

## Restlessness/Agitation Training Sheet

### WHAT IS RESTLESSNESS OR AGITATION?

Restlessness is an inability to rest, relax or concentrate. Extreme restlessness is sometimes called agitation. Depending on your diagnosis, this may happen in the last days or it could start much earlier.

### WHAT ARE THE SYMPTOMS OF RESTLESSNESS AND AGITATION?

- Not being able to relax, feeling tense
- Muscle twitching
- Moving around without a known reason
- Crying out/moaning
- Making faces, clenching teeth
- Pulling at sheets, covers or clothing
- Trying to get up or out of bed for no known reason
- Fidgeting
- Sleeplessness
- Confusion
- Irritability which can sometimes be extreme

### WHAT SHOULD YOU REPORT TO THE UNITY TEAM?

- Any of the above symptoms
- Feelings that may be causing the agitation/restlessness
- Situations that might be unsafe

### WHAT CAN HELP RELIEVE RESTLESSNESS AND AGITATION?

Restlessness and agitation can be related to emotional/spiritual concerns about the end of life or it may have an underlying physical cause such as pain, constipation, inability to urinate or trouble breathing. The Unity team will work with you and your doctor to understand both physical and emotional causes and design a plan of care that works best for you.



### Suggestions for family or caregivers:

- Administer prescribed medications as ordered.
- Play soothing music.
- Offer frequent reassurance.
- Read favorite stories, meditations or something of their choice in a calm voice.
- Hold the person's hand or give them a gentle massage.
- Keep things calm; limit the number of visitors.
- Keep the person safe; do not leave them alone while restless and check on them frequently when calm.
- Understand that restlessness may be a sign that the patient is close to death – let other family members know what is happening.

Contact Unity anytime you have any questions or concerns about restlessness or agitation.

Call Unity 24/7 at **920.338.1111** or **800.990.9249**

If there is no answer and the phone continues to ring, call **920-490-7418**.