

Creative Symptom Management

Laura J. Archuleta, MD, FAAFP

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Nausea

Start simple

- Ask if they want a tray
- Allow food choices
- Smaller, more frequent meals
- Cold foods
- Avoid strong odors

Non-Pain Symptom Control; AAPHM Hospice Medical Directors Course; Las Vegas, NV; August 2006.

Nausea

Consider the cause

- Cerebral
 - Metastasis, Meningeal, Mental
 - Dexamethasone, lorazepam
- Chemoreceptor Trigger Zone
 - Medicines, Metabolites, Microbes
 - Stop the offending medicine
 - Haloperidol, prochlorperazine (Compazine), promethazine (Phenergan)



Nausea

GI Tract

- Mechanical obstruction, Motility, Mucosal irritation
 - Ranitidine, omeprazole, metoclopramide (Reglan)

Vestibular

- Movement
 - Scopolamine, meclizine



Constipation

Prevention is key

Fluids, fiber, increase activity

Lubricants

- Mineral Oil
- Coconut oil
- Vaseline balls

Detergent/stool softener

- Docusate

Stimulant

- Bisacodyl (Dulcolax)

Osmotic laxative

- Sorbitol, polyethylene glycol (MiraLax)

Saline Laxative

- Milk of Magnesia, Magnesium citrate



Dyspnea

In palliative medicine, dyspnea is subjective

- Check the patient, not the monitor

Oxygen

- Pros and cons
 - Not always effective
 - Noisy
 - Fall risk
 - Psychological effect

Benzodiazepines

- Anxiety in COPD

Morphine

- Decreases air hunger

Corticosteroids

Anticholinergics

- Atropine for secretions

Diuretics

Bronchodilators



Restlessness and Delirium

Non-pharmacologic

- Look for the cause
 - Untreated pain
 - Constipation
 - Bladder distention
 - Infection

Pharmacologic

- Benzodiazepines
 - Beware of the delirious drunk
- Haloperidol
- Risperidone
- Olanzapine



Miscellaneous Symptoms

Wound odor

- Kitty litter
- Coffee grounds
 - Under the bed
- Metronidazole
 - 2 grams in 1L saline
 - Spray on wound

Bleeding wounds

- Silver nitrate sticks
- Surgical
- Dark-colored towels

Bladder/Bowel Spasm

- Hyoscyamine
- Dicyclomine
- Oxybutynin
- B & O suppository

Cough

- Dextromethorphan
- Opioid
- SSRI (paroxetine)
- Nebulized Lidocaine

Terminal secretions

- Anticholinergics
 - Scopolamine
 - Hyoscyamine
 - Glycopyrrrolate

