



# VOLUNTEER HOSPICE OF CLALLAM COUNTY





















829 E. 8th St., Port Angeles, WA 98362 ♦ volunteerhospice.org

Phone: 360.452.1511 ♦ Fax: 360.452.3032 ♦ office@vhocc.org



## QUICK REFERENCE GUIDE: Symptom Management for Comfort and Care

*A simple guide to support comfort at home.*

<p> <b>Shortness of Breath</b></p> <ul style="list-style-type: none"> <li>•  Change Position <ul style="list-style-type: none"> <li>• Elevate head with pillows or raise head of bed</li> <li>• Sit and lean forward</li> <li>• Lie on side with head elevated</li> </ul> </li> <li>•  Breathing Techniques <ul style="list-style-type: none"> <li>• Pursed-lip breathing</li> <li>• Diaphragmatic (deep) breathing</li> <li>• Relaxed breathing</li> </ul> </li> <li>•  Use cool air (fan, open window)</li> </ul>	<p> <b>Pain</b></p> <ul style="list-style-type: none"> <li>•  Reposition body for comfort</li> <li>•  Use heat or cold therapy</li> <li>•  Relaxation (music, quiet time, breath work)</li> <li>•  Distraction (TV, reading, conversation)</li> <li>•  Gentle massage</li> <li>•  Medication as directed</li> </ul>	<p> <b>Constipation</b></p> <ul style="list-style-type: none"> <li>•  Increase fluids</li> <li>•  Add fiber-rich foods (as tolerated)</li> <li>•  Try natural laxatives (prunes, apple juice)</li> <li>•  Encourage movement/walking</li> <li>•  Use over-the-counter medications if needed</li> </ul>
<ul style="list-style-type: none"> <li>•  Check and adjust oxygen flow/canula</li> <li>•  If pain-related → see <b>Pain</b></li> <li>•  If anxiety-related → see <b>Anxiety</b></li> </ul>	<p> <b>Anxiety</b></p> <ul style="list-style-type: none"> <li>•  Create a calm, soothing space</li> <li>•  Minimize noise and stimulation</li> <li>•  Use relaxation techniques (guided imagery, breathing)</li> <li>•  Identify and reduce known triggers</li> <li>•  Encourage journaling</li> </ul>	<p> <b>Nausea / Vomiting</b></p> <ul style="list-style-type: none"> <li>•  Hydrate with small sips of clear liquid or ice chips</li> <li>•  Eat bland foods in small amounts</li> <li>•  Small, frequent meals</li> <li>•  Try ginger (tea, candies)</li> <li>•  Try acupressure on inner wrist</li> <li>•  Practice relaxation</li> <li>•  Use prescribed or over-the-counter medications</li> </ul>