



Shortness of Breath Action Plan

Patient Factsheet

Released October 2018

Patient Name:

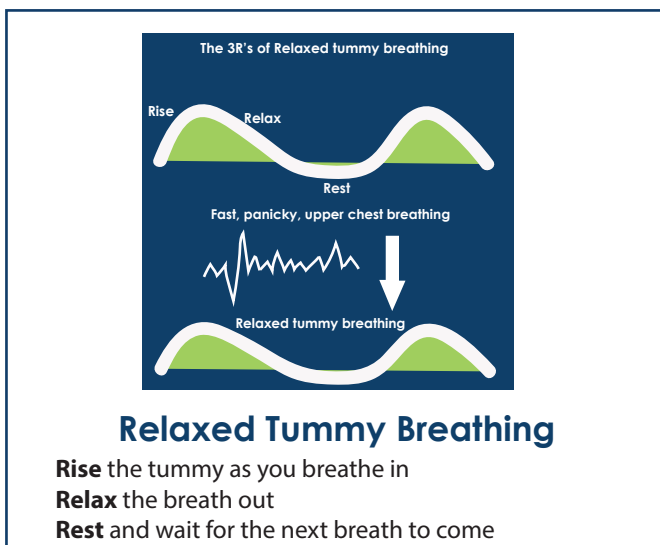
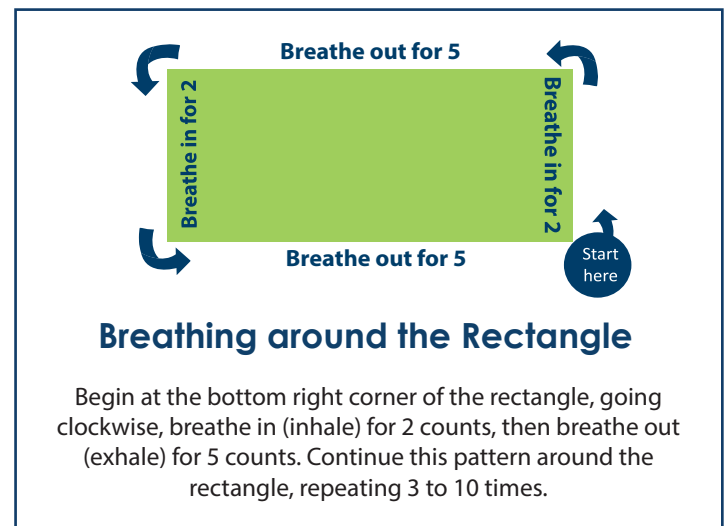
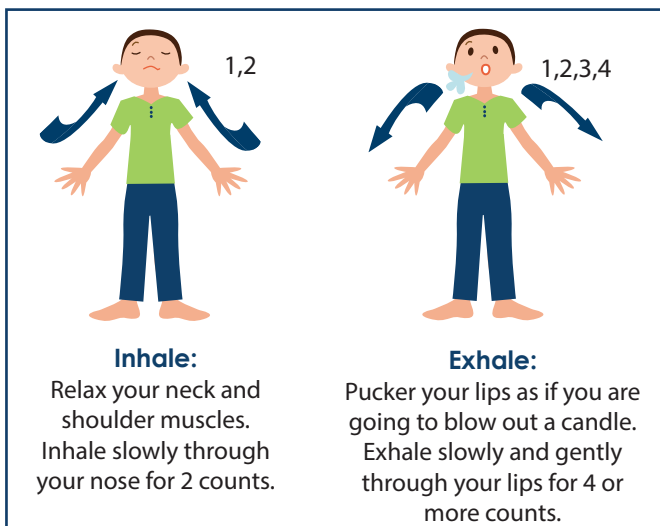
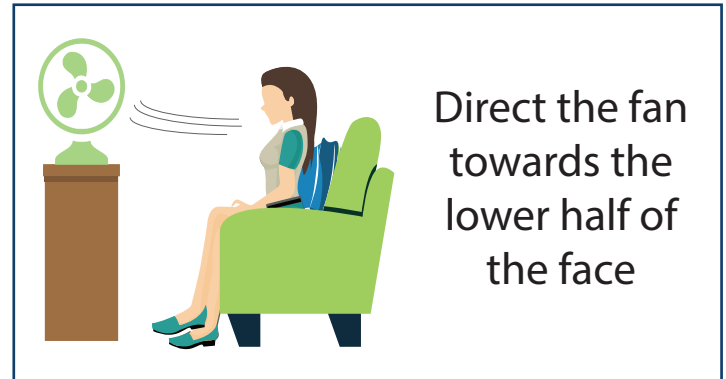
UPI:

Date of Birth: / /

Review Date: / /

Address:

- 1 - Loosen any restrictive clothing around your shoulders and neck
- 2 - Sit up as much as possible using pillows or cushions to support the upper body
- 3 - Put on fan if available or sit by open door or window
- 4 - Try to keep calm – for example count slowly to 5 or listen to relaxing music
- 5 - Use the breathing techniques shown by your clinician. Examples of breathing techniques



If still continuing to be breathless:

- 6 - If you have home oxygen, use atlitres per minute as prescribed by your doctor
- 7 - Take breakthrough medication to ease shortness of breath (opioid)
- 8 - If you are feeling anxious/panicky take relaxing medication (benzodiazepine)
Night
Day



When Should I call Triple Zero (000)?

If you are not responding well to this Action Plan then call General Practitioner/After Hours Service or Ambulance

Signed: **Designation**..... **Date**.....

Medication Instructions

Drug	Dose	Method of Delivery