

Care Home Advice for Symptom Management in COVID 19

DO ensure ALL residents have a ReSPECT plan with a valid CPR decision

DO contact the GP Practice if you cannot find the ReSEPCT plan **ASAP**

DO follow the ReSEPCT plan, which may mean

NOT calling 999 without reading the ReSEPCT plan for care instructions

DO follow the symptom management as prescribed by the GP/ANP for your residents:

ALSO BE MINDFUL OF THE POSSIBLE SYMPTOMS OF COVID 19

BREATHLESSNESS

- Keep the resident cool and comfortable
- Sit the resident upright if comfortable for them
- Ensure good air circulation – open a window or use an oscillating fan
- Encourage resident to breath in through their nose and out through pursed lips, this reduces perception of breathlessness
- Ensure effective mouth care to keep the mouth moist
- Ensure you review the resident regularly (at least hourly if not more often) throughout the day and frequently throughout the night

MEDICATION THAT MAY BE PRESCRIBED FOR BREATHLESS

- Oramorph and Oxycodone solution can be given hourly as prescribed
- Morphine and Oxycodone injections can be given hourly as prescribed

AND FOR ANXIETY (ANXIETY CAN WORSEN BREATHLESSNESS)

- Lorazepam 0.5mg can be given under the tongue every 4 hours
- Diazepam 2mg can be given orally every 4 hours
- Midazolam injections can be given hourly if needed

RESPIRATORY SECRETIONS (DEATH RATTLE)

- Hyoscine Butylbromide can be given every 2 hours if needed subcutaneously.

Follow local guidelines and prescription for other palliative symptom control.

If your resident needs a syringe driver please contact their GP who can arrange this