

Nutrition at the end of life

For families and carers



*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773

**For an alternative format or
language, please contact;**
enquiries@stnh.org.uk

Later stages of Palliative Care

This is when the person's condition is deteriorating, and they may be experiencing increased symptoms such as pain, nausea and reduced appetite.

In the final stages of a life-limiting illness, or when a person is approaching the end of their life, the focus of their care may change to their quality of life - ensuring as much comfort as possible.

Food and drink



At this time, people often experience a decrease in appetite and loss of interest in food and drink.

This can be worrying for families and carers, but it is a natural and expected part of the dying process. Most people in the late stage of palliative care do not experience hunger or thirst. The body is slowing down, and if someone eats or drinks more than they really want to, it can cause them discomfort.

Artificial feeding; tube feeding or oral nutritional supplements (ONS)

Oral nutritional supplements (ONS)

ONS can be used when a person has difficulty eating due to tiredness or not being able to swallow or chew.

However, the aim here should be to improve the comfort and enjoyment of food. The focus should be on encouraging the person to enjoy their favoured foods, without causing discomfort. There is nothing in ONS which can not be found in normal foods.



Tube feeding

Artificial feeding via a tube has not been found to improve quality of life or prolong life. The repeated insertion and removal of tubes and maintenance of them can also be distressing to the dying person.

Hospice **Advice line**

Call our 24/7 advice line for healthcare professionals and families if you need support with symptom management and end-of-life care.

enquiries@stnh.org.uk
www.stnicholashospice.org.uk

01284 766133

Your Experience **Survey**

We want to develop our services in response to feedback; please consider filling out our survey which is available online or can be requested in paper form.

www.stnicholashospice.org.uk
/your-experience-survey



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