

CONFIRMATION OF DEATH PROCEDURE: **CLINICAL SIGNS**

Observations & examination over a minimum of 5 minutes

- + Absence of carotid pulse over one minute confirmed
- AND**
- + Absence of heart sounds over one minute confirmed
- AND**
- + Absence of respiratory sounds /effort over one minute confirmed
- AND**
- + No response to painful stimuli (e.g. trapezius squeeze)
- AND**
- + Fixed dilated pupils (unresponsive to bright light)

For further information visit: www.sad.scot.nhs.uk

Taking care of yourself after your shift: Checklist

- + Take a moment to think about today...
- + Acknowledge three things that were difficult...let them go
- + Consider three things that went well...
- + Choose an action that signals the end of your shift...
- + Now switch your attention to home...
- + How will you rest and recharge?

Adapted from: MIND booklet 'Taking care of you'

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