

Respiratory Symptoms

2nd Congress on Paediatric Palliative Care – A
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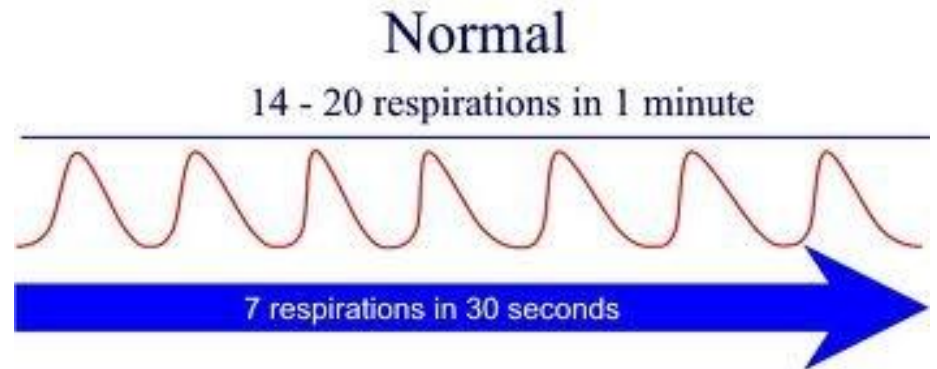
Dyspnea

1. What is dyspnea?
2. Rx – Questions to ask
 1. Assessment - Is this dyspnea?
 2. Who and what are we treating?
3. Cornerstones Rx
 1. Presence and accompaniment
 2. Opioids
 3. Air circulation (fan)

Assessment - What is Dyspnea?

- ✓ Distressing subjective sensation of unpleasant breathing (= uncomfortable awareness)
- ✓ NOT objective observation breathing has become fast or difficult

Assessment - Un-Helpful



Assessment - Helpful



Who are we treating?

Savage Chickens

by Doug Savage



Cornerstones Rx: Presence and accompaniment

REVIEW ARTICLE

Scuba Med 30 (6): 398-421, 1996

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Anxiety and Panic in Recreational Scuba Divers

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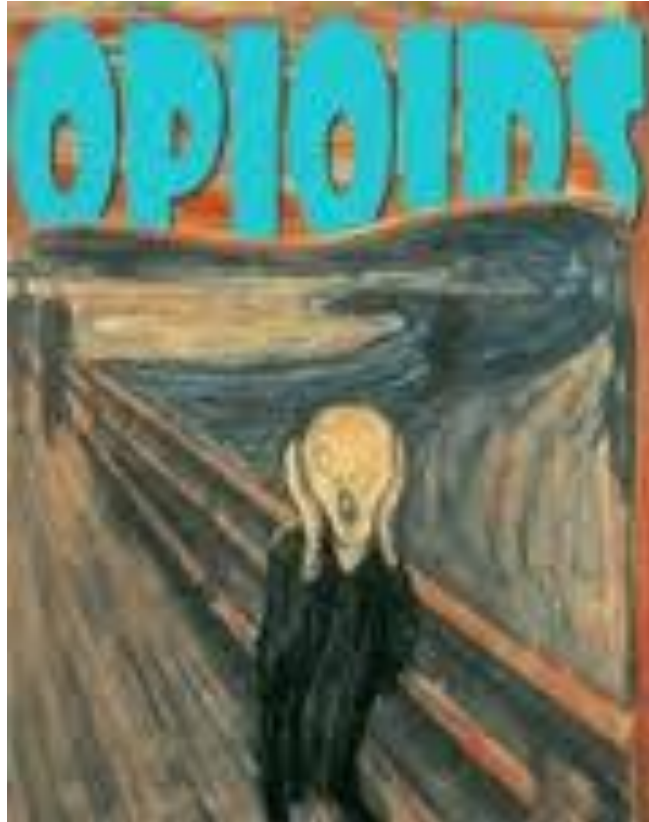
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Summary

Scuba diving is a high-risk sport; it is estimated that 3 to 9 deaths per 100 000 divers occur annually in the US alone, in addition to increasing numbers of cases of decompression illness each year. However, there has been a tendency within the diving community to de-emphasise the risks associated with scuba diving. While there are numerous factors responsible for the injuries and fatalities occurring in this sport, there is general consensus that many of these cases are caused by panic. There is also evidence that individuals who are characterised by elevated levels of trait anxiety are more likely to have greater state anxiety responses when exposed to a stressor, and hence, this sub-group of the diving population is at an increased level of risk. Efforts to demonstrate that selected interventions such as hypnosis, imagery, meditation and relaxation can reduce stress responses in anxious divers has not yielded consistent findings, and there is a need for systematic research dealing with the efficacy of selected intervention strategies.



Cornerstones Rx: Opioids



Cornerstones Rx: Fan – Increased airflow



What is the major obstacle to treating dyspnea in your practice?

1. Lack of knowledge?
2. Lack of skill?
3. Problem with attitudes?

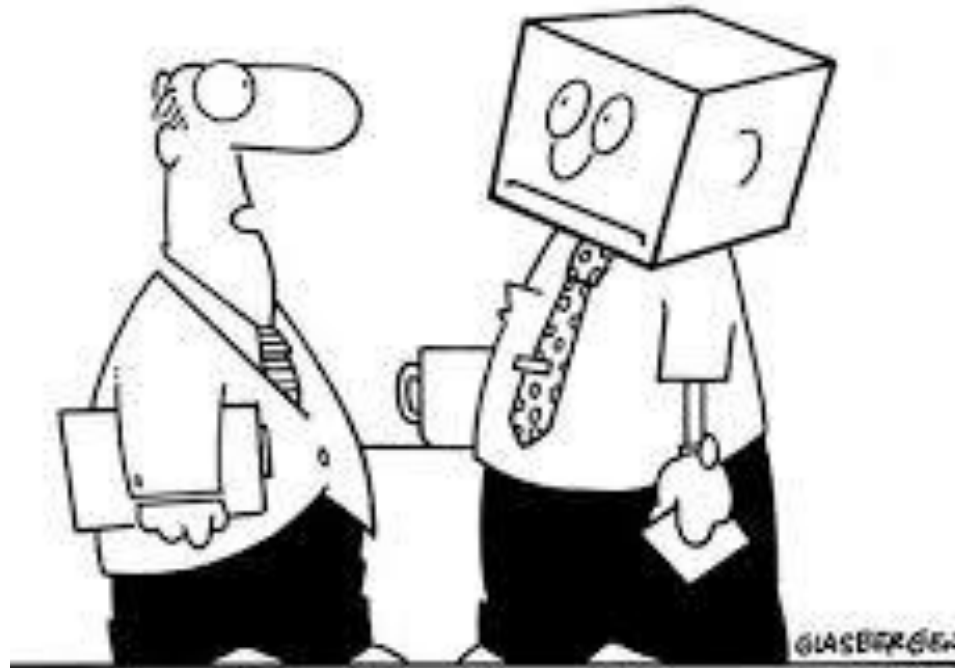
Major Obstacle to Rx?



"I'm right there in the room, and no one even acknowledges me."

What is the “box”?

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“Thinking outside of the box is difficult
for some people. Keep trying.”

