



# Supporting Physical Comfort: Part 2

## Tools and Notes



## Anorexia and Cachexia

### Symptom Framework for PSWs – adapted for anorexia and cachexia

<b>O</b>	<b>Onset</b>	I've noticed that your appetite seems different. Can you tell me about that? Do you remember when you lost interest in food?
<b>P</b>	<b>Provoking/Palliating</b>	What makes it easier or harder to eat?
<b>Q</b>	<b>Quality</b>	Can you describe your current appetite?
<b>R</b>	<b>Region/Radiating</b>	Can you describe how the weight loss or loss of appetite is affecting you? Your body?
<b>S</b>	<b>Severity</b>	How severe is your lack of appetite? Weight loss? 0 = no symptom and 10 = the worst imaginable Small, medium, large Mild, moderate, severe
<b>T</b>	<b>Treatment</b>	What do you think might be helpful? Is there food that you feel like eating?
<b>U</b>	<b>Understanding</b>	What do you think might be happening?
<b>V</b>	<b>Values</b>	What are your goals for your loss of appetite/weight loss?
<b>W</b>	<b>What else?</b>	What else do you want me to know or do? <b>For the PSW:</b> Consider your knowledge of this person—what do you see? What do you believe would be helpful?



## Dyspnea

### Symptom Framework for PSWs – adapted for dyspnea

<b>O</b>	<b>Onset</b>	When did you first notice feeling breathless? Is this new, or has this happened before? Did the breathlessness start suddenly or slowly?
<b>P</b>	<b>Provoking/Palliating</b>	What makes the breathlessness worse or better? Your position? Being indoors/outdoors?
<b>Q</b>	<b>Quality</b>	What do you feel when you experience breathlessness?
<b>R</b>	<b>Region/Radiating</b>	Where do you feel the breathlessness in your body? Are there other symptoms that have begun too?
<b>S</b>	<b>Severity</b>	How severe is this experience with breathlessness? 0 = no symptom and 10 = the worst imaginable Small, medium, large Mild, moderate, severe
<b>T</b>	<b>Treatment</b>	What do you think might be helpful?
<b>U</b>	<b>Understanding</b>	What do you think might be happening?
<b>V</b>	<b>Values</b>	What are your goals for your breathlessness?
<b>W</b>	<b>What else?</b>	What else do you want me to know or do? <b>For the PSW:</b> Consider your knowledge of this person—what do you see? What do you believe would be helpful?



Use the table below to record your notes about preventing and recognizing difficult breathing, ways to gather information and comfort measures that may help.

How you might prevent difficulty with breathing	What you might observe if a person has difficulty with breathing	What you might ask a dying person to better understand their needs	Comfort measures that might be helpful
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.



## Delirium

### Symptom Framework for PSWs – adapted for delirium

<b>O</b>	<b>Onset</b>	When did you first notice the change? Before this change, when was the last time you observed that the person's mentation was normal? Does the person's lack of concentration vary depending on the time of day or night?
<b>P</b>	<b>Provoking/Palliating</b>	Is the person more easily distracted than previously? Does the person have difficulty following what is being said or done?
<b>Q</b>	<b>Quality</b>	Does the person's speech sound jumbled, like a word salad? Is the person's speech a random unpredictable flow of conversation, switching from one subject to another? Does the person understand you when you talk with them?
<b>R</b>	<b>Region/Radiating</b>	Is the person lethargic or difficult to wake? Is the person acutely alert or vigilant? Does the person seem to be highly aroused or agitated? Is the person unable to settle or sleep?
<b>S</b>	<b>Severity</b>	How severe is this experience with delirium? 0 = no symptom and 10 = the worst imaginable Small, medium, large Mild, moderate, severe
<b>T</b>	<b>Treatment</b>	What do you think might be helpful?
<b>U</b>	<b>Understanding</b>	What do you think might be happening?
<b>V</b>	<b>Values</b>	What are your goals for this symptom?
<b>W</b>	<b>What else?</b>	What else do you want me to know or do? <b>For the PSW:</b> Consider your knowledge of this person—what do you see? What do you believe would be helpful?



Use this table to record your notes about preventing and recognizing delirium, ways to gather information and comfort measures that may help.

What you might observe if a person has delirium	What you might ask a dying person to better understand their needs	Comfort measures that might be helpful	Ways to support family
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.



Fill in this table to identify differences between delirium and dementia

	Delirium	Dementia
Causes		
Time frame of onset		
Brain changes—permanent or reversible?		
Caused by body changes (yes/no)		
Presence of anxiety, fear, or paranoia		



## Nausea and Vomiting

### Symptom Framework for PSWs – adapted for nausea and vomiting

<b>O</b>	<b>Onset</b>	When did the symptom begin? Is this new, or has this happened before? Did it start suddenly or slowly?
<b>P</b>	<b>Provoking/Palliating</b>	What makes the symptom feel better? Worse?
<b>Q</b>	<b>Quality</b>	Can you describe the discomfort? How does this symptom affect you?
<b>R</b>	<b>Region/Radiating</b>	Where are you feeling the symptom?
<b>S</b>	<b>Severity</b>	How severe is the symptom? 0 = no symptom and 10 = the worst imaginable Small, medium, large Mild, moderate, severe
<b>T</b>	<b>Treatment</b>	What do you think might be helpful?
<b>U</b>	<b>Understanding</b>	What do you think might be happening?
<b>V</b>	<b>Values</b>	What are your goals for the symptom?
<b>W</b>	<b>What else?</b>	What else do you want me to know or do? <b>For the PSW:</b> Consider your knowledge of this person—what do you see? What do you believe would be helpful?