



A practical handbook for carers: 照顧者實用手冊:

*Helping to manage breakthrough symptoms
safely using subcutaneous medicines*

幫助您使用皮下注射藥物來安全地管控突破性症狀



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Acknowledgements

This practical handbook was developed as part of *caring@home*, a project undertaken by a consortium of Metro South Health, operating through Brisbane South Palliative Care Collaborative (lead agency), Aged & Community Services Australia, Australian Primary Health Care Nurses Association, Flinders University (through CareSearch), Leading Age Services Australia, National Prescribing Service, Pharmaceutical Society of Australia, The Royal Australian College of General Practitioners and University of Technology Sydney.

We acknowledge and thank all the health professionals and carers who contributed to the development of this handbook.

Funding statement

caring@home is funded by the Australian Government, Department of Health.

Suggested reference

Brisbane South Palliative Care Collaborative. *A practical handbook for carers: Helping to manage breakthrough symptoms safely using subcutaneous medicines*. Brisbane: Brisbane South Palliative Care Collaborative; 2018.

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Disclaimer

This practical handbook is intended as a guide for carers to assist them to help manage breakthrough symptoms.

While the Brisbane South Palliative Care Collaborative has exercised due care in ensuring the accuracy of the material contained in the handbook, the handbook is only a general guide to appropriate practice, to be followed subject to the clinician's judgement and the carer's preference in each individual case.

The Brisbane South Palliative Care Collaborative does not accept any liability for any injury, loss, or damage incurred by use of, or reliance upon, the information provided within this handbook.

References

The reference list for this practical handbook can be found at:

<https://www.caringathomeproject.com.au/tabid/5144/Default.aspx>



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鳴謝

本實用手冊是作為*caring@home*的一部分編寫的，這是由Metro South Health聯盟開展的一個專案，透過以下機構執行：布里斯班南部舒緩照顧協作機構(Brisbane South Palliative Care Collaborative)(牽頭機構)、澳大利亞老齡和社區服務(Aged & Community Services Australia)、澳大利亞初級保健護理護士協會(Australian Primary Health Care Nurses Association)、弗林德斯大學(Flinders University) (透過CareSearch)、澳大利亞領先老齡服務(Leading Age Services Australia)、全國處方服務署(National Prescribing Service)、澳大利亞藥學會(Pharmaceutical Society of Australia)、澳大利亞皇家全科醫學院(The Royal Australian College of General Practitioners)和悉尼科技大學(University of Technology Sydney)。

我們感謝所有為本手冊的編寫做出貢獻的健康專業人士和照顧者。

經費聲明

caring@home 由澳大利亞政府衛生部提供經費。

建議參考資料

Brisbane South Palliative Care Collaborative。《照顧者實用手冊：幫助您使用皮下注射藥物來安全地管控突破性症狀》。布里斯班：Brisbane South Palliative Care Collaborative; 2018。

查詢

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免責聲明

本實用手冊旨在為照顧者提供指導，協助他們去幫助管控突破性症狀。

雖然Brisbane South Palliative Care Collaborative在確保手冊中所含材料的準確性方面已經盡責盡力，但本手冊只是適當實踐的一般指南，在每一個別病例中應該按臨床醫生的判斷和照顧者的優先程序實施。

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參考資料

本實用手冊的參考資料清單見以下網址：

<https://www.caringathomeproject.com.au/tabid/5144/Default.aspx>



Introduction

This handbook is one part of the *caring@home* package for carers. It should be used with all the other materials in the package, particularly the one-on-one training that will be provided to you by a nurse.

The purpose of the *caring@home* package is to provide practical information and skills so that you can help manage a person's **breakthrough symptoms** safely using **subcutaneous medicines**.

You are not alone. Using the *caring@home* package, you, together with your health care team, can help recognise and manage breakthrough symptoms if they occur.

The decision to help manage breakthrough symptoms is voluntary and yours to make. Your health care team will not pressure you to accept this task. If you do not want to be involved, simply tell the team of your decision.

What do other carers say?

Carers who have given subcutaneous medicines say they feel a strong sense of achievement and satisfaction from being able to contribute to the comfort of the person they are caring for.

Carers report being pleased they have been able to help keep the person at home, because that is what they wanted.

What is a symptom?

A symptom is a personal sensation that can result from an illness and can be distressing.

What is a breakthrough symptom?

Even when taking regular medicine to help control a symptom, sometimes the symptom can unexpectedly get worse and become distressing for the person you are caring for. When this occurs it is called a "breakthrough symptom" and may require an extra dose of medicine.

What is subcutaneous medicine?

Medicine that is given using a small plastic tube placed under the person's skin (not into a vein) is called subcutaneous medicine.

"We knew when the pain hit we were able to do something to try and relieve it immediately, without having to sit waiting, powerless, for someone else to come and do it. I believe it gave me the confidence to keep him at home to the very end."





引言

本手冊是供照顧者使用的 *caring@home* 成套教材的一部分。它應與成套教材中的所有其他材料一起使用，特別是護士將會提供給您的一對一培訓。

caring@home 成套教材的目的是提供實用的資訊和技能，以便您可以使用 **皮下注射藥物** 安全地幫助管控您照顧的人的 **突破性症狀**。

你並非孤身一人。使用 *caring@home* 成套教材，您和您的醫療團隊可以幫助識別和管控突破性症狀。

幫助管控突破性症狀的決定是自願性的，由您自行作出決定。您的醫療團隊不會向你施加壓力讓您去接受此任務。如果您不想參與，只需將您的決定告訴團隊。

其他照顧者有甚麼看法？

已實施過皮下藥物注射的照顧者們表示，由於能夠幫助讓自己所照顧的人更舒適，他們有一種強烈的成就感和滿足感。

照顧者們表示，能夠實現他們所照顧的人的願望，幫助他們留在家中，感到很欣慰。

甚麼是症狀？

症狀是由疾病所引起的一種個人感覺，可能令人痛苦。

甚麼是突破性症狀？

即使定時服用藥物來控制症狀，有時症狀會出乎意料地變得更糟，並且會使您正在照顧的人感到痛苦。當發生這種情況時，則稱之為“突破性症狀”，可能會需要額外劑量的藥物。

甚麼是皮下注射藥？

透過置於在人的皮膚下（而不是靜脈中）的小塑膠管給予的藥物稱為皮下注射藥物。

“我們知道，當疼痛發作的時後，能夠有辦法立即設法減輕它，而不必感到無能為力地坐著等待別人來幫忙。我相信這給了我信心，能把他留在家裏，直到最後。”





Components of the *caring@home* package for carers

1	One-on-one training session with a nurse	A nurse will teach you how to help manage breakthrough symptoms safely using subcutaneous medicines.
2	A practical handbook for carers: <i>Helping to manage breakthrough symptoms safely using subcutaneous medicines</i>	The handbook provides written information and pictures you may need to help manage breakthrough symptoms safely using subcutaneous medicines.
3	Writing a label, opening an ampoule and drawing up medicine: <i>A step-by-step guide</i>	This illustrated guide explains how to write a label for a syringe, open an ampoule and draw up medicine using a step-by-step approach.
4	Giving medicine using a subcutaneous cannula: <i>A step-by-step guide</i>	This illustrated guide explains how to give medicine using a subcutaneous cannula using a step-by-step approach.
5	Medicines diary	The medicines diary is used to record all the subcutaneous medicines that you give to the person you are caring for.
6	Colour-coded labelling system	The colour-coded labelling system acts as an extra safety check to help you to select the correct medicine for each breakthrough symptom. It includes: <ul style="list-style-type: none">• Colour-coded sticky labels for syringes and• Symptoms and medicines: <i>Colour-coded fridge chart</i>
7	A practice demonstration kit	The demonstration kit can be used to practise giving medicines using a subcutaneous cannula.
8	Short training videos	The videos show you how to help manage breakthrough symptoms using subcutaneous medicines.



