

Table 6-5: Symptomatic Treatment of Dyspnea

Treatment	Indication	Dose	Frequency	Route
Oxygen	Hypoxemia	2-5 liters/min	PRN or continuously	Inhaled
Fan or cool air toward face	Dyspnea with or without hypoxemia	As tolerated	PRN or continuously	Topical
Morphine* (oral)	Dyspnea	If opioid naïve , 3-5 mg, titrate up to 20 mg as needed If on opioids for pain, one sixth to one tenth of daily dose	4 to 6 hours and/or PRN q 2 hrs PRN q 2 hrs.	PO, SL, PR
Morphine* (parenteral)	Dyspnea	Parenteral dose is 1/3 of oral or rectal dose. If opioid naïve , 1-2 mg, titrate up as needed If on opioids for pain, one sixth to one tenth of daily dose	4 to 6 hours and/or PRN q 2 hrs PRN q 2 hrs	SC, IV
Lorazepam**	Anxiety	0.5 to 1 mg Titrate up to 2 mg if needed	4 to 8 hrs or PRN q 4 hrs	PO, IV, PR
Corticosteroids	Bronchospasm, COPD, PCP, Malignancy	Prednisone 20 to 60 mg Dexamethasone 4 to 16 mg	Daily Once daily or divided doses	PO PO, SC, IV, PR
Bronchodilators Adrenergic Anticholinergic	Bronchospasm Airway obstruction COPD	Metered dose inhaler or nebulizer	2 to 12 hrs and/or PRN q 4 hrs	Inhaled aerosol

*May substitute equianalgesic doses of other opioids (see text)

**May substitute equivalent doses of other benzodiazepines