


MULTIDISCIPLINARY INTERSTITIAL LUNG DISEASE CLINIC

Telephone: 780.492.6514 Fax: 780.492.4483

What to do in an episode of breathlessness panic



<p>Fan therapy (Air flow across the face)</p> <ul style="list-style-type: none"> --Use either a hand-held fan, free standing or desk top fan --Open windows/doors -- Use cold cloth for back/neck/shoulders 	<p>Breathing control</p> <ul style="list-style-type: none"> -- 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 	<p>Positioning</p> <p>Try a position that helps you breathe</p> <ul style="list-style-type: none"> -- Sit and lean forward with arms resting on your knees/other surface -- Rest standing with your back against a wall
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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