KindCare
Palliative Care Plan

Palliative Care Plan: Farah Nasir

Plan Details			
Date completed:	15/02/2023	**Signature:**	Farah Nasir

Client Details			
Client Name:	Farah Nasir	**Date of Birth:**	21/03/1941
Gender:	Female	**Doctors Name:**	Dr Janice Samuels
ID:	AG00648136	**Condition:**	Late-stage Alzheimer's

Participants involved in care

Name	Relationship	Area of Support	Contact
Kamran Nadir	Son	Substitute decision-maker (former carer)	0493 043 004
Lilly Nadir	Daughter-in-Law	Family (former carer)	0471 171 177
Irfan Nadir	Son	Family	0478 610 013
Haseeb Nadir	Son	Family	0496 900 946
Zara Yates	Daughter	Family	0478 654 987
Nadia Nadir	Daughter	Family	0454 369 100
Dr Janice Samuels	Doctor	Medical	0423 541 961

Condition and status

Client has late-stage Alzheimer's.
Client is often unaware of her condition and environment and often does not recognise the care team or family.
Client has aphagia and requires assistance with eating, drinking and communication.
Client recently injured her elbow in a fall.

Palliative care needs; basic interventions

Pain management:	Currently prescribed for elbow injury (not ongoing). Endone tablets; as needed; 2 orally administered.
Movement:	Some assistance when tired.

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Transfers:	Some assistance turning in bed on bad days.
Vision and hearing:	No current needs.
Language and speech:	Difficulty speaking due to aphagia. Client uses a communication board when possible; is sometimes confused by the board.
Toileting and continence:	Requires continence aids.
Showering and grooming:	Assistance required with showering; bed bathing provided when the client is not feeling up to showering; assistance with nail, hair and teeth hygiene.
Dressing and undressing:	Requires assistance.
Eating and drinking:	Requires assistance with eating and drinking; client eats soft foods only.
Cognitive needs:	Memory loss; confusion; requires regular reality orientation and reminders about the day and time.
Sleep:	Often naps once during the day. Must be woken in the night for a change of continence aids; often restless at night.
Palliative care needs; social and emotional needs	
Religion/spirituality/beliefs:	Muslim
Pastoral care requirements:	None
Support with practices:	Reminders at prayer times (search "Islamic prayer times" on Google for exact times based on suburb): • **Fajr** (before dawn) • **Dhuhr** (afternoon) • **Asr** (late afternoon) • **Maghrib** (after sunset) • **Isha** (nighttime)