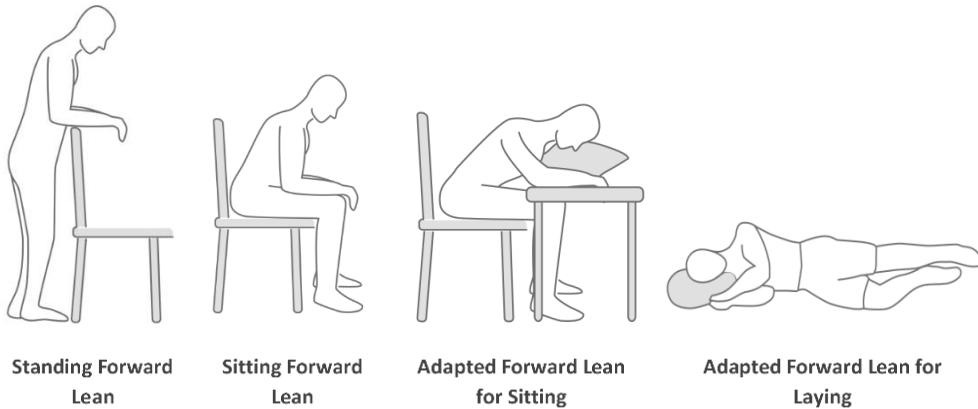


End of Life Medications

Breathlessness

Consider **positioning** (forward leaning, adapted for lying and sitting), **air movement** (e.g. an open window, small hand fan if in isolated room) and guided **breathing techniques**.



If Swallowing Maintained:

Oramorph 10mg/5ml: 2.5 - 5mg orally PRN hourly
(or 2.5ml in to each cheek buccally)

If Swallowing Compromised:

Morphine sulphate: (10mg/ml) 2.5mg SC PRN up to hourly
Midazolam: (10mg/2ml) 2.5mg SC hourly
Lorazepam: 1mg tabs 0.5 - 1.0mg SL PRN 4 hourly (max 4mg/24hours)

Respiratory Secretions

Consider repositioning patient on side or in semi prone position to promote postural drainage.

Subcutaneous Medication

Hyoscine butylbromide: (20mg/ml): 20mg SC PRN 2 hourly (max 120mg/24 hours)

Delirium & Agitation

Midazolam (helpful for anxiety):

Start with 2.5-5mg SC stat and hourly prn
 If necessary, increase progressively to 10mg SC hourly prn

Levomepromazine (helpful for delirium):

Start 25mg SC stat and hourly prn (12.5mg in the elderly)
 If necessary, titrate dose according to response

Rectal diazepam: 10mg PR PRN

Fever & Pain

Remember to consider type of **pain** and address **psychological** factors.

Paracetamol: 1G PR suppository for fever if swallowing compromised

Follow WHO pain ladder for pain	Step 1	Simple analgesia: Paracetamol
	Step 2	Weak Opioid: Codeine, Tramadol
	Step 3	Strong Opioid: Morphine Sulphate 10mg/5ml oral, Morphine Sulphate 10mg/ml s/c