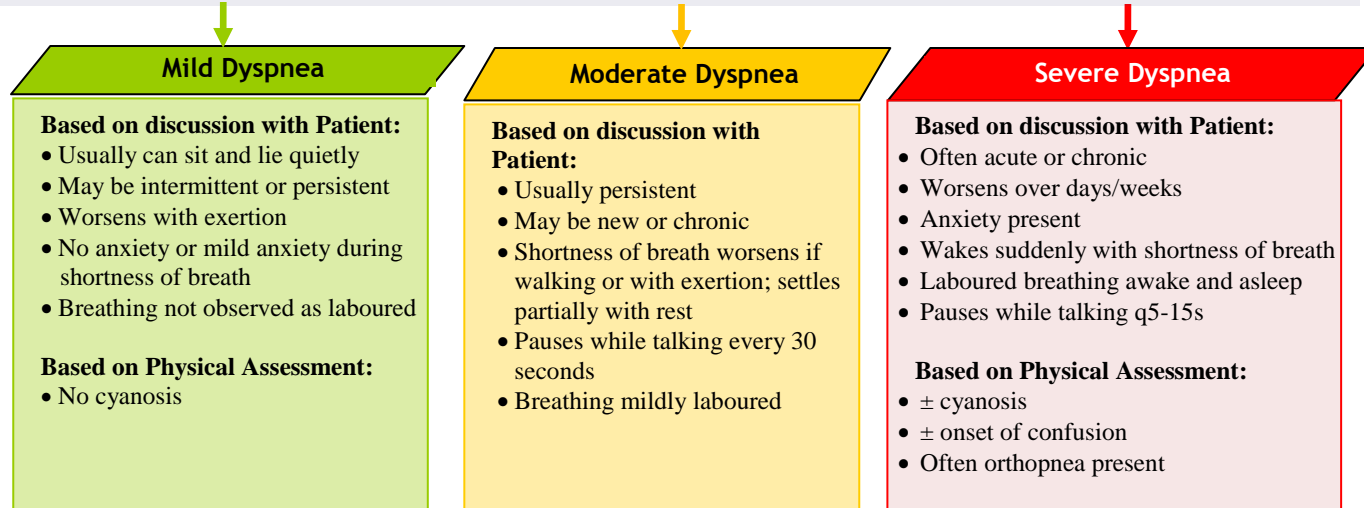
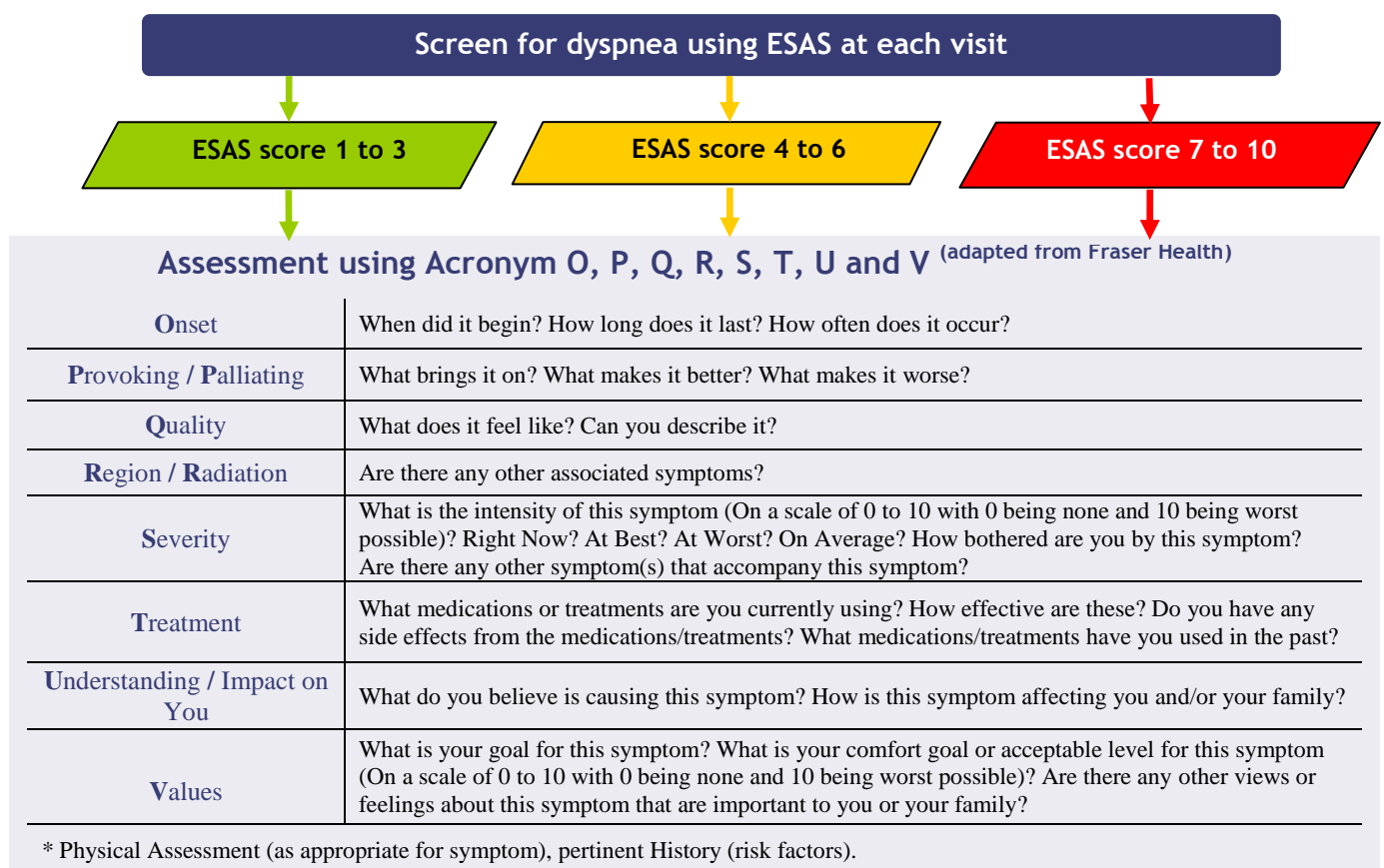


