



"Lighting the way with better patient care."

**Anova**  
HEALTH CARE SYSTEM

Home Health · Hospice · Palliative · Home Care

## HOSPICE PATIENT AND FAMILY EDUCATION AND TRAINING

### MANAGING DEPRESSION

#### What is Depression?

- A range of feelings that may include sadness, gloom, numbness, emptiness, helplessness and hopelessness
- Occurs frequently in chronic and terminal illnesses
- Symptoms are often the same as those of illness

#### What are the Signs and Symptoms of Depression?

- Fatigue
- Sadness, depressed mood
- Loss of appetite with weight loss
- No interest or pleasure in daily activities
- Withdrawal from family and friends
- Sleep problems
- Feelings of worthlessness, hopelessness, guilt
- Difficulty focusing and thinking
- Thoughts of death or suicide
- Agitation or slowing down

#### What to report to the Hospice and Palliative Care Team?

- Any of the above symptoms
- A known history of depression
- Any symptoms such as pain, nausea, difficulty breathing
- Change in medications the team may be unaware of

#### What can be done for Depression?

***Depression is common at the end-of-life.*** There is a wide range of intensity of depression. The team will help you sort out causes of depression. They will discuss treatment options with you. You may:

- Optimize physical status with rest and nutrition
- Set small, realistic, achievable goals
- Utilize relaxation techniques
- Consider complementary therapies such as aromatherapy, art and music therapy
- Caregivers may:
  - Keep you and the patient area safe and let you know that they will be there
  - Allow you to express feelings
  - Allow you to control as much as possible related to treatment decisions and activities

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