

SYMPTOM	PAIN	CONSTIPATION
Signs	<ul style="list-style-type: none"> <li>• Verbalizing Pain (if able)</li> <li>• Restlessness</li> <li>• Facial grimacing</li> <li>• Increased breathing rate</li> <li>• Moaning, groaning, or yelling out</li> </ul>	<ul style="list-style-type: none"> <li>• Bloating, Cramping, or belly feeling full, hard, or painful.</li> <li>• Having Bowel Movements less often, or pain</li> <li>• Small or hard BM, unable to pass BM, or small liquid BM</li> <li>• Restlessness</li> </ul>
What to do?	<ul style="list-style-type: none"> <li>• Non-opioid pain medications (acetaminophen, ibuprofen)</li> <li>• Opioid Pain medications (morphine, oxycodone, hydrocodone, etc.)</li> <li>• Relaxation techniques: soothing music, massage, or relaxing touch, guided meditation or imagery</li> <li>• Provide emotional support- listen carefully to what is being said and provide comfort</li> </ul>	<ul style="list-style-type: none"> <li>• Take a bowel regiment as ordered, including:</li> <li>• Laxatives (miralax, senna, or biscadoyl)</li> <li>• Stool softener (docusate sodium)</li> <li>• Drink more water and warm liquids, as tolerated</li> <li>• Limit alcohol and sodas</li> <li>• Eat High fiber foods, as tolerated</li> <li>• Examples: raspberries, pears, apples, barley, bran flakes, peas, black beans, broccoli</li> </ul>
When to call HOC (513-891-7700)	<ul style="list-style-type: none"> <li>• If you are not sure what to do to treat the pain</li> <li>• If the pain medication prescribed is not treating the pain</li> </ul>	<ul style="list-style-type: none"> <li>• Call with any of the above signs of constipation</li> <li>• Call if you have not had a BM in ____ days</li> </ul>
SYMPTOM	ANXIETY AND SADNESS	TROUBLE BREATHING
Signs	<p><b>Anxiety:</b> feeling or a deep sense of helplessness or fear</p> <p><b>Sadness:</b> feeling of distress caused by loss or disappointment</p> <ul style="list-style-type: none"> <li>◦ Worry or trouble coping</li> <li>◦ Quick to anger</li> <li>◦ Difficulty thinking (lack of concentration)</li> <li>◦ Crying or withdrawal</li> <li>◦ Difficulty sleeping or feeling tired</li> <li>◦ Upset Stomach</li> <li>◦ Tightness in chest</li> </ul>	<ul style="list-style-type: none"> <li>• Increased breathing rate with activity or rest</li> <li>• Feelings of anxiousness</li> <li>• Trouble catching breath</li> <li>• Shallow or pursed lip breathing</li> <li>• Wheezing or hacking sound with coughing or breathing</li> </ul> <p><u>Severe Signs</u></p> <ul style="list-style-type: none"> <li>◦ Feelings of not being able to catch their breath</li> <li>◦ Feeling very anxious or panicked</li> <li>◦ Rapid, shallow or pursed lip breathing</li> </ul>
What to do?	<ul style="list-style-type: none"> <li>• Anti-anxiety medications (lorazepam)</li> <li>• Anti-depressants- SSRI (sertraline)</li> <li>• Create a calm, quiet setting</li> <li>• Limit caffeine and alcohol intake</li> <li>• Offer emotional support- listen closely to what your loved one is saying and provide comfort</li> <li>• Encourage sharing of emotions and feelings</li> <li>• Provide distraction: TV, activity, or something your loved one enjoys</li> <li>• Relaxation techniques: soothing music, massage, or relaxing touch, guided meditation or imagery</li> </ul>	<ul style="list-style-type: none"> <li>• Oxygen- as directed by nurse</li> <li>• Inhalers or Nebulizers</li> <li>• Anti-anxiety medications (lorazepam)</li> <li>• Opioid Pain medications (morphine, oxycodone, hydrocodone, etc.)</li> <li>• Elevating the head of the hospital bed, or using pillows to help your loved one sit upright</li> <li>• Cool the room and use a fan to blow air</li> <li>• Use light weight clothing and linens</li> <li>• Create a calm, quiet setting</li> <li>• Provide emotional support</li> </ul>
When to call HOC (513-891-7700)	<ul style="list-style-type: none"> <li>• If any of the above signs are noticed</li> <li>• For added support from Chaplain or Social Worker</li> <li>• If the prescribed medication is not treating the anxiety or sadness</li> </ul>	<ul style="list-style-type: none"> <li>• Any signs continue for more than 30 minutes after interventions</li> <li>• Any severe signs above</li> <li>• If the prescribed medication is not treating the trouble breathing</li> <li>• Oxygen refills</li> </ul>
Side Effects	<p>All medications have the potential for side effects. Opioid pain medications (morphine, oxycodone, hydrocodone, etc.) have several common side effects including sleepiness and constipation. Most patients experience sleepiness when starting an opioid, but once their pain is managed some of that sleepiness subsides. It is important to remember that being in pain uses a lot of energy and makes sleeping difficult, so once pain is controlled, patients may finally be able to catch up on sleep. Additionally, your hospice team will recommend a bowel regimen to prevent constipation from the opioid medications.</p>	