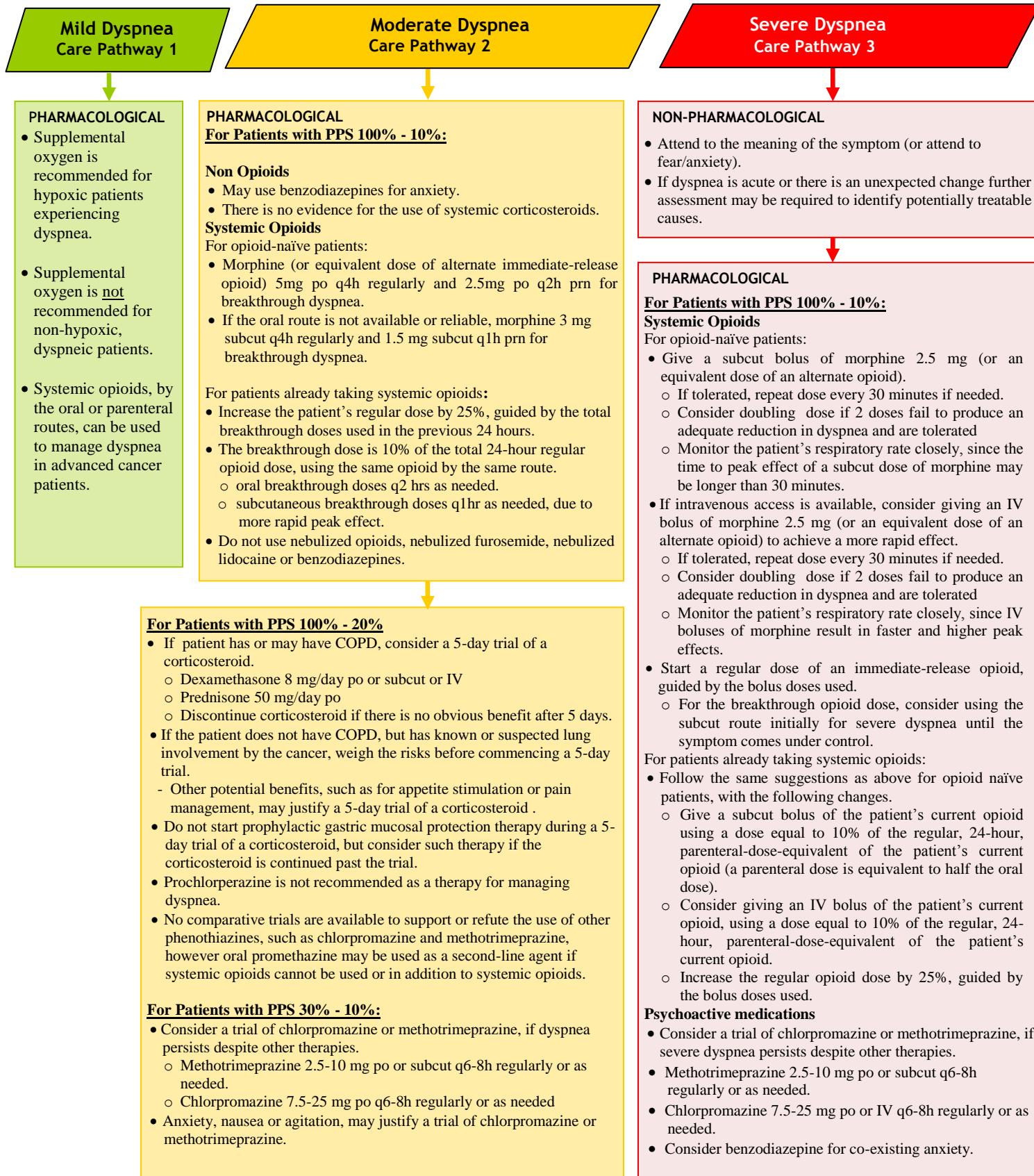
Dyspnea in Adults with Cancer: Screening and Assessment



