

TROUBLE BREATHING

Trouble breathing, is sometimes referred to as shortness of breath, is often described by patients as an intense tightening in the chest, air hunger, difficulty breathing, breathlessness or a feeling of suffocation.

GREEN: This is the normal zone, continue to support the patient.

- Patient is breathing normally and resting comfortably

YELLOW: Call Careline Hospice TODAY, 24 hours a day, 7 days a week for guidance

- Patient is complaining of trouble breathing and experiencing one or more of the following symptoms occasionally or intermittently:
 - Anxiety or restlessness
 - Trouble breathing and/ or shortness of breath
 - Pain or tightening in the chest
 - Nasal flaring
 - Increased level of sleepiness
 - Sweating
 - Breathlessness
- What you can do to help patient:
 - **Call Careline Hospice TODAY, 24 hours a day, 7 days a week for guidance**
 - Assist the patient to sit upright. This position allows patient to better expand their lungs.
 - Turn a fan on in the room, moving air can decrease feelings of air hunger or feeling of suffocation
 - Encourage pursed-lip breathing: breathe in through your nose with your mouth closed. Purse lips and breathe out slowly through the mouth.
 - Encourage coughing and deep breathing.
 - Provide emotional support during periods of trouble breathing. A supportive environment can reduce anxiety and oxygen demand.
 - Encourage small frequent meals
 - Encourage frequent rest periods and pace activities

RED: Call Careline Hospice NOW, 24 Hours a day, 7 days a week for guidance

- Patient may complain of **severe or incapacitating** trouble breathing and be experiencing feeling of suffocation, new onset of blue tinge color to fingernails and/or lips, or any of the symptoms listed in the Yellow Zone.
- What you can do to help patient:
 - **CALL CARELINE HOSPICE NOW, 24 hours a day, 7 days a week for guidance**



Call Us First! (800) 961-7650