

## Covid-19 End-of-Life Symptom Control - Non-Pharmacological Interventions

Suggestions for interventions, that all carers can perform, to aid the relief of some of the major symptoms of Covid-19

	Non-pharmacological Interventions
<b>BREATHLESSNESS</b>	<p><b>Positioning</b> – sitting / propped up in an upright position</p> <p><b>Temperature</b> – cool room and face (damp flannell / paper towel) with a slight air movement if possible (avoid the use of fans in COVID-19 disease)_</p> <p><b>Relaxation</b> – reassurance and calm approach by carer, rectangular breathing and various general relaxation techniques (music, imaging / visualisation etc)</p>
<b>COUGH</b>	<p><b>Relieve dryness</b> – maintain oral fluid intake, regular mouthcare if unable to swallow. Humidification of room air with humidifier or bowl of steaming hot water</p> <p><b>Positioning</b> – elevate head when sleeping</p> <p><b>Cough Remedy</b> – boiled sweets, honey and lemon drink etc.</p>
<b>ANXIETY OR DISTRESS</b>	<p><b>Reassurance</b> – carers’ approach is vital to minimise anxiety – try not to mirror.</p>
<b>AGITATED DELIRIUM</b>	<p><b>Exclude Contributors</b> – eg bowels, bladder, pressure area pain, flat hearing aid batteries.</p> <p><b>Communication</b> – calm, quiet, single voice at a time, Reorientation to place and time.</p> <p><b>Noise</b> - reduce extraneous noise to a minimum.</p> <p><b>Lighting</b> – ensure good lighting in individual’s room.</p>
<b>THIN RESPIRATORY SECRETIONS</b>	<p><b>Positioning</b> – keep as upright in bed as possible. if consciousness lost then position flat on one side with the foot of the bed elevated a few inches, if possible, allowing secretions to drain from the mouth onto an absorbent pad</p> <p><b>Reassurance of other Carers</b> – noisy thin retained secretions are usually more distressing to the carer than the patient</p>

Please contact Highland Hospice for clarification or if further specialist palliative care advice is required (01463 243132)