供照顧者使用的 *caring@home* 成套教材組成部分

1	與護士一對一的培訓課程	護士將教您如何使用皮下注射藥物來安全地幫助管控突破性症狀。
2	照顧者實用手冊：幫助您使用皮下注射藥物來安全地管控突破性症狀	本手冊提供了您可能需要的書面資訊和圖片，以幫助您使用皮下注射藥物來安全地管控突破性症狀。
3	寫標籤、打開藥瓶和抽取藥物：分步指南	這個帶插圖的指南分步解釋了如何為注射筒寫標籤，打開藥瓶並抽取藥物。
4	使用皮下插管給藥：分步指南	這個帶插圖的指南分步解釋了如何使用皮下插管給藥。
5	用藥日誌	用藥日誌是用於記錄您給予被照顧者的所有皮下注射藥物。
6	彩色編碼標籤系統	彩色編碼標籤系統可作為額外的安全檢查，幫助您為每種突破性症狀選擇正確的藥物。這包括： <ul style="list-style-type: none">• 用於注射筒的彩色編碼可粘貼標籤• 症狀和藥物：彩色編碼的冰箱圖表
7	練習演示成套教材	該演示成套教材可用于練習使用皮下插管給藥。
8	簡短的培訓視頻	這些視頻向您展示如何使用皮下注射藥物幫助管控突破性症狀。



Key information

• Using this handbook	14
• Recognising breakthrough symptoms	16
• Rating breakthrough symptoms	20
• Knowing what subcutaneous medicine to use for each breakthrough symptom	22
• Writing a label, opening an ampoule and drawing up medicine: <i>A step-by-step guide</i>	24
• Giving a medicine using a subcutaneous cannula: <i>A step-by-step guide</i>	28
• Checking the subcutaneous cannula	32
• Recording in the medicines diary	34
• Making sure there are enough medicines in the house	36
• Safely storing and disposing of subcutaneous medicines	38

Extra information

• The subcutaneous cannula	42
– What is a subcutaneous cannula?	42
– Why is a subcutaneous cannula used?	42
– Where is a subcutaneous cannula inserted?	42
– When will the subcutaneous cannula need to be replaced?	42
• More about common breakthrough symptoms	44
• Common subcutaneous medicines and frequent side effects	48
• Notes	50

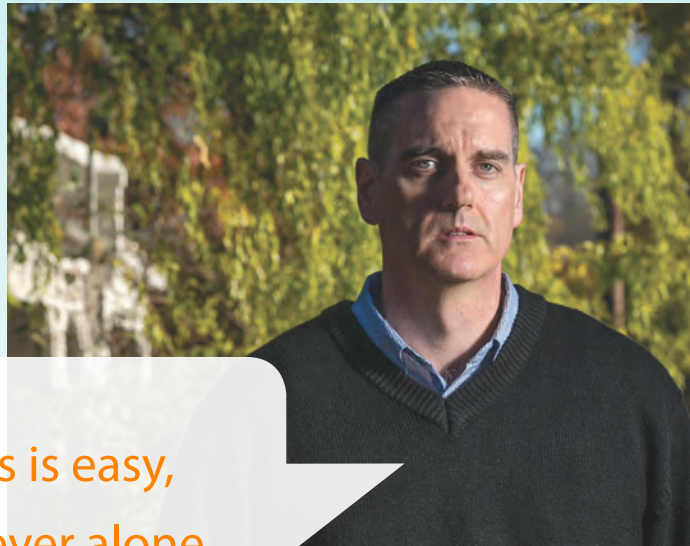


關鍵資訊

• 使用本手冊	15
• 認識突破性症狀	17
• 評定突破性症狀等級	21
• 瞭解針對每種突破性症狀使用的皮下注射藥物	23
• 寫標籤、打開藥瓶和抽取藥物：分步指南	25
• 使用皮下插管給藥：分步指南	29
• 檢查皮下插管	33
• 在用藥日誌中記錄	35
• 確保家裏有足夠的藥物	37
• 安全儲存和處置皮下注射藥物	39

額外的資訊

• 皮下插管	43
– 甚麼是皮下插管？	43
– 為甚麼使用皮下插管？	43
– 皮下插管應插在哪裡？	43
– 甚麼時候需要更換皮下插管？	43
• 關於常見的突破性症狀的更多資訊	45
• 常見的皮下注射藥物和經常發生的副作用	49
• 備註	50



*“None of this is easy,
but you are never alone.
Everything that you are
doing is helping them.”*





“這一切都不容易，
但你永遠不是孤身一人。
你所做的一切都是在幫助
他們。”

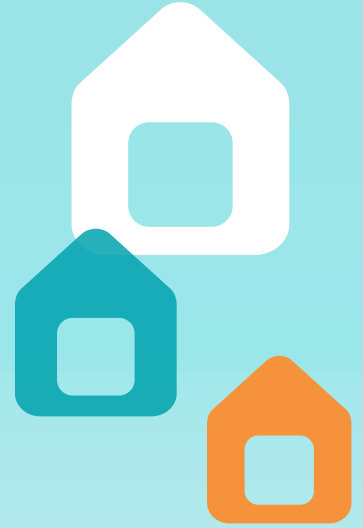




Key information



“The written practical handbook and the videos suited us. Everything that we needed was there. We felt good about the process and we would recommend it to anyone.”



關鍵資訊



“書面實用手冊和視頻適合我們。我們需要的一切都在那裡面。我們感覺能順利進行這個過程，我們會向任何人推薦。”



Using this handbook

Your nurse will give you this handbook and will use it to guide the one-on-one training session with you. During this training session you will be encouraged to ask questions at any time.

You will be taught how to:

- Recognise breakthrough symptoms
- Identify common subcutaneous medicines
- Complete a colour-coded syringe label
- Open and draw up medicine from an ampoule
- Give medicine using a subcutaneous cannula (and practise, using the demonstration kit)
- Make a record in the medicines diary
- Check the subcutaneous cannula and insertion site
- Store medicines in your home
- Dispose of unused medicines
- Make sure that you always have enough medicines in your home to treat breakthrough symptoms

Your nurse will give you a 24-hour telephone number so that you can contact a health care professional if you need advice, support or reassurance.

“It makes you feel that you are part of it, that you are helping. It’s part of the business.

At least you are contributing, you are not sitting there as an onlooker. You are in the picture.”





使用本手冊

您的護士將為您提供本手冊，並將用它來指導您，進行一對一的培訓。在培訓期間，我們鼓勵您隨時提出問題。

您將學習如何做以下事情：

- 認識突破性症狀
- 辨認常見的皮下注射藥物
- 填寫彩色編碼的注射筒標籤
- 打開並從藥瓶中抽取藥物
- 使用皮下插管給藥（並使用演示成套教材練習）
- 在用藥日誌上做記錄
- 檢查皮下插管和插入部位
- 將藥物存放在家中
- 處置未使用的藥物
- 確保您家中始終有足夠的藥物來治療突破性症狀

您的護士將為您提供24小時電話號碼，以便您在需要建議、支援或解答疑慮時聯絡醫療保健專業人員。

“這過程讓你覺得你是其中的一部分，你正在提供幫助。這是照護的一部分。至少你是在發揮作用，而不是作為旁觀者坐在那裏。你是參與這過程當中的。”





Recognising breakthrough symptoms



Even when taking regular medicine to relieve a symptom, sometimes the symptom can unexpectedly get worse and become distressing for the person you are caring for. When this occurs, it is called a breakthrough symptom. Breakthrough symptoms may require an extra dose of medicine to make sure the person remains as comfortable as possible.

Recognising breakthrough symptoms when they occur is important. Often if symptoms are allowed to get worse, they can become much harder to treat successfully.

In the last weeks of life, common breakthrough symptoms that may occur include pain, shortness of breath, noisy 'rattly' breathing, nausea, vomiting, restlessness/agitation, anxiety and/or confused thinking.



In the one-on-one teaching session your nurse will teach you how to recognise breakthrough symptoms.



The best way to tell if a person is experiencing a breakthrough symptom is simply to ask them. If the person is unable to tell you how they feel, then you will need to rely on other signs.

Remember, you are likely to know the person you are caring for better than any health care professional. If the person cannot communicate how they are feeling, trust your own judgement in recognising what breakthrough symptom they are experiencing.

The list below may help you recognise some common breakthrough symptoms.