Interventions for all patients, as appropriate

- Cognitive Behavioural Interventions**
- Provide information and support for management of breathlessness, instructions for breathing control, relaxation, distraction techniques and breathing exercises
 - Provide goal setting to enhance breathing and relaxation techniques, enable participation in social activities, and develop coping skills
 - Identify early signs of problems that need medical or pharmacotherapy intervention
- Positioning**
- Suggest positions that maximize respiratory function while reducing physical effort.
- Breathing**
- Provide ambient air flow on face & cool facial temperatures (use window, fan, or nasal prongs)
 - Increasing chest expansion can make the most of one's lung capacity and increase oxygen delivery.
 - Consider referral to a respiratory therapist, physiotherapist or nurse with expertise in managing dyspnea
 - Assess the need for oxygen
 - Assess breathlessness – what improves and what hinders
- Supportive Counseling**
- The meaning of symptoms cannot be separated from the symptom experience. In order to relieve suffering and provide good symptom support, the health care professional must explore the meaning of the symptom to the patient.

Dyspnea in Adults with Cancer: Care Map



Follow-Up and Ongoing Monitoring

If dyspnea remains unrelieved despite the approaches outlined above, request the assistance of a palliative care consultation team.

For full references and more information please refer to [CCO's Symptom Management Guide-to-Practice: Dyspnea](#) document.

Disclaimer: Care has been taken by Cancer Care Ontario's Algorithm Development group in the preparation of the information contained in this Guide-to-Practice document. Nonetheless, any person seeking to apply or consult the Guide-to-Practice document is expected to use independent clinical judgment and skills in the context of individual clinical circumstances or seek out the supervision of a qualified specialist clinician. CCO makes no representation or warranties of any kind whatsoever regarding their content or use or application and disclaims any responsibility for their application or use in any way.