

Fairview Health Services
Comfort Measures for End of Life and Palliative Care, Adult

Goal of Care: Comfort and symptom relief for End-of-Life

A. PATIENT CARE

- Pain and other symptom assessment Q4H while awake. Call MD for unrelieved pain or other symptoms
- Resuscitation Status - DNR/DNI (place note in progress notes)
- Site change for VAD not required unless indicated
- Oral Hygiene Q2-4 hours PRN
- Use palliative care kit as appropriate
- Fan available at bedside *If patient is experiencing dyspnea*
- Turn – Reposition as tolerated for comfort **ONLY**

Discontinue:

- Routine vitals - DISCONTINUE – may check at family request of if fever evident
- Daily Weight - DISCONTINUE
- Intake and Output - DISCONTINUE
- Physical Therapy Consult – *Reason:* Palliative Care Order: DISCONTINUE Therapy
- Occupational Therapy Consult – *Reason:* Palliative Care Order: DISCONTINUE Therapy
- Speech Therapy Consult - *Reason:* Palliative Care Order.: DISCONTINUE Speech Therapy
- Enteral Tube Feedings - DISCONTINUE
- Pneumatic Compression Device (PCDs) - DISCONTINUE
- Glucose Monitoring - Nursing - DISCONTINUE
- Pulse Oximeter Checks - Nursing - DISCONTINUE
- Telemetry - DISCONTINUE

B. RESPIRATORY THERAPY

- Oxygen nasal cannula 2-4 liters PRN dyspnea for patient comfort

C. NUTRITION SERVICES

- Diet as tolerated *Must select diet:* _____

D. LABORATORY TESTS

- DISCONTINUE lab tests except: _____

E. DIAGNOSTIC IMAGING

- DISCONTINUE routine or daily x-rays except: _____ *Indication:* _____

F. CONSULTS

- Palliative Care / TLC *Indication:* Symptom management, patient and family support
- Social Work Service Consult *Indication:* For patient and family support
- Spiritual Health Consult *Indication:* For patient and family support

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G. CARDIAC SERVICES

ICD Discontinuation (if present)

Contact in this order:

1. Electrophysiology Cardiology Nurse Clinician on call (through hospital operator)
2. EP Cardiology Fellow on call
3. Company representative for the specific type of device the patient has

H. PHARMACY

Intravenous Fluids

- TKO IV fluids – 20 mL/hour with 0.9% Sodium Chloride
- May remove all lines unless required for medication administration

IV Access

- IV Access: May remove all lines unless required for IV medication administration
- Peripheral IV Catheter Protocol**
 - Peripheral IV site change NOT required unless indicated
 - Sodium Chloride 0.9% 3 mL IV Q1H PRN line flush post IV meds
 - Sodium Chloride 0.9% 3 mL IV Q8H for locking dormant line

Pain or Dyspnea Management for opioid naïve patient

- Morphine Sulfate 5-10 mg **PO/SL** Q3H PRN pain or dyspnea
- Morphine Sulfate-0.5-1 mg **IV** Q1H PRN pain or dyspnea

If allergic to Morphine, call pharmacy or Palliative TLC consult team

Antipyretic/Pain

- Acetaminophen (Tylenol) 1000 mg **PO** Q6H, PRN temp greater than 100°F or mild discomfort
- Acetaminophen (Tylenol) 975 mg **PR** (Rectal) Q6H, PRN temp greater than 100°F or mild discomfort

Anxiety, Nausea, Agitation

- Lorazepam (Ativan) 0.5–1 mg **IV/PO** or **Sublingually** Q4H PRN anxiety, seizures (avoid if delirium present)
 - Prochlorperazine (Compazine) 10 mg **IV** Q6H PRN nausea/vomiting
- or _____
- Olanzapine (Zydis) 2.5-5 mg **Sublingually** Q6H PRN agitation/delirium/nausea

Haloperidol - IF patient greater than 60 kg and less than 70 years of age

- Haloperidol (Haldol) 1-2 mg Q6H **IV** PRN agitation *Call MD if agitation not relieved at these doses*

Haloperidol - IF patient less than or equal to 60 kg or greater than or equal to 70 years of age

- Haloperidol (Haldol) 0.5-1 mg **IV** PRN agitation Q1H until calm; then Q6H PRN agitation
Call MD if agitation not relieved at these doses

Bowel Medications

- Bisacodyl Suppository (Dulcolax) 10 mg **PR (Rectal)** x 1 *IF no bowel movement in 72 hrs. Give only after rectal check for impacted stool*
- Senokot-S (Senna/Docusate) 1 tablet **PO** BID

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H. PHARMACY (continued)

Secretions

- Atropine 1% ophthalmic solution 1-2 drops **Sublingually** Q30 min to 1 hour PRN secretions
- Glycopyrrolate (Robinul) 0.2-0.4 mg **IV** Q4H PRN secretions
- Glycopyrrolate (Robinul) 2-4 mg **PO**/or G-J-tube Q4H PRN secretions
- Scopolamine topical patch (Trans-Derm Scop) **TD** 1-3 patches topically Q72H

Lubricants

- Artificial tears (Isopto Tears) to both eyes Q shift PRN dryness
- Saliva substitute (Xero-Lube) _____ mL **PO** Q shift PRN dryness
- Water based lubricant to lips Q shift PRN dryness

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MD SIGNATURE: _____ DATE: _____ TIME: _____

MD NAME (print): _____ PAGER #: _____