Pain	You may notice the person: <ul style="list-style-type: none">– Grimacing, frowning or groaning– Moving around as if trying to get in a comfortable position– Resisting when you try to move them
Shortness of breath	You may notice any of the following: <ul style="list-style-type: none">– Rapid or shallow breathing– Agitated behaviours and expressions of anxiety– Facial paleness or bluish tinge around the lips or tips of fingers– Difficulty in talking or completing sentences– Exaggerated movements of the chest, neck and/or shoulders associated with breathing
Noisy 'rattly' breathing	You may hear noisy or 'rattly' breathing. The person who is being cared for is unlikely to be aware of, or distressed by, this noise when it occurs at the end of life. However, often carers can be quite distressed when they hear the sound, fearing that it must be uncomfortable for the person experiencing it.



認識突破性症狀

i 即使在定時服用常規藥物來緩解某症狀時，有時候症狀也會出乎意料地變得更糟，並且會使您正在照顧的人感到痛苦。發生這種情況時，就稱之為突破性症狀。突破性症狀可能需要額外劑量的藥物以確保讓您照顧的人盡可能舒適。

識別突發症狀的發生很重要。通常，如果讓症狀持續變得更糟，成功進行治療就可能更難。

在生命的最後幾周，可能出現的常見突破性症狀有：疼痛、呼吸短促、呼吸“咯咯”作響、噁心、嘔吐、煩躁/躁動不安、焦慮和/或思維混亂。



在一對一的教學課程中，您的護士將教您如何識別突破性症狀。



判斷您照顧的人是否遇到突破性症狀的最佳方法就是詢問他本人。如果他無法告訴您自己的感受，那麼您將需要依賴其他跡象來判斷。

請記住，您可能比任何醫護人員更瞭解您所照顧的人。如果您照顧的人無法與您溝通他們的感受，請相信自己的判斷去識別他們正在經歷的突破性症狀。

下面的列表可以幫助您識別一些常見的突破性症狀。

疼痛	您可能會注意到您照顧的人： <ul style="list-style-type: none">- 苦臉、皺眉或呻吟- 不斷翻身，好像想要找到一個令其感到舒服的位置- 當你試圖移動他時，他會抵制您
呼吸急促	您可能會注意到以下任何一種情況： <ul style="list-style-type: none">- 快速或短促的呼吸- 激動的行為和焦慮的表情- 面部蒼白或者嘴唇或手指尖周圍有點淺藍色調- 說話困難或難以說完句子- 胸部、頸部和/或肩部的與呼吸相關的誇張動作
呼吸“咯咯”作響	您可能會聽到有開聲的呼吸或呼吸“咯咯”作響。 受到照顧的人在臨終時不太可能意識到或痛苦地感受到這種噪音。 然而，當照顧者聽到這種聲音時，他們心裡常常會感到痛苦，因為他們擔心這種聲音代表他們照顧的人一定很不舒服。



Nausea and/or vomiting	<p>You may notice that the person is sweaty, clammy, or dry retching especially on movement.</p> <p>Nausea can be difficult to identify, especially if the person cannot talk.</p> <p>Nausea can occur occasionally, or it might be there all the time.</p> <p>Nausea may occur with or without vomiting.</p> <p>Vomiting may occur with or without nausea.</p>
Restlessness/ agitation	<p>You may notice changes in the person's behaviour including:</p> <ul style="list-style-type: none">– Fidgety movements– Constant calling out– Inability to settle, or expressing a sense of urgency to get up and move <p>These symptoms may be more distressing at night and can occur more frequently in the last days of life.</p>
Anxiety	<p>Sometimes it is difficult to identify anxiety. You may notice the person:</p> <ul style="list-style-type: none">– Has a furrowed brow– Appears tense– Is constantly scanning their room
Muddled thinking or new confusion	<p>You may notice that the person is:</p> <ul style="list-style-type: none">– Behaving in a way that is out of character– Unable to concentrate– Rambling as they speak, or you may have trouble making sense of what the person is saying– Hearing or seeing things that are not present

- * *The list above is limited to common symptoms. The person you are caring for may experience other breakthrough symptoms that need to be managed. If so, talk to your health care team.*
- * *A person may experience more than one symptom at the same time. For example, they may have shortness of breath and anxiety.*
- * ***It is important to tell your nurse straight away if the person develops a new symptom.***

If you need advice about breakthrough symptoms, please contact your nurse or doctor/nurse practitioner.



噁心和/或嘔吐	<p>你可能會注意到您照顧的人出汗、濕冷或乾嘔，特別是在動的時候。</p> <p>噁心可能難以識別，特別是如果您照顧的人不能說話。</p> <p>噁心偶爾會發生，或者可能一直存在。</p> <p>噁心可有或沒有嘔吐。</p> <p>嘔吐可有或沒有噁心。</p>
煩躁/躁動不安	<p>您可能會注意到您照顧的人行為的變化，包括：</p> <ul style="list-style-type: none">- 煩躁的動作- 不斷呼喚- 無法安定下來，或不斷地想站起和走動 <p>這些症狀在夜間可能更令人痛苦，並且可能在生命的最後幾天更頻繁地發生。</p>
焦慮	<p>有時很難識別焦慮。你可能會注意到您照顧的人：</p> <ul style="list-style-type: none">- 皺起眉頭- 顯得緊張- 不斷環顧自己的房間
思維混亂或新的意識混亂	<p>您可能會注意到您照顧的人：</p> <ul style="list-style-type: none">- 行為不合其本來的個性- 無法集中注意力- 他們說話時會漫無邊際，或者你可能無法理解您照顧的人說的話- 聽到或看到不存在的東西

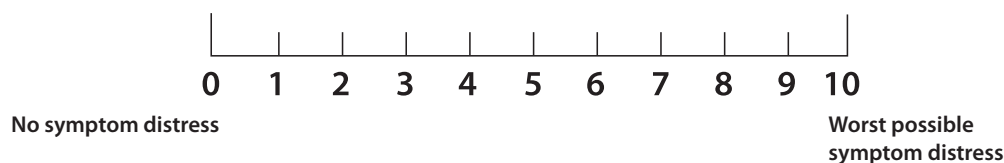
- * 以上列表僅限於常見症狀。您照顧的人可能會遇到其它突破性症狀需要管控。如果是這樣，請諮詢您的醫療團隊。**
- * 您照顧的人可能同時有多種症狀。例如，他們可能同時會有呼吸急促和焦慮。**
- * 重要的是，如果您照顧的人出現新的症狀，請立即告訴您的護士。**

如果您需要有關突破性症狀的建議，請聯絡您的護士或醫生/執業-護士 (nurse practitioner)。



Rating breakthrough symptoms

i A common way that health care teams talk about how distressing breakthrough symptoms might be is to use a rating scale ranging from zero (0) to ten (10). In this scale, a rating of 0 represents no symptom distress and 10 represents the worst possible symptom distress.



Rating a symptom is best done before, and about 20 minutes after, subcutaneous medicine is given. Comparison of the before and after rating can provide an indication of how effective the medicine has been.

“ ” In the one-on-one teaching session your nurse will teach you about rating symptoms and how to record them in the medicines diary. Based on the rating, your nurse will also advise you when a breakthrough symptom needs treatment.

HOW TO If possible, ask the person how they would rate their symptom on a scale of 0 to 10. Explain to them that 0 means no distress from the symptom and 10 is the worst possible symptom distress.

If the person cannot tell you how they feel, trust your own judgement and your knowledge of the person to identify the breakthrough symptom, and give a rating for the symptom on behalf of the person.

You will need to record the symptom rating in the medicines diary before, and about 20 minutes after, giving the subcutaneous medicine. This helps you to decide if the medicine has worked. The medicines diary will also be checked regularly by your health care team.

If you are unsure or concerned, contact your nurse or doctor/nurse practitioner for further advice.

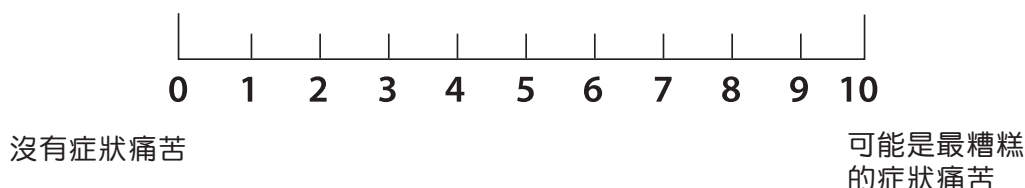


“Things became harder when he could no longer tell me how he was feeling. I had to make these decisions, but I knew him well after 45 years of living together.”



