

Respiratory Intervention and End of Life Matters- Until the Last Breath

Hayfa Shakkour-Perez*

Registered Respiratory Therapist, UPMC- University of Pittsburgh Medical Center, USA

***Corresponding Author:** Hayfa Shakkour-Perez, Registered Respiratory Therapist, UPMC- University of Pittsburgh Medical Center, USA.

Received: December 17, 2018; **Published:** January 21, 2019

Respiratory Care is a practice that responds to all stages of life. From birth to death, Respiratory Care is essential, as health declines and decisions made limiting intervention. A plan of care becomes necessary to lessen the struggles, thus allowing the end to come with dignity and peace. End of life care is a very important stage- life as it once was no longer exists. As the struggle to live diminishes and medical intervention declined, the options become limited. Comfort, peace and dignity become a goal as a plan of care is implemented. It is up to us as Clinicians to offer a holistic approach to care and remind ourselves that perception will mold the decisions voiced.

Let's talk about what End of life care really means- Is it implementing NIV to assist with respiratory distress or do we withhold this type of intervention due to the situation? Is it withholding antibiotics, pain medication or maintenance drugs? What are the expectations of End of Life? What type of supportive care should we offer? Is a holistic approach necessary for End of Life? The answers to these questions are not easy, but necessary. The ultimate goal is to maintain comfort, dignity, peace and respect. Choices may differ depending on the situation and preference. End of life care needs may include medication to lessen the pain, anxiety and stress. Emotional, spiritual and physical support to lessen the burden felt. Respiratory support may be implemented via NIV for relief of respiratory distress. Although there are many who feel that NIV may not be warranted when this stage of life presents itself, however if NIV allows for relief and is requested- it must be offered.

Respiratory care has advanced throughout the years. Extending life with medicine, artificial life support and intervention has opened up many doorways that are not always accepted. It is our responsibility as professionals to respect and assist our patients during their struggles, fears and the decisions. End of life holistic care is necessary for peace as life fades away. Until the last breath is taken, dignity must be preserved.

Volume 8 Issue 2 February 2019

©All rights reserved by Hayfa Shakkour-Perez.