

Palliative Pearls – Dexamethasone after falls

Frail elders can be disabled for days after a “non-injury fall”.

A 7 day dexamethasone burst can improve function, mobility and comfort dramatically, easing pain with respiration, improving mobility and relieving other musculoskeletal pain, without the sedation risk of opioids or the kidney toxicity of NSAIDs.

A typical dose for elders is 4 mg once daily in the morning with food for 7 days.

For more information, contact Dr. Leslie Estep or Dr. Anita Meyer at Hospice of the Northwest, 360-814-5550, or lestep@hospicenw.org or ameyer@hospicenw.org

If you would prefer not to receive monthly Palliative Pearls, please email pputney@hospicenw.org

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