評定突破性症狀等級

i 醫療保健團隊討論突破性症狀痛苦程度的一種常見方式，是使用從0到10的評級表。在這個評級表中，等級0表示沒有症狀痛苦，10表示最嚴重的症狀痛苦。



評估症狀等級最好在進行皮下給藥之前，及約20分鐘之後。比較評級之前和之後，可以告訴我們藥物的有效程度。



在一對一的教學課程中，您的護士將教您如何評定症狀等級以及如何在用藥日誌中加以記錄。根據評級，您的護士還可以建議您什麼時候應該治療某突破性症狀。



如果可以的話，請詢問您照顧的人是如何按0到10的等級評定他們的症狀的。向他們解釋0表示症狀沒有痛苦，10表示症狀痛苦最嚴重。

如果您照顧的人無法告訴您其感受，請相信您自己的判斷和您對您照顧的人的瞭解，來識別突破性症狀，並對其症狀進行評級。

您需要在給予皮下注射給藥之前，並在之後約20分鐘在用藥日誌中記錄症狀等級。這有助於您來衡量藥物是否有效。您的醫療團隊也會定期檢查用藥日誌。


如果您不確定或擔心，請聯絡您的護士或醫生/執業護士 (nurse practitioner) 以獲得進一步的建議。



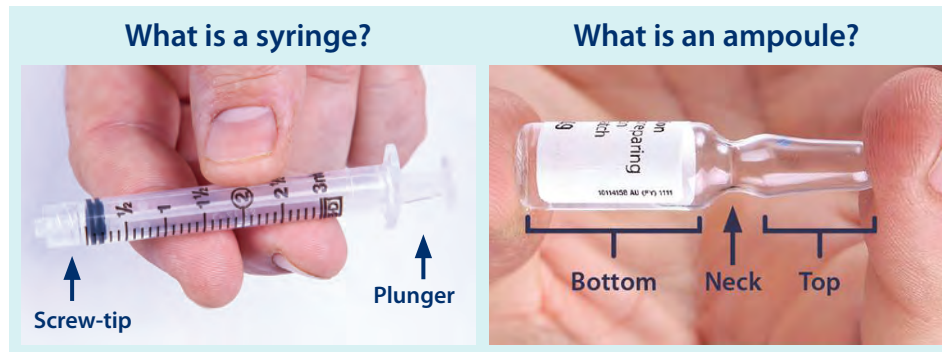
“當他再也無法告訴我他的感受時，照顧他變得更加艱難。我不得不做出這些決定，但經過45年的共同生活，我對他很瞭解。”



Knowing what subcutaneous medicine to use for each breakthrough symptom

 Each breakthrough symptom can be treated by giving a medicine prescribed by your doctor/nurse practitioner. You will need to get the medicine(s) from your local chemist.

Subcutaneous medicine is drawn up into a syringe from an ampoule.



Your nurse may do this for you and label the syringe for you to put in your fridge for later use or your nurse may teach you to draw up the medicine.

In either case, for safety, every syringe with medicine in it must be labelled correctly using a colour-coded sticky label. The label has the name of the **medicine** and the **symptom** this medicine is being given for already printed on it.



In the one-on-one teaching session your nurse will reinforce which particular medicine to use for each symptom, depending on the doctor's/nurse practitioner's instructions. They will also teach you how to carefully read each syringe label and to use a colour-coded system (labels and fridge chart) as an extra check to help you safely select the right medicine for a particular symptom (even if it is late at night and/or you are tired).



Before giving any subcutaneous medicine always check the label on the syringe to make sure that you have the right medicine. **This is essential.**

As an extra check, the fridge chart lists the subcutaneous medicines prescribed by your doctor/nurse practitioner to treat each breakthrough symptom. The medicines are colour-coded on the fridge chart to match the syringe labels.

"The fridge chart was really helpful. It was a double check. It gave me extra confidence that I was choosing the correct medicine."





瞭解針對每種突破性症狀使用的皮下注射藥物

i 每種突破性症狀都可以用您的醫生/執業-護士(nurse practitioner)開的處方藥來治療。您需要去你當地的藥拿處方配藥。

將皮下注射藥物從藥瓶中抽取到注射筒。



您的護士可能會為您抽取藥物並在注射筒上貼標籤，以便您將其放入冰箱中供以後使用，或者您的護士也可以教您抽取藥物。

不論何種情況，為了安全起見，每個帶藥品的注射筒必須使用彩色編碼的可粘貼標籤正確標記。標籤上印有藥物名稱和藥物所治療的症狀。



在一對一的教學課程中，您的護士將根據醫生/執業-護士(nurse practitioner)的指示強調說明針對每種症狀使用哪種特定藥物。他們還將教您如何仔細閱讀每個注射筒標籤，並使用彩色編碼系統（標籤和冰箱圖表）作為額外的檢查，以幫助您安全地選擇適合某種症狀的藥物（即使是在深夜和/或你疲倦的時候）。



在給予任何皮下注射藥物之前，請務必檢查注射筒上的標籤，以確保您使用正確的藥物。**這很重要。**

作為額外檢查，冰箱圖表列出了您的醫生/執業-護士(nurse practitioner)開出的皮下注射藥物，以治療每種突破性症狀。這些藥物在冰箱圖表上用彩色編碼，以與注射筒標籤匹配。

“冰箱圖表非常有用。
這是一種雙重檢查，讓我更
確信選對了藥物。”



Writing a label, opening an ampoule and drawing up medicine: *A step-by-step guide*

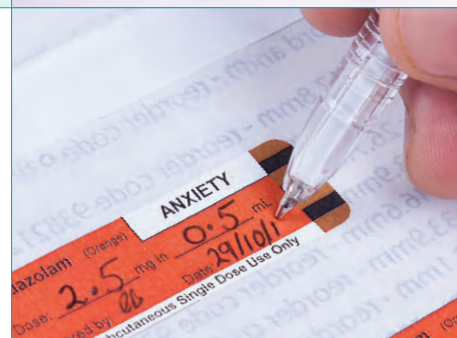
1. Collect the following items:

- A pen
- The colour-coded sticky label(s) for the medicine(s) and flush syringe(s)
- The ampoule(s) of medicine(s)
- The ampoule of sodium chloride 0.9% for flushing
- The screw-tip syringe(s)
- The blunt drawing-up needle(s)
- The cap(s) to screw onto the syringe(s)
- A clean container to put the equipment in
- A sharps container



2. Write the following details onto a sticky label for each medicine syringe to be prepared:

- The dose of the medicine contained in the syringe
- Initials of the person who prepared the syringe
- The date prepared



- * *The syringe containing sodium chloride 0.9% (the flush syringe) also needs to be labelled.*

3. Wash your hands with soap and water and dry them well



4. Attach the blunt drawing-up needle to the syringe by:

- Removing the syringe and the needle (with its protective cover) from the packaging without touching the open end of the syringe or the needle
- Twisting the needle, with its protective cover, onto the syringe

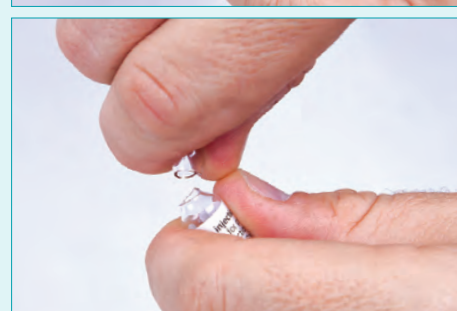


5a. Open a glass ampoule by:

- Holding the ampoule upright and gently flicking the top of the ampoule, with your finger, to move any medicine from inside the top of the ampoule to the bottom
- Placing your other thumb just above the neck of the ampoule and snapping the top of the ampoule away from you



- * *If there is a dot on the top of the ampoule make sure the dot is facing away from you.*
- * *If an ampoule shatters, discard it into the sharps container and start again.*
- * *Some people like to use non-slip material to hold the top of the ampoule.*
- * *Some services use ampoule openers – if so your nurse will teach you how to use one.*



