



# Helping people with COVID-19 and their carers with end of life care at home

easy read summary



24 November 2020

This is an easy read summary of 'How can patients with COVID-19 and their family or unpaid carers be enabled and supported to manage palliative care treatment safely and effectively at home?'

The full article with references and the Everyday version are here:

<https://www.cebm.net/covid-19/how-can-patients-with-covid-19-and-their-family-or-unpaid-carers-be-enabled-and-supported-to-manage-palliative-care-treatment-safely-and-effectively-at-home/>



# Introduction



Some patients with COVID-19 know they are dying



Some want to die at home, not in hospital.



We had a question:



How can patients and their family or friends who care for them be supported to make this happen well?





## What we did



We looked at what research other people have done.



We looked at any guidance that has been published.

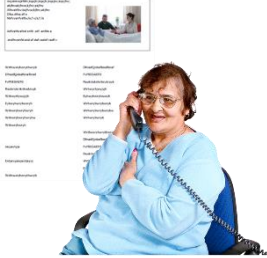


We did not find much information.



## Key things we learned

### Information



Carers need the right support and information,



Then, some carers are able to give medicine to a patient at home.



There is technology that can help.



Not all carers have access to the equipment they would need.



Information and instruction about their caring role and looking after themselves can help carers.



But it is hard to deliver training during the pandemic.



Having people to call for help at any time is important.



## What can healthcare professionals do to help carers?



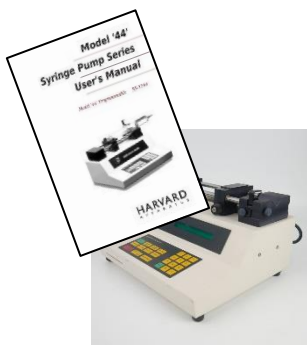
Make sure the carer is willing and able to care and is not being pushed into doing it.



Give practical help such as pre-filled syringes or pill boxes to make it easier to give the correct doses of medicine.



Give clear written details about the medicine and instructions on how to use it.



Give clear instructions for equipment and guides on what to do if the equipment stops working.

24/7



Make sure carers know how to contact their healthcare professionals at all times.



Arrange regular phone or video calls.



Provide information and support resources as leaflets and on-line.



Assess the carer's emotional wellbeing and provide support.



Signpost carers to support if someone they care for dies.





## The Authors



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