

# Palliative Pearls -- Dyspnea

*Treating dyspnea improves function in late stage COPD and CHF.*

Studies show the use a hand held fan directed to the face reduces dyspnea.

Low dose opioids (not only morphine) also reduce dyspnea, usually at doses lower than typically needed to treat pain.

Immediate release morphine sulfate liquid 20mg/ml, 1-2 mg orally or sublingually every two hours as needed before activity or as needed for dyspnea.

Morphine sulfate ER 10 mg (Kadian). This delivers 10 mg of morphine over a 24 hour period. (Longer acting than MS Contin)

Methadone 2- 2.5 mg once or twice daily. Available as 5 mg tabs or 10 mg/ml liquid.

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

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