寫標籤，打開藥瓶和抽取藥物：分步指南

1. 準備好以下物品：

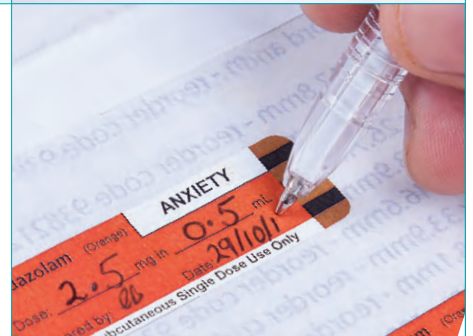
- 一支筆
- 用於藥物的彩色編碼可粘貼標籤和沖洗注射筒
- 藥物藥瓶
- 有0.9%氯化鈉的藥瓶用於沖洗
- 螺旋針頭注射筒
- 鈍的抽液針
- 旋轉套上注射筒上的蓋子
- 一個乾淨的容器，用於放置設備
- 一個銳器容器



2. 將以下詳細資訊寫入每個要加藥的藥物注射筒的可粘貼標籤上：

- 注射筒中含有的藥物劑量
- 準備注射筒者姓名首字母縮寫
- 準備日期

***** 含有0.9%氯化鈉的注射筒（沖洗注射筒）也需要貼上標籤。



3. 用肥皂和水洗手，然後擦乾



4. 透過以下方式將鈍抽液針連接到注射筒：

- 從包裝中取出注射筒和針頭（帶有保護蓋），不要接觸注射筒或針頭的開口端
- 將針頭連同保護蓋擰到注射筒上

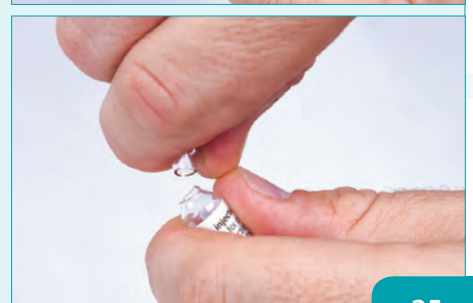


5a. 打開玻璃藥瓶：

- 將藥瓶直立，用手指輕彈藥瓶頂部，讓藥瓶內的任何藥物從頂部移至底部
- 將另一隻拇指放在藥瓶頸部上方，將藥瓶的頂部向外折斷



- *** 如果藥瓶頂部有一個點，請確保該點背向您。
- *** 如果藥瓶破碎，將其丟棄到銳器容器中並重開一個。
- *** 有些人喜歡使用防滑材料來固定藥瓶的頂部。
- *** 有些抒緩照顧醫護團隊使用藥瓶開瓶器 - 如果是這樣，你的護士會教你如何使用。



5b. Open a plastic ampoule by:

- Twisting the top of the ampoule until it is removed



6. Draw the medicine into the syringe by:

- Removing the protective cover from the blunt drawing-up needle
- Inserting the needle into the ampoule then slowly pulling back on the syringe plunger



7. Remove air bubbles from the syringe by:

- Pointing the syringe upwards and flicking it with your finger to move any air bubbles to the top of the syringe
- Pushing the syringe plunger upwards slowly, until most of the air bubbles are removed and until you have the correct volume of medicine left in the syringe (you may see a small droplet of medicine come out – this is OK)



8. Twist the blunt drawing-up needle off the syringe and then place it in the sharps container



9. Twist the cap onto the end of the filled syringe



10. Place the completed label on the blank side of the syringe, trying to avoid all black line volume markings on the syringe



11. Dispose of the open ampoule(s) into the sharps container

12. Wash your hands with soap and water and clean up the work surface

If you are unsure or concerned, contact your nurse or doctor/nurse practitioner for further advice.

5b. 打開塑膠藥瓶：

- 扭轉藥瓶的頂部，直到它被移除



6. 透過以下方式將藥物抽取入注射筒中：

- 取下鈍抽液針上的保護蓋
- 將針插入藥瓶中，然後慢慢拉回注射筒柱塞



7. 透過以下方式清除注射筒中的氣泡：

- 將注射筒指向上方並用手指輕彈，將氣泡移到注射筒頂部
- 將注射筒柱塞緩慢向上推，直到大部分氣泡被排除，直到您在注射筒中留下正確的藥量（您可能會看到一小滴藥物出來 - 這沒關係）



8. 將鈍抽液針從注射筒上擰下，然後將其放入銳器容器中



9. 將蓋子旋轉套到充滿藥物的注射筒的末端



10. 將填好的標籤貼在注射筒的空白面上，儘量避免貼到注射筒上的所有容量標記黑線條



11. 將開口藥瓶放入銳器容器中

12. 用肥皂和水洗手，清理工作臺面

如果您不確定或擔心，請聯絡您的護士或醫生/執業護士(nurse practitioner)以獲得進一步的建議。

Giving medicine using a subcutaneous cannula: *A step-by-step guide*

1. **Check the subcutaneous cannula insertion site for:** Swelling, tenderness, redness or leakage and any changes in the cannula position. If any of these are present, contact your nurse for advice before continuing.

2. **Wash your hands with soap and water and dry them well**




3. **Read the label on the syringe to make sure that you have selected the right medicine, as prescribed, for the breakthrough symptom to be treated**



4. **Place the following items into a clean container:**

- The labelled syringe(s) filled with medicine
- The labelled flush syringe




-  *Some subcutaneous medicines can cause discomfort when being given. To help avoid this, roll the syringe between your palms for a couple of seconds to warm the contents.*

5. **Twist the cap off the syringe**



6. **Hold the Y-arm of the cannula and push the syringe into the centre of the needle-free connector and twist until secure**

-  *Optional: Some services request that you first swab the end of the needle-free connector with an alcohol wipe.*



使用皮下插管給藥：分步指南

1. 檢查皮下插管插入部位看有沒有：腫脹，觸痛，發紅或滲漏以及插管位置的任何變化。如果存在這些問題，請在繼續進行之前與您的護士聯絡以獲取建議。

2. 用肥皂和水洗手，然後擦乾



3. 閱讀注射筒上的標籤，確保您按處方選擇了治療突破性症狀的正確藥物



4. 將以下物品放入乾淨的容器中：

- 有標記的裝滿藥物的注射筒
- 有標記的沖洗注射筒

- * 一些皮下注射藥物在給藥時會引起不舒適。為避免這種情況，請將注射筒在手掌之間滾動幾秒鐘以加熱內部的藥物。



5. 將蓋子從注射筒上擰下來



6. 握住插管的Y形臂，將注射筒推入無針連接器的中心並扭轉直至固定

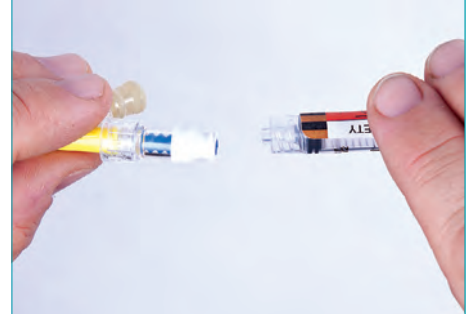
- * 可選的做法：有些舒緩照顧醫護團隊會要求你先用酒精擦拭無針接頭的末端。



7. Slowly push the syringe plunger in until all the medicine has been given



8. Hold the Y-arm of the subcutaneous cannula and twist the syringe to remove it




9. Dispose of the empty syringe safely

10. Repeat steps 5–9 for each medicine to be given

11. Repeat steps 5–9 using 0.5mL of sodium chloride 0.9% (the flush syringe) to make sure all the medicine remaining in the subcutaneous cannula has been given to the person

12. **Re-check the insertion site for:** Swelling, tenderness, redness or leakage and inform your nurse if you notice changes

 *It is normal for medicine to form a small lump at the insertion site immediately after giving it. The lump will disappear as the medicine is absorbed into the bloodstream.*

13. Wash your hands with soap and water and clean up the work surface

14. Fill out the medicines diary



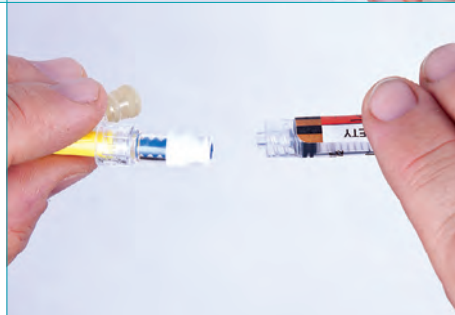
15. Check the person about 20 minutes later and put the new symptom rating in the medicines diary

If you are unsure or concerned, contact your nurse or doctor/nurse practitioner for further advice.

