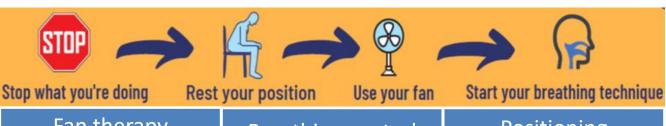


MULTIDISCIPLINARY INTERSTITIAL LUNG DISEASE CLINIC

Telephone: 780.492.6514 Fax: 780.492.4483

What to do in an episode of breathlessness panic



Fan therapy

(Air flow across the face)

- --Use either a hand-held fan, free standing or desk top fan
- --Open windows/doors
- -- Use cold cloth for back/neck/shoulders

Breathing control

- -- Breathe in for a few counts, breathe out for a few counts
- -- Breathe around the rectangle: focus on a door in the room and breathe as you trace the edges

Positioning

Try a position that helps you breathe

- -- Sit and lean forward with arms resting on your knees/other surface
- -- Rest standing with your back against a wall

Make sure you have enough oxygen

Wait 5 minutes - If ongoing breathlessness

Take ____ml of liquid hydromorphone in your cheek

Wait 10 minutes - If ongoing breathlessness

Take ___ml of liquid hydromorphone in your cheek
Take ___ mg Lorazepam under your tongue

Wait 10 minutes - If ongoing breathlessness

Other advice:

Call your home care respiratory therapists/nurse: North Zone: 1.855.371.4122. Edmonton Zone: 780.496.1300. Central Zone: 1.855.371.4122. Call your ILD Clinic: 780.492.6514 / doctor