

SYMPTOM MANAGEMENT GUIDE

Education and Training for Patients and Caregivers

Trouble Breathing	My Trouble Breathing	Pain	My Pain
<p>Trouble breathing means it is hard or uncomfortable to get air. This can look, feel, and sound different for everyone. Not being able to breathe easily can feel scary and cause panic if not controlled.</p>	<p>What does trouble breathing feel like for you?</p> <hr/> <hr/> <hr/> <hr/>	<p>Pain can affect the physical body, emotional and spiritual well-being, and mental health. Pain comes in many forms and can negatively impact day-to-day life if not addressed. Pain can be expressed both verbally and non-verbally.</p>	<p>What does pain feel like for you?</p> <hr/> <hr/> <hr/> <hr/>
<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Slow breathing down, if able. <input type="checkbox"/> Use a direct fan. <input type="checkbox"/> Cool room and a calm environment. <input type="checkbox"/> Sit up, use pillows to position better. <input type="checkbox"/> Use comfort/breathing medications to improve symptoms. <input type="checkbox"/> Support and reassure. <input type="checkbox"/> Rest and save energy. <input type="checkbox"/> Cool, damp cloth to neck. <input type="checkbox"/> Don't rush. Take your time. <input type="checkbox"/> Watch this helpful video on trouble breathing: <div style="text-align: center;">  <p>Trouble Breathing</p> </div>	<p>What causes/triggers your trouble breathing?</p> <hr/> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <hr/> <p>My plan to help relieve this symptom:</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reposition for comfort. <input type="checkbox"/> Apply heat or cold to painful areas. <input type="checkbox"/> Use the Pain Diary to track pain. <input type="checkbox"/> Use comfort medications. <input type="checkbox"/> Report medication side effects to HOV nurse. <input type="checkbox"/> Practice relaxation techniques. <input type="checkbox"/> Use distraction, slow breathing, music, rest. <input type="checkbox"/> Watch this helpful video on pain: <div style="text-align: center;">  <p>Pain</p> </div>	<p>What causes/triggers your pain?</p> <hr/> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <hr/> <p>My plan to help relieve this symptom:</p> <ol style="list-style-type: none"> 1. 2. 3.
<p>Call HOV:</p> <ul style="list-style-type: none"> • With chest pain, unrelieved shortness of breath, distress, dizziness. • If you have any questions or concerns. 		<p>Call HOV:</p> <ul style="list-style-type: none"> • If pain becomes worse. • No pain relief is achieved. • If you have any questions or concerns. 	

Note: Consider environmental physical, and emotional factors to improve symptoms.

These include: Lighting • Temperature • Toileting Needs • Hunger/Thirst • Sounds/Smells • Boredom • Loss of Control • Over Stimulation

Nausea/Vomiting	Nausea/Vomiting	Constipation/Diarrhea	Constipation/Diarrhea
<p>Nausea is a feeling of stomach upset, an uncomfortable unease that can feel like cramping, gurgling, acid reflux and the urge to vomit. Vomiting is when food, liquid, or bile are expelled from the stomach. Nausea and vomiting have many causes.</p>	<p>What does nausea/vomiting feel like for you?</p> <hr/> <hr/> <hr/> <hr/>	<p>Constipation can occur with incomplete or absent bowel movements and lead to serious problems if left untreated. Bowel movements should still be expected even with little oral intake. Diarrhea is 6 or more liquid stools in 24 hours. Both can cause cramping or pain.</p>	<p>What is your normal pattern of bowel movements?</p> <hr/> <hr/> <hr/> <hr/>
<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fresh air. <input type="checkbox"/> Small sips of water. <input type="checkbox"/> Ginger or peppermints. <input type="checkbox"/> Discuss medications with an HOV nurse. <input type="checkbox"/> Small bites of bland food (crackers, toast, applesauce). <input type="checkbox"/> Remove strong smells from the environment. <input type="checkbox"/> Address pain. <input type="checkbox"/> Avoid spoiled foods. <input type="checkbox"/> Watch this helpful video on nausea/vomiting: <div style="text-align: center;">  <p>Nausea</p> </div>	<p>What causes/triggers your nausea/vomiting?</p> <hr/> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <hr/> <p>My plan to help relieve these symptoms:</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Offer fluids, if accepting. <input type="checkbox"/> Track bowel movements on a calendar. <input type="checkbox"/> Discuss bowel medications with an HOV nurse. <input type="checkbox"/> Use skin care techniques to prevent skin breakdown. <input type="checkbox"/> Watch these helpful videos on constipation/diarrhea: <div style="text-align: center;"> <p>Constipation</p>  <p>Diarrhea</p>  </div>	<p>What causes/triggers your constipation/diarrhea?</p> <hr/> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <hr/> <p>My plan to help relieve these symptoms:</p> <ol style="list-style-type: none"> 1. 2. 3.
<p>Call HOV:</p> <ul style="list-style-type: none"> • If nausea or vomiting last more than 2 days. • If you have any questions or concerns. 		<p>Call HOV:</p> <ul style="list-style-type: none"> • No bowel movement for 3 days or more than 6 liquid stools per day. • If you have any questions or concerns. 	