7. 慢慢推進注射筒柱塞，直到所有藥物都已注入



8. 握住皮下插管的Y形臂並扭轉注射筒，將其移除



9. 安全地處置空注射筒

10. 對每種藥物重複步驟5-9

11. 使用0.5mL 0.9%氯化鈉（沖洗注射筒）重複步驟5-9，確保皮下套管中剩餘的所有藥物都已給您照顧的人注入

12. 重新檢查插入部位，看看有無腫脹：觸痛、發紅或滲漏，如果發現變化，請通知您的護士

 給藥後在插入部位立即形成小腫塊是正常的。當藥物被吸收到血液中時，腫塊會消失。

13. 用肥皂和水洗手，清理工作臺面

14. 填寫用藥日誌



15. 大約20分鐘後檢查您照顧的人並將新的症狀評級列入用藥日誌

如果您不確定或擔心，請聯絡您的護士或醫生/執業護士(nurse practitioner)以獲得進一步的建議。



Checking the subcutaneous cannula

i The subcutaneous cannula is a thin plastic tube inserted by the nurse under the person's skin. The place where it goes into the skin is called the insertion site. The cannula is secured to the person's skin using a clear, waterproof film that enables you to wash around the area.

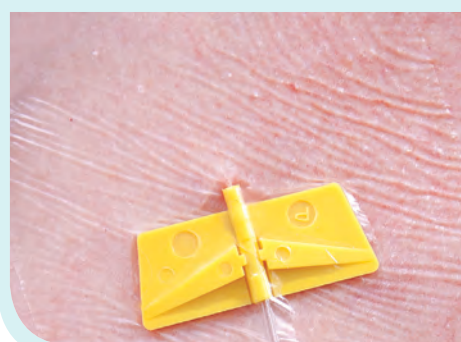
***** *Your nurse may insert two subcutaneous cannulas to make sure that there is a back-up if one stops working. This ensures there will be no delay in giving medicines to the person you are caring for.*

“ ” In the one-on-one teaching session your nurse will explain how to check the subcutaneous cannula.

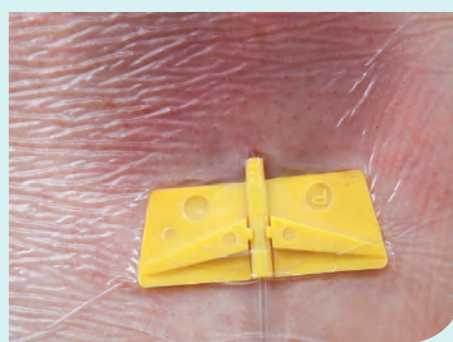
HOW TO To check the subcutaneous cannula, you should:

- Look at the insertion site
- Contact your nurse immediately if you notice any of the following:
 - Swelling
 - Tenderness
 - Redness
 - Leakage around the cannula site
- Check that the cannula and the clear film have not been dislodged

Example of insertion site suitable for use



Example of insertion site unsuitable for use



If you are unsure or concerned, contact your nurse or doctor/nurse practitioner for further advice.



“The nurse was great with me and my sister. She showed us how to see if there was a problem with the cannula and I always checked it before I gave him any medicine.”



檢查皮下插管

i 皮下插管是由護士在您照顧的人的皮膚下插入的薄塑膠管。它進入皮膚的地方稱為插入點。使用透明的防水薄膜將插管固定在人的皮膚上，使您可以在該區域周圍進行清洗。

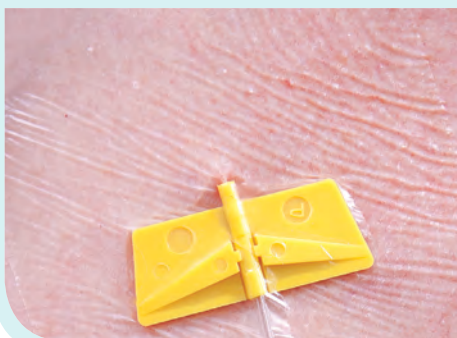
***** 您的護士可以插入兩個皮下插管，以確保在一個插管停止工作時有備用。這確保了向您照顧的人提供藥物時不會有任何延誤。

“ ” 在一對一的教學課程中，您的護士將解釋如何檢查皮下插管。

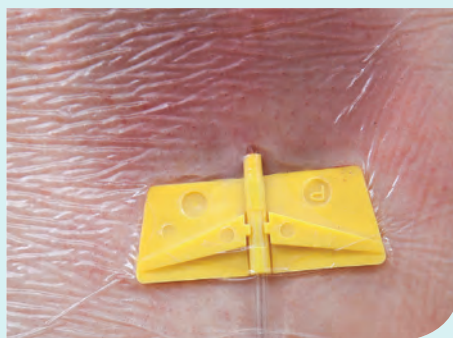
方法 要檢查皮下插管，您應該：

- 查看插入點
- 如果您發現以下情況，請立即聯絡您的護士：
 - 腫脹
 - 壓痛
 - 發紅
 - 套管部位周圍滲漏
- 檢查插管和透明薄膜是否有脫落

適合使用的插入點的示例



不適合使用的插入點的示例



如果您不確定或擔心，請聯絡您的護士或醫生/執業護士 (nurse practitioner) 以獲得進一步的建議。



“護士對我和我姐姐很好。她向我們展示了如何檢查套管是否有問題，在給他注射任何藥物之前我總是檢查一下。”



Recording in the medicines diary

i As part of the *caring@home* package you will be given a medicines diary. It is very important to write in the diary when each medicine is given. This allows you to keep track of the amount of medicines used. Importantly, it allows your nurse and/or doctor/nurse practitioner to assess if the medicines need to be changed.

“ ” In the one-on-one teaching session your nurse will teach you how to fill out your medicines diary.

HOW TO For each medicine given, you need to complete the following details in the medicines diary:

Date	Time	Medicine	Dose	Reason for medicine <ul style="list-style-type: none"> • Pain • Shortness of breath • Noisy 'rattly' breathing • Nausea and/or vomiting • Restlessness/agitation • Anxiety • Muddled thinking or new confusion • Other 	'Before' symptom rating (0–10)	'After about 20 mins' symptom rating (0–10)	Comments/ Other things you want to note or mention
					 0 = No symptom distress 10 = Worst possible symptom distress		
29/10/18	4.30am	Morphine	2 mg	Shortness of breath	9	4	Settled and comfortable after 20 minutes
29/10/18	4.30am	Midazolam	2.5 mg	Anxiety	9	1	

“I liked the diary because the nurses looked at it every day and used it as a tool to talk to us and tell us what was happening.”





在用藥日誌中記錄



作為caring@home成套教材的一部分，您將獲得用藥日誌。給每種藥物寫日誌是非常重要的。這使您可以跟蹤所用藥物的數量。重要的是，它可讓您的護士和/或醫生/執業-護士(nurse practitioner)評估是否需要更換藥物。



在一對一的教學課程中，您的護士將教您如何填寫您的用藥日誌。



對於每種藥物，您需要在用藥日誌中填寫以下詳細資訊：

日期	時間	藥物	劑量	給藥原因 <ul style="list-style-type: none"> 疼痛 呼吸急促 呼吸“咯咯”作響 噁心和 / 或嘔吐 煩躁 / 躁動不安 焦慮 思維混亂或新的意識混亂 其他 	‘之前’ 症狀評級 (0-10)	‘約20分鐘後’ 症狀評級 (0-10)	評論/您想要注意或提及的其他事項
					 0 = 沒有症狀痛苦 10 = 可能是最糟糕的症狀痛苦		
29/10/18	上午4時30分	Morphine	2毫克	呼吸急促	9	4	20分鐘後安定下來，舒適
29/10/18	上午4時30分	Midazolam	2.5毫克	焦慮	9	1	

示例

“我喜歡這本日誌，因為護士會每天查看，並用它作為一種工具與我們交談並告訴我們發生了甚麼。”





Making sure there are enough medicines in the house



Prescriptions are needed for all subcutaneous medicines.

