

UPCOMING EVENTS

Syringe Driver Courses

Syringe Driver Competency

7 September: 1pm-3pm.
Venue: Te Rangimarie Hospice

Syringe Driver Refresher

14 September: 1pm - 2:30pm
Venue: Te Rangimarie Hospice

[REGISTER HERE](#)



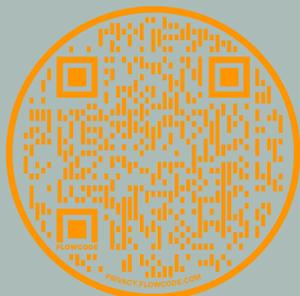
Palliative care lecture series

Palliative Care lecture series –
The Kowhai Programme and the End
of Life Podcast.
(Denise van Aalst Community Hospice)

1 September

This session will be available to listen
to as a recorded session at a later
date and you can access any other
recorded sessions via this link:

[PALLIATIVE CARE LECTURE SERIES](#)



Scan here to visit website

Brain Teaser Competition

Each month our newsletter will have a
puzzle, activity or brainteaser. Submit
your answers to
paula.king@hospicetaranaki.org.nz.

July Brain Teaser Answer:
'my reflection in a mirror'

Last months winner:
Sandra Heal RN Manager Kohatu
Rest Home

I can fly but have no wings. I can cry
but I have no eyes. Wherever I go,
darkness follows me. What am I?

#HOSPICELINK

ORAL PROBLEMS...

Mouth (oral) problems are common in palliative care. They can have a negative impact on someone's quality of life, both physically and emotionally. Mouth care should be part of daily routine care for all patients.

Dry Mouth

Dry mouth (xerostomia) is the subjective feeling of a dry mouth. It's often associated with difficulties with speech, chewing, or swallowing, the need to keep drinking and changes in taste. People with dry mouth can develop a thick coating over the tongue and lining of the mouth.

To help someone with a dry or coated mouth, you can:

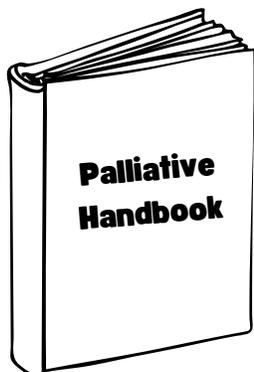
- encourage them to drink cold unsweetened drinks
- suggest sugar-free chewing gum or sucking on old fashioned boiled sweets, as these can stimulate saliva production
- suggest ice chips if the patient has difficulty swallowing
- help them use saliva replacements or oral gel to keep the mouth moist
- gently remove coatings and debris from the lips, tongue and lining of the mouth using a soft toothbrush

Suggested Saliva Substitutes/Replacements

**There are currently no scripted products available to provide moisture relief and comfort for those at end of Life. Saliva Substitute - Oralube 125ml is available, but not funded - this costs about \$37 but varies between Pharmacies

Hospice have been using a product called Dentamed for some time now with excellent feedback. It is reasonably financially viable with a number of options including individual sachets, tubes and larger bottles with nozzle. The most economical way is to buy the larger bottles and then decant them out for individual patients as needed - we just put them in medication pottles for patients to use daily. If you would like to consider this - they have a very good website [Denta-Med](#) or contact Greg@denta-med.co.nz

Do you know about the Palliative Handbook??



The aim of this resource is to make palliative care understandable for healthcare professionals, using clear logical layout and understandable explanations of how to manage and cope with problems that can be very challenging. It includes sections on dementia, nutrition and prescribing. The Handbook is useful in any place where palliative care happens! - it gives confidence to those who use and it and therefore hopefully comfort to the people approaching the end of their lives.

[Palliative Handbook](#)