Call HOV 24/7 with questions or concerns:

- Central Clinical (602) 287-7000 East Clinical (480) 730-5980 Northeast Clinical (480) 663-6500 Tucson Clinical (520) 827-5000 West Clinical (623) 583-4848

Anxiety	My Anxiety	Sadness	My Sadness
<p>Anxiety can feel like fear, unease or worry. This can be a normal reaction to life stressors. Anxiety that does not go away or is affecting many areas of life needs support.</p>	<p>What does anxiety feel like for you?</p> <hr/> <hr/> <hr/>	<p>Sadness can feel like unhappiness, low energy or mood, emotional pain, regret, grief, or loss. Sadness is common. You do not have to experience it alone.</p>	<p>What does sadness feel like for you?</p> <hr/> <hr/> <hr/>
<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Understand the source of anxiety. <input type="checkbox"/> Reduce stimuli: less activity, less noise. <input type="checkbox"/> Activities that bring comfort and calm: music, art, sports, books, snacks, deep breaths, aromatherapy. <input type="checkbox"/> All personal needs are met. <input type="checkbox"/> Talk about medications. <input type="checkbox"/> Calm, supportive presence. Reassure safety. <input type="checkbox"/> Watch this helpful video on treating anxiety: <div style="text-align: center;">  <p>Anxiety</p> </div>	<p>What causes/triggers your anxiety?</p> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <p>My plan to help relieve this symptom:</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Know that sadness is normal and can come and go. <input type="checkbox"/> Talk to others about your feelings and experience. <input type="checkbox"/> Reflect on memories that bring joy and gratitude. <input type="checkbox"/> Presence of people, pets and things that bring comfort. <input type="checkbox"/> Look at photos. <input type="checkbox"/> Watch favorite shows or listen to music. <input type="checkbox"/> Watch this helpful video on sadness: <div style="text-align: center;">  <p>Sadness</p> </div>	<p>What causes/triggers your sadness?</p> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <p>My plan to help relieve this symptom:</p> <ol style="list-style-type: none"> 1. 2. 3.
<p>Call HOV:</p> <ul style="list-style-type: none"> • If the treatments are not helping or anxiety becomes worse. • If you have any questions or concerns. 		<p>Call HOV:</p> <ul style="list-style-type: none"> • If any thoughts of self-harm, lost interest in activities, worse fatigue. • If you have any questions or concerns. 	

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Agitation/Restlessness	My Agitation/Restlessness	Spiritual Distress	My Spiritual Distress
<p>Agitation can look like increased tension and irritability with physical restlessness and continuous movement. Interrupted sleep, confusion and unpleasant sensitivity are also common.</p>	<p>What does agitation or restlessness feel like for you?</p> <hr/> <hr/> <hr/>	<p>Spiritual distress can occur when the ability to find meaning and purpose in life has changed. This commonly happens with serious illness. It can feel like loneliness, anger, suffering, or lack of peace.</p>	<p>What does spiritual distress feel like for you?</p> <hr/> <hr/> <hr/>
<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Calm, safe environment. <input type="checkbox"/> Music or anything soothing. <input type="checkbox"/> Treat and meet personal needs (hunger, thirst, pain, bathroom care). <input type="checkbox"/> Address emotional and spiritual needs with rituals and traditions. <input type="checkbox"/> Discuss causes and medications with HOV nurse. <input type="checkbox"/> Reflect on memories that bring joy and gratitude. <input type="checkbox"/> Offer support: "I'm here with you." <input type="checkbox"/> Watch this helpful video on agitation/restlessness: <div style="text-align: center;">  <p>Agitation/Restlessness</p> </div>	<p>What causes/triggers your agitation or restlessness?</p> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <p>My plan to help relieve this symptom:</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>Things that can help now:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep a journal. <input type="checkbox"/> Connect with others. <input type="checkbox"/> Visit with an HOV chaplain. <input type="checkbox"/> Talk with trusted people. <input type="checkbox"/> Surround yourself with things you love (people, pets, nature, music, song, art, writings). <input type="checkbox"/> Seek a calm, peaceful environment. <input type="checkbox"/> Pray or meditate. <input type="checkbox"/> Reach out to a spiritual leader in the community. <input type="checkbox"/> Watch this helpful video on spiritual distress: <div style="text-align: center;">  <p>Spiritual Distress</p> </div>	<p>What causes/triggers your spiritual distress?</p> <hr/> <hr/> <hr/> <p>Goal in this area:</p> <hr/> <hr/> <hr/> <p>My plan to help relieve this symptom:</p> <ol style="list-style-type: none"> 1. 2. 3.
<p>Call HOV:</p> <ul style="list-style-type: none"> • If things are getting worse. • If you have any questions or concerns. 		<p>Call HOV:</p> <ul style="list-style-type: none"> • If things are getting worse. • If you have any questions or concerns. 	

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