

In My Own Bed Please

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The Whys and Wherefores of staying at home with Covid-19

- My own experience
- The origins and evolution of IMOBP
- Aims and Objectives
- Attitudes to mortality
- Dying at home
- What needs to change
- Planning for death
- Bereavement experience
- Cost/benefit analysis
- Books and websites

My own Experience

- Professional
- Personal
- Counselling
- Campaigning

The origins and evolution of IMOBP

- Letters to the papers
- Broadcasts
- The team
- Blogs and scenarios
- Involvement with research groups
- Presentations
- What next?

Aims and Objectives

- To facilitate the provision of EOL-care to those who prefer to stay at home with severe Covid-19
- To empower those at risk to consider and access such care if desired
- To encourage the gathering of evidence and its interpretation to support the above

Attitudes to mortality

- Denial
- Taboo
- Stages of life
- Medicalisation of death
- Recognising the dying state
- De-escalation

Dying at home

- Hospital dominated care
- Access to domiciliary care in a pandemic
- Implications for loved-ones
- The idealised death-bed scene
- Individual needs and wishes
- Symptom control

What needs to change?

- Awareness, acceptance and understanding
- Preparation – especially in a pandemic
- Flexibility
- Closing the gap

Planning for death

- Consider your feelings
- Assess your risks in the current situation
- Discuss with family, carers and HCPs
- Ask what can be done
- Make a plan, documented and witnessed
- Share your plan
- Don't panic!

Bereavement experience

- Complicated grief
- A peaceful and comforted death
- Unintended consequences of dying at home
- Bereavement in a pandemic
- Prevention of the grief burden
- Bereavement support

Cost/benefit Analysis

- Benefit to the dying
- Benefit to the bereaved
- Cost to the NHS
- Cost to the national psyche

Conclusion

- Taking responsibility
- Facing reality
- Coming together
- Thinking about death need not be morbid

Books and Websites

- 'Dear Life' – Rachel Clarke
- 'Being Mortal' – Atul Gawande
- 'With the End in Mind' – Kathryn Mannix
- MarieCurie.org.uk
- Hospiceuk.org
- cebm.net
- mydecision.org.uk
- chilterncompass.org.uk