It is recommended that enough medicine for at least three days is always available in the home.



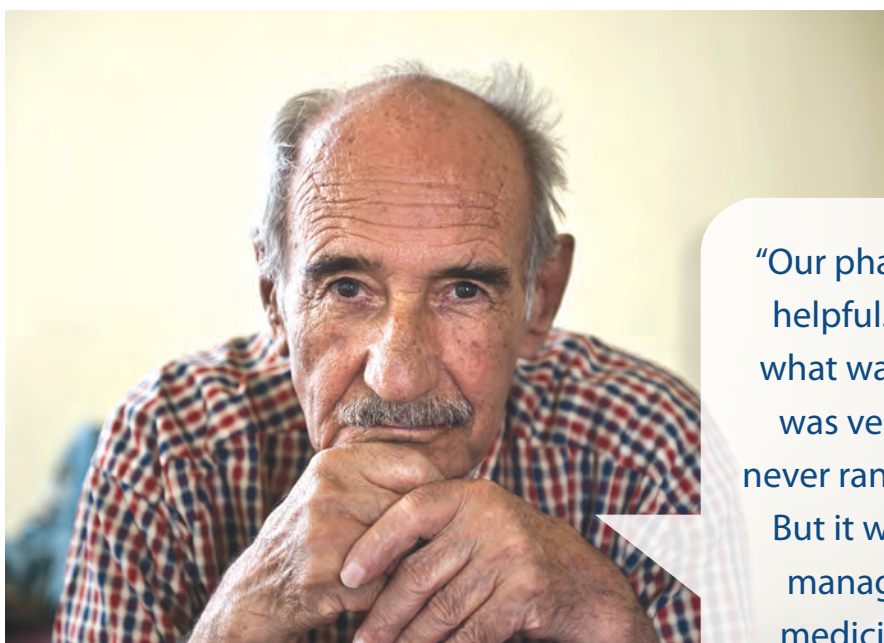
In the one-on-one teaching session your nurse will advise you on the best way to make sure that you always have enough medicine in the house.



It may take a couple of days (especially in rural or remote locations) for the prescription medicine to arrive at the chemist. Check the amount of medicine each day and let your doctor/nurse practitioner and pharmacist know if stocks are running low.

If getting to the chemist is difficult, ask your pharmacist if medicines can be home-delivered.

Find out if your chemist has an after-hours service and how to access it if needed.



“Our pharmacist was very helpful. When I told her what was happening she was very prepared. We never ran out of medicines. But it was a bit stressful managing the flow of medicines and my son helped. He collected the medicine so I could stay at home with my wife.”



確保家裏有足夠的藥品



所有皮下注射藥物都需要處方。

建議家中始終有至少三天的足夠藥物。



在一對一的教學課程中，您的護士會告知您確保家裏有足夠的藥物最佳方法。



處方藥可能需要幾天（特別是在農村或偏遠地區）才能到達藥房。每天檢查一下藥量，讓醫生/執業-護士(nurse practitioner)和藥劑師瞭解庫存是否少了。

如果去藥房有困難，請詢問您的藥劑師是否可以送藥到家。

瞭解您的藥房是否有下班後服務以及如何在需要時使用此服務。



“我們的藥劑師非常樂於助人。當我告訴她我們的情況時，她做了很充分的準備。我們從未出現藥物用完的情況。但管理藥物的購買和領取是有點令人感到有壓力的，所以我的兒子幫了忙。他去取藥，這樣我就可以和妻子待在家裏了。”



Safely storing and disposing of subcutaneous medicines



Medicines need to be stored safely and disposed of safely.



Your nurse will advise you on safely storing and disposing of subcutaneous medicines.



Storage of medicine

- Keep all medicines out of view and reach of children
- Store all medicine ampoules in a secure container
- Store labelled, filled syringes in a secure container in your fridge
- Store the sharps container out of reach of children

Disposal of unused medicine

- Return all unused medicines to your local chemist as soon as possible

If you are unsure or concerned, contact your nurse or doctor/nurse practitioner for further advice.



“We took our left-over medicines to our pharmacist. He was really helpful.”



安全儲存和處置皮下注射藥物

i 藥品需要安全存放並安全處置。

“ ” 您的護士會提供安全存放和處置皮下注射藥物的建議。

方法 儲存藥物

- 讓所有藥物遠離兒童的視線和範圍
- 將所有藥物藥瓶存放在安全的容器中
- 將貼有標籤的充藥注射筒存放在冰箱中的安全容器中
- 將銳器容器存放在兒童接觸不到的地方

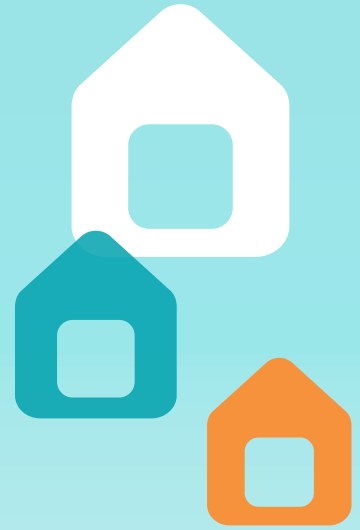
處置未使用的藥物

- 儘快將所有未使用的藥物退還給當地的藥房

如果您不確定或擔心，請聯絡您的護士或醫生/執業護士 (nurse practitioner) 以獲得進一步的建議。



“我們把剩下的藥物帶回去給了我們的藥劑師。他很樂意助人。”



Extra information



"I liked all the extra information. But I'm one of those people who likes to read."



額外的資訊



“我喜歡所有額外的資訊。我是一個喜歡閱讀的人。”

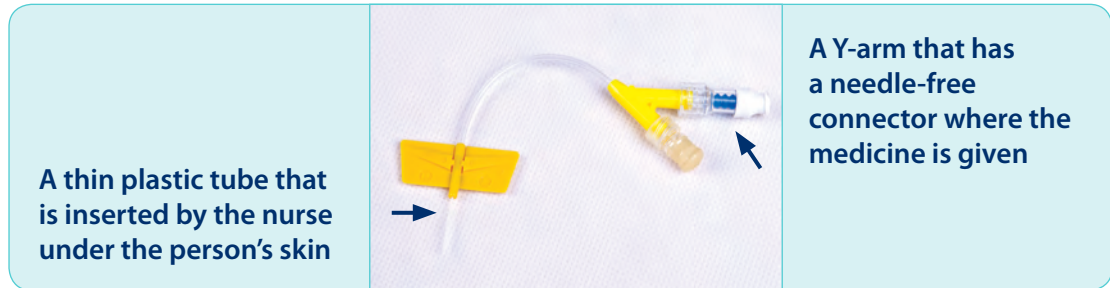


The subcutaneous cannula

What is a subcutaneous cannula?

A subcutaneous cannula is a device that allows medicines to be given under the skin avoiding the need for lots of needles that can be painful. The medicines are then absorbed into the body via the small blood vessels in the fatty layer of the skin.

Each cannula has two ends, as shown in the picture.



Your health care team may use a different subcutaneous cannula to the one shown here.

Why is a subcutaneous cannula used?

A subcutaneous cannula is a safe and effective way of delivering medicines in certain situations. For instance, if the:

- Person is having trouble swallowing oral medicines
- Person is vomiting frequently
- Doctor/nurse practitioner thinks that medicines taken by mouth are not being absorbed properly
- Doctor/nurse practitioner thinks that subcutaneous medicines will be more effective or efficient than oral ones

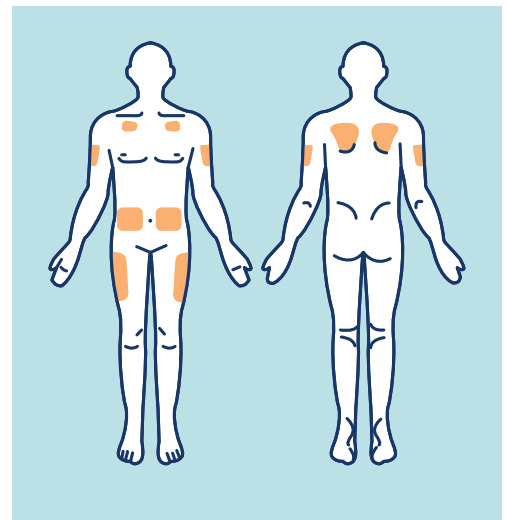
Where is a subcutaneous cannula inserted?

