

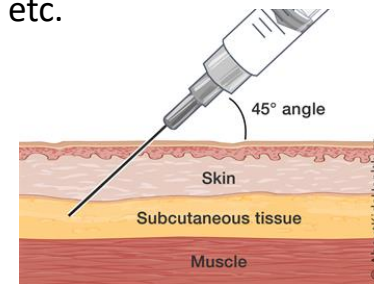


Syringe Driver



A small, portable, battery operated device that administers medicines subcutaneously* over a selected time period, usually 24 hours

*Footnote: A subcutaneous injection is administered as a bolus into the subcutis, the layer of skin directly below the dermis and epidermis, collectively referred to as the cutis. Subcutaneous injections are highly effective in administering medications such as insulin, morphine etc.





Morphine



Morphine is a strong painkiller. It's used to treat severe pain, for example after an operation or a serious injury, or pain from cancer or a heart attack.

It's also used for other types of long-standing pain when weaker painkillers no longer work.





Handheld fan



Ease the breathlessness

Instructions:

- Get into a comfortable position such as sitting in a chair with your back supported
- Hold your fan approximately six inches or 15 cm from your face
- Aim the draft of air towards the central part of your face so that you feel the draught around the sides of your nose and above your top lip





Handgrip Strength Test



- Used as a frailty marker & sarcopenia
- What is sarcopenia*??

age related, involuntary loss of skeletal muscle mass and strength

- Useful for measuring strength of hand forearm muscles
- Maximum grip strength is <27 kg for men or <16 kg for women



*Footnote: **Sarcopenia** is a syndrome characterized by progressive and generalized loss of skeletal muscle mass and strength and it is strictly correlated with physical disability, poor quality of life and death.





Crutches



- Mobility
- By using crutches people can carry on moving around!
- Crutches help people carrying on living independently
- Improves quality of life





Saliva Spray



- No saliva, no problem!
- Mouth (oral) problems are common in palliative care
- Helps with dry mouth (xerostomia)

