a funeral director in your local phone book or on the internet.

The funeral director will come as soon as you want them to. They will take care of your relative's or friend's body. You can tell the funeral director how you would like them to do this and if there are any traditions to follow.

They will take your relative's body to the chapel of rest in the funeral home. You can visit the chapel to be with your relative's body if you would like to. Tell the funeral director if you would prefer to have your relative's body at home until the funeral. The funeral director will also ask you what clothes you would like them to wear.

## **Registering the death**

Before the funeral can happen, you need to register the death at your local register office. This must be done within five days (or eight days in Scotland). You can find details of your local register office in the phone book. They may also be written on the envelope containing the death certificate. Phone the register office before going to register the death. You may need to make an appointment. You can also visit [gov.uk/register-a-death](http://gov.uk/register-a-death) for more information.

## **Planning the funeral**

Your relative or friend may have told you what they want for their funeral or written it down. In some cultures and religions, it is important to have the funeral soon after the death. Tell the funeral director if this needs to happen.

The funeral director will help you arrange the funeral. You can also get help from a religious or spiritual leader. If your loved one did not leave any information about their wishes, the funeral director will guide you through planning the funeral.

## How grief might make you feel

Grief is normal after the death of someone close to you. You may feel numb, in denial, angry or guilty. You may feel a longing for the person or feel depressed. Although these feelings can be very strong at first, with time they slowly lessen.

Talking about your feelings can help. You may want to talk to close family or friends. The charity Cruse Bereavement Care can also offer support – see page xx.

Tell your GP if you are struggling with how you are feeling. They may be able to help. They can also refer you to other support, for example a counsellor. Many people find talking to a counsellor helpful.

## How Macmillan can help

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00)**. We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open Monday to Friday, 9am to 8pm.
- **The Macmillan website ([macmillan.org.uk](http://macmillan.org.uk))**. Our site has lots of English information about cancer and living with cancer. There is more information in other languages at [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Information centres**. At an information centre, you can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.
- **Local support groups** – Find a group near you at [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) or call us.
- **Macmillan Online Community** – You can talk to other people in similar situations at [macmillan.org.uk/community](http://macmillan.org.uk/community)

## Contact details of useful organisations

### Care at the end of life:

#### Marie Curie

**Telephone** 0800 090 2309 (Monday to Friday, 8am to 6pm, Saturday, 11am to 5pm)

**Email** [supporter.services@mariecurie.org.uk](mailto:supporter.services@mariecurie.org.uk)

**[www.mariecurie.org.uk](http://www.mariecurie.org.uk)**

Marie Curie nurses provide free care to people approaching the end of life. They can look after you at home or in a hospice. They can provide care at night too.

### Counselling and emotional support:

#### It's Good to Talk (British Association for Counselling and Psychotherapy)

**Telephone** 01455 883 300

**Email** [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

**[www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk)**

You can search for a counsellor on the website and read about therapy and how it can help.

### Support for carers:

#### Carers UK

**Telephone (England, Scotland, Wales)** 0808 808 7777

**Telephone (Northern Ireland)** 028 9043 9843

(Wed–Thu, 10am–12pm and 2–4pm)

**Email** [advice@carersuk.org](mailto:advice@carersuk.org)

**[www.carersuk.org](http://www.carersuk.org)**

Gives information and support to carers across the UK. They can put you in contact with support groups for carers in your area.

### Support when someone dies:

#### Cruse Bereavement Care

**Telephone** 0808 808 1677 (Monday and Friday, 9.30am to 5pm, Tuesday to Thursday, 9.30am to 8pm)

**Email:** [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

**[www.cruse.bereavementcare.org.uk](http://www.cruse.bereavementcare.org.uk)**

There are branches across the UK where you can get support if someone you love has died. You can find your local branch at **[www.cruse.org.uk/cruse-areas-and-branches](http://www.cruse.org.uk/cruse-areas-and-branches)**

## **Finding a solicitor:**

### **The Law Society for England and Wales**

**Telephone** 020 7242 1222

**www.lawsociety.org.uk**

Represents solicitors in England and Wales and can provide details of solicitors.

### **The Law Society of Scotland**

**Telephone** 0131 226 7411

**www.lawscot.org.uk**

Represents solicitors in Scotland and can provide details of solicitors.

### **The Law Society of Northern Ireland**

**Telephone** 028 9023 1614

**www.lawsoc-ni.org**

Represents solicitors in Northern Ireland and can provide details of solicitors.

## **Glossary**

**Bladder** – The organ in your body that stores urine until you go to the toilet.

**Calories** – Calories are units of energy found in food. Your body needs energy from food to function.

**Chapel of rest** – The place where someone's body is kept before their funeral.

**Constipation** – When you find it difficult or painful to poo. You might not be going as often as usual, or your poo might be hard and lumpy.

**Counsellor** – A professional who is trained to help people cope with their emotions or personal problems.

**Fluoride** – A natural mineral that is used in most toothpastes.

**Funeral director** – A person who arranges funerals. They also look after the person's body before the funeral and provide support to the family.

**Funeral home** – The building where a person's body is prepared for the funeral. The chapel of rest is inside the funeral home.

**Grief** – Grief is how you feel when someone dies. It is different for everyone.

**Register office** – A local government building where births, marriages and deaths are recorded.

**Solicitor** – A legal professional trained to help people write their will.

## More information in [language]

We have information in [language] about these topics:

<p><b>Types of cancer</b></p> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Large bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <p><b>Treatments</b></p> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul>	<p><b>Coping with cancer</b></p> <ul style="list-style-type: none"><li>• If you're diagnosed with cancer – A quick guide</li><li>• Claiming benefits</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul>
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To see this information, go to [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in your own language through an interpreter. You can talk to us about your worries and medical questions. Just tell us, in English, the language you want to use.

We are open Monday to Friday, 9am to 8pm.

## References and thanks

All of this information has been written and edited by Macmillan Cancer Support's Cancer Information Development team.

The information in this fact sheet is based on the Macmillan booklet **End of life**. This booklet was produced with Marie Curie. We can send you a copy, but the full booklet is only available in English.

This content has been reviewed by relevant experts and approved by our Chief Medical Editor, Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to Kirsty Clayton, Deputy Director of Nursing at Myton Hospice, and Dr Anna-Marie Stevens, Macmillan Nurse Consultant. Thanks also to the people affected by cancer who reviewed this edition.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **bookletfeedback@macmillan.org.uk**

MAC14363



Content reviewed: January 2017

Next planned review: 2018

We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

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