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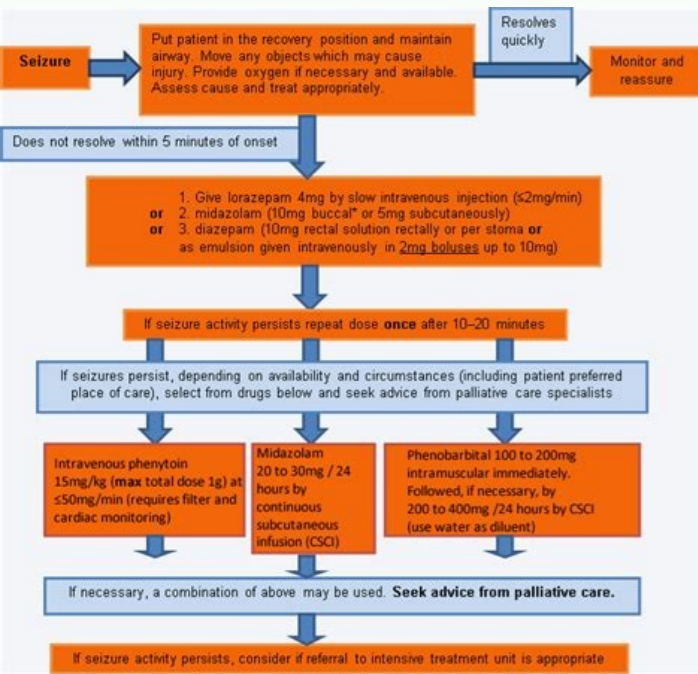
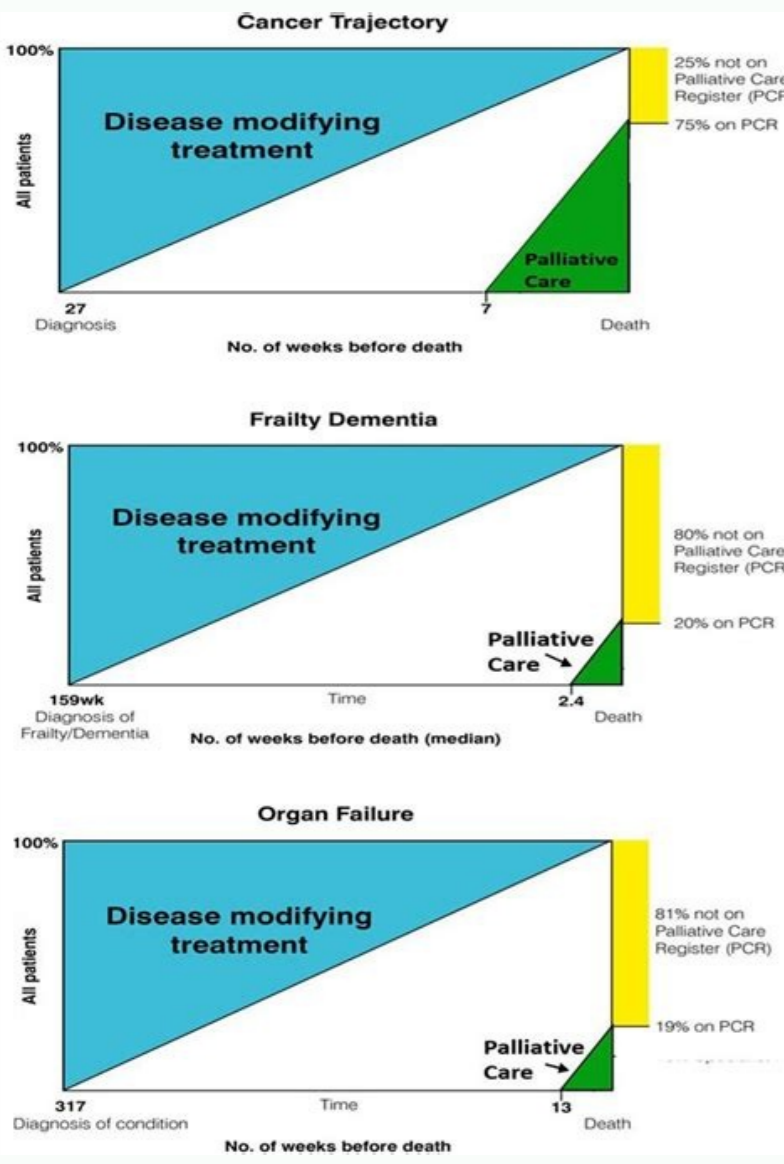


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Scottish palliative care guidelines hiccups

Route	Dose
Oral	500 micrograms at night (250 micrograms if concerned about drowsiness), up to 4mg/6hr.
