

# The Last Hours of Their Lives: A Heartbreaking Account of Terminal Patients' Final Moments



## The Last Hours of Their Lives by Joseph A. Wellman

★★★★☆ 4.1 out of 5

Language	: English
File size	: 465 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 175 pages
Lending	: Enabled
Paperback	: 60 pages
Item Weight	: 6.1 ounces
Dimensions	: 8.5 x 0.15 x 8.5 inches



This is a heart-wrenching account of the final hours of terminal patients. It is a powerful reminder of the fragility of life and the importance of cherishing every moment we have.

I have been a hospice nurse for over 10 years, and I have seen many patients die. Each death is different, but there are some common themes that I have observed. In the final hours of life, patients often experience a sense of peace and acceptance. They may also have visions or dreams of loved ones who have passed away. Sometimes, patients will even have a sense of humor in their final moments.

One of the most common questions that I am asked by family members is what their loved one is thinking in the final hours of life. I believe that each patient is different, but I think that many of them are simply at peace. They have lived their lives and they are ready to die. They may be sad to leave their loved ones, but they are also comforted by the knowledge that they will be reunited with them one day.

I have also seen many patients who have died in pain. This is always heartbreaking to witness, but I know that there are things that can be done to help relieve their suffering. Pain medication can be very effective in controlling pain, and there are also other measures that can be taken, such as massage, aromatherapy, and music therapy.

Death is a natural part of life, but it is still a difficult experience for everyone involved. I hope that this article has given you some insight into what to expect in the final hours of a loved one's life. I also hope that it has given you some comfort and peace.

### **Here are some tips for supporting a loved one in their final hours:**

- Be present. This is the most important thing you can do. Simply being there for your loved one and letting them know that you love them can make a big difference.
- Listen. Allow your loved one to talk about anything they want to talk about. Don't try to change the subject or offer advice unless they ask for it. Just listen and be supportive.
- Respect their wishes. If your loved one has any specific wishes for their final hours, such as wanting to be alone or wanting to have a certain song played, respect their wishes.

- Take care of yourself. It is important to take care of yourself during this difficult time. Make sure to get enough rest, eat healthy foods, and exercise. You will need all your strength to support your loved one.

I hope this article has been helpful. Please feel free to leave a comment below if you have any questions or if you would like to share your own experiences.



### **Further Reading**

- The Final Hours of Life: A Systematic Review of the Literature
- The Final Hours of Life
- Caring for the Dying



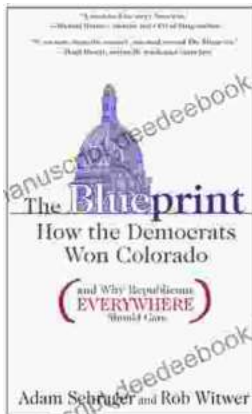
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