

PALLIATIVE CARE

For End of life

(Issues and Orders to cover)

- 1) Discuss & clarify with patient &/o family &/o DPOA-HC
 - a) goals of care (d) hospice referral
 - b) advance directives (*hospitalizations?, antibiotics?*)
 - c) anticipated sx's of dying & plan of management
- 2) Involve & assure staff's comfort with plan and orders
- 3) Document discussions and write orders.
- 4) give **AGGRESSIVE COMFORT** (mnemonic)

a) **A NOREX-IA, A GGITATION**

(mnemonic for correctable causes)

A ches **E** vacuation problems
N ausea **X**erostomia
O ral candidiasis **I** atrogenic (radiation/chemo)
R eactive depression **A** cid (gastritis/PUD)

b) offer food/fluids as able

c) **Appetite stimulants:** (megestrol, remeron, trazadone)
 (marinol, dexamethasone)

A GGITATION (Terminal Delirium)

-Fix the "correctable"

-Haldol 0.5 mg po/sl/sc q 30 min prn delirium

-lorazepam 0.5 mg po/sl/sc q 30 min prn delirium

G ASTROINTESTINAL

-**CONSTIPATION** (with opiates *always* start;)

Senna 1-6 tabs q. d.

-**NAUSEA:** Compazine or Haldol or
 or TD Scopalamine or Reglan or Zofran

G ENITOURINARY

-**BLADDER:**-discuss incontinence management

-catheter? If spasms? oxybutinin

R ESPIRATORY

-**DYSPNEA** "**B-R-E-A-T-H A-I-R**" (for correctable causes)

B ronchospasm **A** nxiety
R ales **I** nterpersonal issues
E ffusions **R** eligious concerns
A irway obstruction
T hick secretions
H emoglobin (low?)

(For unresponsive dyspnea, **give immediate release opiates**)

E MOTIONAL SUPPORT

S PIRITUAL SUPPORT

S ECRETIONS If cough strong • moisten

If cough weak • dry-up (with anticholinergics)

for Death Rattle: atropine qts, glycopyrolate, TD scopalamine

I NFLAMMATION (FEVER)

-acetaminophen &/or ASA scheduled dose (is best) or PRN,

V OLUME (review with family, dehydration has no pain)

E MPATHY (secure your own emotional support)

PAIN (P-A-I-N) (Mnemonic for evaluation)

P hysical

A nxiety

I nterpersonal/social problems

N on-acceptance/spiritual distress

P hysical

(Pain)- (make sure of diagnosis (when you can)

Drug **Mech/Inflammatory vs. neuropathic vs. bone)**

Acetaminophen *	+	+	+
NSAIDS	+	--	+
Dexamethasone**	+	--	+
Opiates~	+	+/-	+
Anti-depressants	--	+	--
Anti-convulsants	--	+	--
Radiation/chemo	--	--	+

*Acetaminophen) scheduled dose and add PRN narcotics (write p.o. or p.r.)

**dexamethasone: 4-10 mg per day

-Opiates	po/pr*	sc/iv	size	liquid
morphine	5-7.5mg q 4h*	1-2mg q 1/2hr	15mg	10,20,100mg/5ml
oxycodone	2.5mg q 4h.*	---	5 mg	5 mg/5 ml.
MS Contin	15mg q 12 h*	---	15,30,60,100,200 mg	----
Oxycontin	10 mg q 12 h.*	---	10, 20, 40,80,160 mg	----
Duragesic p.	12 mcg/h. q 3 d*	---	12, 25,50,75,100mcg/h	----

* (these are starting doses- titrate to pain control and tolerance)

(NO UPPER LIMITS)

Tramadol (Ultram) 25mg q 6 hr* 25-100 mg q. 6 hr 50, 100 mg
 Tramadol ER start 100 mg q. day 100, 200, 300 mg

Antidepressants dose p.o. size

Bupropion 37.5 mg q d to 100 mg SR q d. max 300 mg SR 100 & 150 mg SR

Venlafaxine (Effexor) 37.5mg (XR) bid; max 225 mg/d 37.5,75,150 mg

duloxetine 20 mg start, max 60 mg q d. 20, 30, 60 mg

Anticonvulsant

neurontin (gabapentin) 100 mg q.d.-400 mg t.i.d. 100 & 300 mg

pregabalin 50 mg po tid, max dose 100 mg tid 25,50,75,100 mg

Abdominal pain (colicky) (r/o urinary retention or impaction)

Phenergan 25 mg q 6hr.oxybutinin 5-10 mg t.i.d.,

or TD scopalamine (1.5 mg patch q 3 d.)

If Bowel obstruction Y M.S. + anticholinergics, if severe Y **Octreotide**

A nxiety (pain) (counsel, reassurance, family, friends, pastor)

(choose med based on additional benefits (hydroxyzine for secretions)

Medication	po	im/iv	size	liquid
hydroxyzine	10-50mg q 4h	10-50 mg q 4h	10 & 25 mg	10&25mg/5ml.
haldol	1-5 mg q 4h	1-2 mg q 4 h.(not IV)		2mg/ml
lorazepam	0.5-2 mg t.i.d.	0.5-2 mg q 4h	0.5 & 1 mg	

(If unable p.o.) (sublingual: **Dissolve lorazepam** in water, give buccally q 1 hr.)

I nterpersonal/spiritual-->counseling, family, friends, pastors

N on-acceptance-----> " " " " " "

For more explanation see Web site: geriatrics.unmc.edu visit GERI Pearls

Adapted from "Primer of Palliative Care" Porter Storey MD evv 7-31-11