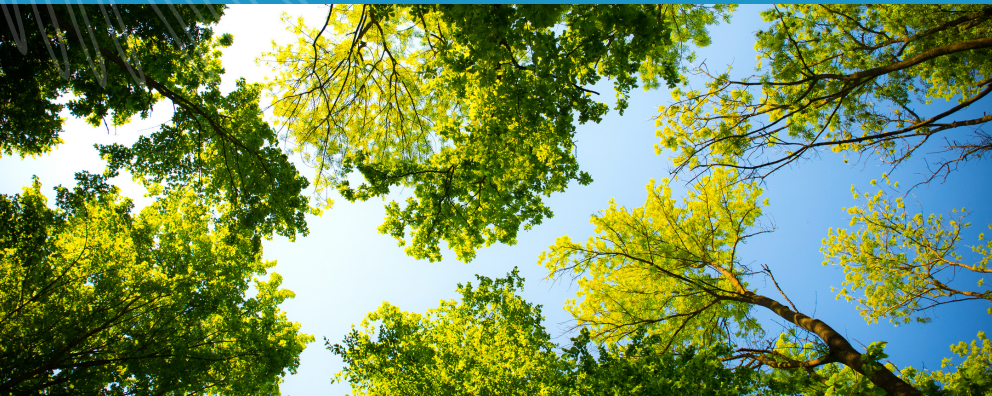


PROVINCIAL PALLIATIVE SYMPTOM MANAGEMENT GUIDELINES

Palliative Care & End of Life Services
Clinical Practice Bulletin



PROVINCIAL PALLIATIVE SYMPTOM MANAGEMENT GUIDELINES

What is the Purpose?

To provide general palliative symptom management guidance to physicians, nurses, and allied health professionals without a referral to a palliative specialist. The guidelines are based on the most current available literature, a clinician panel, patient voices, and input from First Nation Health Authority nurses.

What Symptoms are Included?

- Symptoms were chosen based on being:
 - physical in nature
 - common to more than one life-limiting illness.
- [Pain \(pg 29\)](#)
- [Fatigue \(pg 68\)](#)
- [Pruritis \(pg 89\)](#)
- [Severe bleeding \(pg 110\)](#)
- [Constipation \(pg 134\)](#)
- [Nausea & Vomiting \(pg 167\)](#)
- [Dysphagia \(pg 193\)](#)
- [Anorexia \(pg 213\)](#)
- [Dehydration \(pg 244\)](#)
- [Respiratory Congestion \(pg 261\)](#)
- [Dyspnea \(pg 279\)](#)
- [Cough \(pg 299\)](#)
- [Hiccoughs \(pg 335\)](#)
- [Twitching/Myoclonus/Seizures \(pg 358\)](#)
- [Delirium \(pg 378\)](#)
- [Other Symptoms \(pg 408\)](#)
- [Refractory Symptoms & Palliative Sedation \(pg 411\)](#)
- [Nurturing Psychosocial & Spiritual Well-Being \(pg 433\)](#)

PRACTICE PEARLS

TOPIC STANDARD FORMAT

*Definition

Step 1 - Goals of care

Step 2 - Assessment

Step 3 - Possible causes

*Principles of Management

Step 4 - Interventions

Non-pharmacological

Pharmacological

Patient and family education

*Additional resources

*Medication table

*Algorithm

*Extra tools

*Resources

First Nations Perspective

- To understand potential impacts of each physical symptom on spiritual, emotional and mental facets.
- Appreciate the impact of past trauma on individuals.
- Utilize traditional remedies and participate in spiritual practices.
- Recognize that a person can be well in one state of life and unwell in another, as per the "wellness wheel" (pg 15).

RESOURCES

[BC Inter-Professional Palliative Symptom Management Guidelines](#)