Subcutaneous	Common dose range in palliative care: <ul style="list-style-type: none"> • 1mg to 4mg over 24 hours • doses up to 4mg in 24 hours have been used. The dose of clonazepam should be carefully adjusted to individual requirements, and used with caution in patients with chronic respiratory disease, renal or moderate hepatic impairment. Manufacturers also state the stability of the diluted clonazepam is maintained for up to 12 hours, although there are reports of CSF administration over 24 hours without apparent unexpected effect.

Pain/breathlessness	Anxiety/agitation
Morphine sulfate 10mg/ml injection 2mg subcutaneous (SC) 1 hourly as required for pain or breathlessness (max 6 times in 24 hours) Supply 10 (ten) ampoules	Midazolam 10mg/2ml injection 2mg SC 1 hourly as required for anxiety or agitation (max 6 times in 24 hours) Supply 10 (ten) ampoules
.....EXAMPLE PRESCRIPTION ONLY.....EXAMPLE PRESCRIPTION ONLY.....
Respiratory secretions	Nausea/vomiting
Hyoscine butylbromide 20mg/1ml injection 20mg SC 1 hourly as required for respiratory secretions (max 6 times in 24 hours) Supply 10 ampoules	Levomopromazine 25mg/1ml injection 2.5mg to 5mg SC 12 hourly as required for nausea Supply 10 ampoules
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Oral morphine dose	Equivalent opioid dose	Conversion factor from oral morphine to other opioid
Morphine 10mg	= SC morphine 5mg	Divide by 2
Morphine 10mg	= SC diamorphine 3mg	Divide by 3
Morphine 10mg	= Oral oxycodone 5mg	Divide by 2
Morphine 10mg	= SC oxycodone 2 to 3mg	Divide by 4
Morphine 30 to 60mg	= Fentanyl patch 12 micrograms/hour	Refer to: Fentanyl
Morphine 60 to 90mg	= Fentanyl patch 25 micrograms/hour	Refer to: Fentanyl
Morphine 30mg	= SC alfentanil 1mg*	Divide by 30
Morphine 10mg	= Oral hydromorphone 1.3mg	Divide by 1.5 to 7.5
Morphine 15mg	= SC hydromorphone 1mg*	Divide by 10
Oral oxycodone dose	Equivalent opioid dose	Conversion factor from oral to SC
Oxycodone 5mg	= SC oxycodone 2 to 3mg	Divide by 2
Oxycodone 5mg	= Oral morphine 10mg	Multiply by 2
Oxycodone 5mg	= SC diamorphine 3mg	Divide by 1.5
Oxycodone 15 to 30mg	= Fentanyl patch 12 micrograms/hour	Refer to: Fentanyl
Oxycodone 30 to 45mg	= Fentanyl patch 25 micrograms/hour	Refer to: Fentanyl
Oxycodone 15mg	= SC alfentanil 1mg*	Divide by 15
Oxycodone 5mg	= oral hydromorphone 1.3mg*	Divide by 4

Your team members also work together to make sure they address all your needs. Another important part of palliative care is that it doesn't focus on just one aspect of your life. They might also coordinate your overall care plan. People who experience strokes, kidney failure, cancer or congestive heart failure often receive palliative care. A social worker can help you manage financial aspects of your care and connect you with programs that give you access to resources in your community. On the other hand, imagine you're experiencing a lot of anxiety after your diagnosis. It incorporates multiple aspects of who you are and aims to improve all of them. The main goal of palliative care is to help relieve uncomfortable symptoms you experience because of your illness. They may also examine you. Some tests may also be done, depending on what your doctor thinks is causing your hiccups. This way, your doctor and palliative care specialist can communicate with each other to figure out the right course of action for your treatment. Non-medicine treatment. These simple measures can be effective, especially if they have worked for you previously: Sip iced water or swallow crushed ice. In that case, you might focus more on working with a therapist. These include: How are hiccups treated? Each of them is experienced in helping with a different aspect of your life. If your doctor tells you later on that your condition has become terminal, you can continue getting palliative care. But it can also help you if you frequently stay in the hospital because of a health condition or if you visit the emergency room often due to your illness. If you believe you are seeing this page in error please contact us. However, there are some common ways people receive this type of care. Depending on your needs, you might receive care in your doctor's office once in a while and have home visits from other members of your team. In that case, all your team members will work with you in the hospital. Palliative care helps people with long-term or