

**Worksheet ST1.2**

**Recognise the different stages of end of life, and the use of the ‘(double) surprise’ question**

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| **Activity:**It is important to recognise that a resident is in their last days of life so they can receive the best possible care and that their families and friends can be prepared. However it is difficult to know that a person is dying, so the following activity can help you to start to think about this.Complete the following two questions and discuss with your Six Steps programme lead/champion or a suitable member of staff. |
| What signs do you think you may notice when a resident enters the last few days of life (for example, becoming more tired and eating less)?What should you do if you suspect a resident is in their final days of life?  |
| In the previous activity (ST1.1), you considered the use of the ‘surprise question’ (SQ). There is also an additional element called the ‘double surprise question’. This takes the original question **“Would I be surprised if this resident died in the next 12 months”?** and adds a second part: **"Would I be surprised if this patient is still alive after 12 months"?** Try applying this second question and see if it helps you to be more specific? |