

Christophe's notes from a night of care

Thursday 11 February 2026

No night is ever the same. During my last two shifts, I worked for the Night Response Team and today I'm doing a night sit in a patient's home. I receive a call from our community Hospice at Home team around 5pm with details of the gentleman I'm supporting tonight.

9pm

I call the patient's family to introduce myself and let them know what time I'll arrive.

I arrive for 10pm and the gentleman's son opens the door. He looks relieved to see me but also exhausted. He tells me his father is very distressed and agitated, so I immediately go over to check on him.

I check his pad and can see that it needs changing. While reassuring him, I carry out personal care and the gentleman's son helps me move his dad into a comfortable position. He's much calmer and soon falls asleep while his son and I are chatting.

His son goes up to bed around 22:45, knowing I'm here to help his dad through the night. I reassure him that I'll wake him if I need to.

04:45

The gentleman wakes in some distress - he can say he has pain but can't tell me where. He also tells me that he's very thirsty, so I try to help him with a sip of water, but he starts to cough. I know giving him any pain relief orally is too risky, so I call our Night Response team to assist. While I'm waiting for my colleagues to arrive, I clean and hydrate the gentleman's mouth to keep him comfortable.

05:30

Night Response arrive and administer pain relief. They help me to position the gentleman and make him comfortable. He tells us he wants his son to get a good night's rest, so we reassure him and remain as quiet as possible whilst he falls asleep again.

06:45

The son comes downstairs after a full night's sleep. He's so grateful to have had the responsibility taken away so he could fully rest. His dad remains comfortable - he stirs a little as he hears his son's voice and lets him know he's ok. I handover to the son and let him know that our Night Response team visited to administer pain relief. I remind him he can call our nursing teams if his dad's symptoms return and he thanks me for the overnight support.

07:00

I leave the property and drive home, thinking about the difference we've made and feeling grateful to people like you who enable us to be there, whenever and wherever. Thank you.