severe health conditions manage their symptoms better. They're trained to provide support and medical treatment for your condition. Therapists and psychologists can teach you coping strategies to help you deal with stress and improve your mental health. It's true that some elements of palliative care can work for people who are reaching the end of their lives. It's a newer type of medical care that takes people's individual needs into account and aims to meet their medical, physical, spiritual and emotional needs. This page focuses on hiccups in palliative care. You can access the directory here. The National Hospice and Palliative Care Organization is another agency that can help you find a palliative care doctor. They specialize in providing certain palliative treatments. Or, you might stay in the hospital while getting palliative care. The NICE Clinical Knowledge Summaries (CKS) site is only available to users in the UK, Crown Dependencies and British Overseas Territories. Using your location information, you can find a doctor near you with the NHPCCO's online directory. Your current doctor can also help you find providers who specialize in providing palliative care. Where Can You Find Palliative Care? Photo Courtesy: Maskot/Getty Images The Center to Advance Palliative Care is a nonprofit organization that regularly updates a national palliative care provider directory. Palliative care can make you more comfortable, both mentally and physically. They'll teach you coping skills to boost your mental health and ease your stress. It's meant to provide support and improve your quality of life. Talk through your feelings with your family/whānau and friends to get the support you need. If you need extra help in daily activities such as washing, dressing or cooking, your doctor may be able to arrange this for you. Below are some support services and information for people affected by cancer and their family/whānau. The following links provide further information about hiccups. It is available to users outside the UK via subscription from the Prodigy website. Palliative care clinics are another option. The focus of your care will also depend on your personal experiences and treatment goals. It also pairs you with a wide variety of resources that can help you thrive. Who Can Benefit From Palliative Care? Photo Courtesy: Ergin Yalcin/Getty Images As mentioned, palliative care is meant for people who have long-term or severe illnesses. Your diaphragm is the muscle that separates your abdomen from your chest. That way, you can continue living at home where it's more comfortable while getting treatment. Treatment of hiccups comprises non-medicine and medicine treatment. There are many causes that can contribute to hiccups if you have a terminal illness. It can be caused by the terminal illness you are living with, eg. liver cancer, or other medical conditions that happen at the same time. Common causes of hiccups in people living with a terminal illness include: gut problems such as stomach distension, gastric stasis, constipation, bowel obstruction or gastroesophageal reflux metabolic conditions such as uraemia, high blood calcium, low blood potassium or low blood sodium infections liver disease brain conditions such as stroke, brain tumour, head injury or brain infection irritation of the nerves that supply your diaphragm, such as the phrenic nerve and the vagus nerve, due to surgery, tumours or infections medicines with anticholinergic activity, such as cycizine or tricyclic antidepressants. This nonprofit is a member organization that doctors and other providers join. In it, you can find palliative care providers and teams near your home. Or, they may make it difficult for people to live comfortably or take care of daily tasks while they're having treatment for the condition. If you need to see a new doctor to get palliative care, your current doctor can explain the most important aspects of your condition and health to them. When you opt for palliative care, you can work with others to define your needs, and your providers help you meet them. Your care team might focus on reducing your pain and demonstrating lifestyle changes to make that keep you as comfortable as possible. The type of care you get ultimately depends on what you and your team decide works best. Your team might include the following people: A nurse or