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| SOP Title      | <b>Standard Operating Procedure - Taste for Pleasure for End of Life Care Patients</b> |                     |           |
| SOP Number     | xxx  |                     |           |
| Version Number | 6  |                     |           |
| Date reviewed  | March 2025   | Planned review date | June 2027 |
| Author         | xxx  |                     |           |
| Approved by    | xxxx   |                     |           |
| Approval date  | xxx  |                     |           |
| Distribution   | Ward Managers / Nursing Staff / PEOLC Steering Group                                   |                     |           |
| Location       | All Wards at RSH & PRH   |                     |           |

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| SOP Objectives                    | To provide guidance on taste for pleasure for patients in their last hours and days of life. This is an alternative to the patient being nil by mouth. The importance of the language we use, showing kindness in the care we give at the hardest of times.   |
| Scope                             | All Clinical Staff on Wards at SaTH   |
| Related Documents and Information | <ul style="list-style-type: none"> <li>• Swan Care Plan for the last hours and days of life</li> <li>• Swan Model of Care: Signs, Words, Actions, Needs &amp; other PEOLC &amp; Bereavement information in the Swan EOLC ward resource folder</li> <li>• Mouth Care Policy</li> <li>• Information leaflet for people important to the person at end of life</li> <li>• Eating and Drinking at the End of Life - Last Hours/Days. Includes information about Mouth Care and Taste for Pleasure.</li> </ul> |

| <b>Standard Operating Procedure – Taste for pleasure for End of Life Care Patients</b> |   |                            |
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| No.  | Our one chance to get it right, for every patient, every time.  | Responsibility             |
| 1  | <p>As part of mouth care, the nursing team should consider introducing taste for pleasure.</p> <p>Taste for pleasure means allowing patients in their last hours/days of life to have for example, mouth care performed with their favourite flavour; that may be juice, tea, lemonade, or alcohol. This favourite flavour can be used when giving mouth care (once the mouth has been cleaned).</p>  | Ward Manager/Nursing Staff |
| 2  | <p>Taste for Pleasure is achieved by dipping a moi-stik into a favourite drink maybe a simple cup of tea, non-alcoholic or alcoholic drink and then placing this on the lips and in the mouth of the patient. This allows a tiny amount of the drink to enter the patient's mouth. The patient may get pleasure from being able to taste their favourite fluid. Taste for pleasure should be enjoyable not harmful or uncomfortable. If it becomes not pleasurable stop and seek advice if required.</p> <p>More information is available in the Mouth Care Policy and the patient information leaflet, Eating and Drinking at the End of Life - Last Hours/Days.</p> | Ward Manager/Nursing Staff |
| 3  | <p>The taste for pleasure sign is kept in the Swan EoLC Ward Resource folder and can be used for patients in their last hours and days of life as an alternative to a nil by mouth sign. The term taste for pleasure is much more appropriate language to be used for the care of patients in their last hours/days of life, supported by a Swan Care Plan.</p>   | Ward Manager/Nursing Staff |
| 4  | <p>Place the taste for pleasure sign behind the patient's bed (on the bed board) to highlight to other staff their favourite flavours. It is important to verbally handover this information and document this within the Swan Care Plan. This sign is a development of the Swan Model of Care, and more signs can be obtained from the PEoLC Team, and spares can be found in the out of hours cupboards at RSH &amp; PRH.</p>   | Ward Manager/Nursing Staff |
| 5  | <p>Ask the people important to the patient what is important to their loved one and what their favourite flavours are.</p>  | Ward Manager/Nursing Staff |

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| 6  | If appropriate and safe to do so, show the people important to the patient how to support taste for pleasure and allow them to be part of this important care. The Trust cannot provide alcohol, however people important to the patient can bring in if safe and appropriate to do so. Please see the patient information leaflet - Eating and Drinking at the End of Life – Last Hours/Days. | Ward Manager/Nursing Staff |
| 7  | Some foods such as chocolate, ice cream/lollies can also be considered. However, please seek advice from the Speech and Language Therapy (SLT) Team if appropriate.  | Ward Manager/Nursing Staff |
| 8  | Document such care in the Swan Care Plan for the last hours and days of life.  | Ward Staff                 |
| 9  | Always remember to remove the Swan taste for pleasure sign if no longer appropriate or if the patient has died.  | Ward Staff                 |
| 10 | Contact the Palliative and End of Life Care (PEoLC) Team/SLT if you need any further support or advice.  | Ward Staff                 |
| 11 | Remember the little things make the biggest difference: <b>kindness</b> – offer drinks and snacks to the people important to the patient and allow them to be involved if appropriate and safe to do so.   | All                        |

Ensure safe and kind care at end of life. Taste for pleasure should be enjoyable not harmful or uncomfortable. If it becomes not pleasurable stop and seek advice if required. The Trust cannot provide alcohol, however the people important to the patient can bring this in if safe and appropriate to do so.