doctor is at the center of a palliative care team. How are the causes of hiccups diagnosed? Your primary doctor can give recommendations based on all the details they know about your health. These types of conditions might not be curable. Living with hiccups and other symptoms of terminal illness can be frustrating. Having this information is important for making sure your care plan fully meets your needs. Resource Links: "Palliative care" via Mayo Clinic "What is Palliative Care?" via the Center to Advance Palliative Care MORE FROM SYMPTOMFIND.COM You can get palliative care at any stage of your illness or while living with any serious health condition. It can also be challenging to do things physically. Some doctors also offer in-home palliative care. Pull your knee up to your chest and lean forward. If you're considering palliative care for yourself or a family member, it's important to understand what it is, how it works and how to talk to your doctor about it. Photo Courtesy: Fotostorm/Getty Images "Palliative" means care that relieves pain and other symptoms without treating the condition that causes them. Breathe into a paper bag or hold your breath for a short time. Use a swab to rub your soft palate. Your doctor may ask you some questions to find out the possible causes of your hiccups. If you have a health condition that you feel is negatively impacting your day-to-day living and want to see improvements in multiple areas of your life, palliative care may be for you. Palliative care is an option for people with a wide variety of chronic illnesses. There are many causes that can contribute to hiccups if you have a terminal illness. It also aims to relieve stress you feel because of your condition. The contraction causes your vocal cords to close briefly, resulting in the hiccup sound - hic! Hiccups can be very distressing. If you have a medical condition, or any obvious causes of your hiccups are found, treatment will focus on the condition or cause. You may have many health professionals such as doctors, nurses, a palliative care specialist or a cancer specialist involved in your care, as it requires treatment from a multidisciplinary team. Treatment of hiccups comprises non-medicine and medicine treatment. It's not only meant for people who have a terminal condition the way hospice usually is - palliative care isn't only end-of-life care. But it's a supplement to other treatments you might be getting for your condition. For example, imagine you're experiencing a lot of physical pain due to your condition. It can be especially effective if you're getting treatments, such as chemotherapy for cancer, that cause their own uncomfortable symptoms. You can also choose to end palliative care and re-enter it if your symptoms improve and then start to decline again. CKS content is produced by Clarity Informatics Limited. It isn't a replacement for other medical treatments like medications or surgeries. You receive palliative care from a special team of different professionals. Sometimes, nursing homes also offer this type of care. Its goal is to increase access to palliative care and hospice care to help improve people's quality of life. Your team can continue to provide support while you consider entering hospice later on. What Does Palliative Care Usually Include? Photo Courtesy: Xesai/Getty Images Palliative care programs are designed to meet individual needs. Palliative care is also a common choice for people who have AIDS, Huntington's disease, Parkinson's disease, Alzheimer's and other conditions that don't have cures yet. Be aware that websites from other countries may have information that differs from New Zealand recommendations. Photo Courtesy: hobo 018/Getty Images When people have a serious illness or a long-term health condition, getting a type of healthcare called palliative care can help improve their daily lives. Medicines Common medicines that may be used to treat hiccups include: Sometimes, hiccups can be difficult to manage despite having treatment. What support is available with hiccups? Some palliative care teams also include clergy members or other religious leaders who can help you bring more spirituality into your life. Hiccups are caused by an uncontrollable contraction of your diaphragm. So, they look different from person to person.

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