The common sites for subcutaneous cannula insertion are shown in the image.

When will the subcutaneous cannula need to be replaced?

The nurse may change the subcutaneous cannula if:

- It is hard to push the medicine into the cannula
- The medicine leaks out of the insertion site
- The site is red and inflamed
- There is ongoing pain or discomfort when the medicine is given
- It is due for a scheduled change according to the regular practice of the health care team



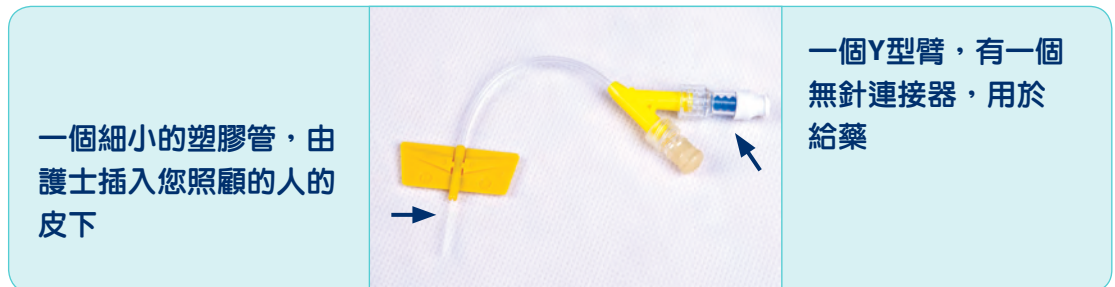


皮下插管

甚麼是皮下插管？

皮下插管是一種允許在皮膚下給藥的裝置，避免令人受到需要多次打針注射的痛苦。藥物然後透過皮膚脂肪層中的小血管被吸收到體內。

每個插管有兩個端部，如圖所示。



您的醫療團隊可能會使用與此處所示不同的皮下插管。

為甚麼使用皮下插管？

在某些情況下，皮下插管是一種安全有效的給藥方式。例如，如果：

- 患者吞服口服藥物有困難
- 患者經常嘔吐
- 醫生/執業-護士(nurse practitioner)認為口服藥物沒有被正確吸收
- 醫生/執業-護士(nurse practitioner)認為皮下用藥比口服藥物更有效

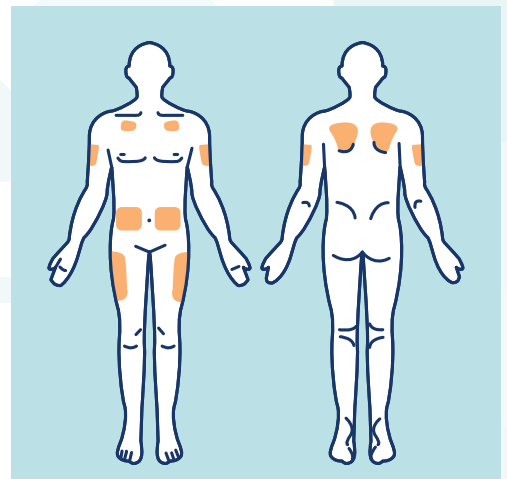
皮下插管應插在哪裡？

圖中顯示了皮下插管插入的常見部位。

甚麼時候需要更換皮下插管？

如果出現以下情況，護士可能會更換皮下插管：


- 很難將藥物推入插管
- 藥物從插入部位漏出
- 插入點發紅和發炎
- 給藥時會有持續疼痛或不適
- 根據醫療團隊的常規做法，是到換插管的時候了



More about common breakthrough symptoms



It usually takes adjustments to get the right type and dose of medicine to treat a particular symptom.

Symptom	About the symptom	How can I help?
Pain	<p>Pain is a complex personal sensation. It is as intense as the person says it is.</p> <p>Pain may occur in more than one location.</p> <p>Pain may be described differently depending on its location:</p> <ul style="list-style-type: none"> – Soft tissue, organ, and abdominal pain is often described as deep or cramping. – Muscle or bone pain is often described as aching or throbbing. – Nerve pain is often described as burning, tingling, shooting, stabbing, or as a numbed sensation. 	<ul style="list-style-type: none"> • Some tips to help manage pain: <ul style="list-style-type: none"> – Discuss non-medicine possibilities with your health care team because there are many things, apart from medicines, that may help to relieve pain – If pain is worse when the person has to be moved, it is best to give pain medicine about 20-30 minutes before any necessary movement e.g. before bathing • Give subcutaneous medicine as per the doctor's/nurse practitioner's order(s)
Shortness of breath	<p>Shortness of breath or breathlessness is an awareness of uncomfortable breathing.</p> <p>Shortness of breath may be due to the person's disease process, anxiety, or a combination of both. It can be very distressing for the person experiencing it, as well as for yourself to see that distress.</p>	<ul style="list-style-type: none"> • Some tips to help manage shortness of breath: <ul style="list-style-type: none"> – Stay with the person, if possible – Use a fan to circulate air around the person's face – Open a window to enable air flow in the room – Suggest relaxation or breathing techniques, if appropriate – Play music that you know the person finds relaxing – Help the person into a more comfortable position e.g. sitting position, supported by pillows • Give subcutaneous medicine as per the doctor's/nurse practitioner's order(s)
Noisy 'rattly' breathing	<p>A person's ability to cough, swallow, and clear secretions is limited at the end of life and noisy or 'rattly' breathing can result from these secretions pooling in the airways.</p> <p>The person who is being cared for is unlikely to be aware of, or distressed by, this noise when it occurs at the end of life. However, often carers can be quite distressed when they hear the sound, fearing that it must be uncomfortable for the person experiencing it.</p>	<ul style="list-style-type: none"> • A tip to help manage noisy 'rattly' breathing: <ul style="list-style-type: none"> – Reposition the person onto their side with their head slightly raised and well supported by pillows • Give subcutaneous medicine as per the doctor's/nurse practitioner's order(s) <p> <i>It is recommended to give subcutaneous medicine as soon as the noisy breathing is noticed.</i></p>

關於常見的突破性症狀的更多資訊



通常需要進行調整，以達到使用正確的藥物類型和劑量來治療特定的症狀。

症狀	關於症狀	我該怎麼幫忙？
疼痛	<p>疼痛是一種複雜的個人感受。它的強度如同您照顧的人所述。</p> <p>疼痛可能發生在多個地方。</p> <p>疼痛可能會根據其位置不同而有不同的描述：</p> <ul style="list-style-type: none">- 軟組織、器官和腹痛通常被描述為深痛或痙攣痛。- 肌肉或骨骼疼痛通常被描述為酸痛或悸痛。- 神經疼痛通常被描述為灼熱、刺痛、斷續痛、刺痛或一種麻木感。	<ul style="list-style-type: none">• 一些幫助管控疼痛的建議：<ul style="list-style-type: none">- 與您的醫療團隊討論非藥物的可能性，因為除了藥物之外，還有許多可能有助於緩解疼痛的方法- 如果在必須移動患者時疼痛會加劇，最好在任何必要的移動前約20-30分鐘給予止痛藥，例如洗澡前• 根據醫生/執業-護士(nurse practitioner)的指示給予皮下注射藥物
呼吸急促	<p>呼吸短促或呼吸困難是一種呼吸不舒服的意識。</p> <p>呼吸短促可能是由於人的疾病過程、焦慮或兩者的結合。對於呼吸短促的人來說，這可能是非常痛苦的。看著您照顧的人痛苦，您也會感到痛苦。</p>	<ul style="list-style-type: none">• 一些有助於管控呼吸短促的提示：<ul style="list-style-type: none">- 如果可能的話，留在您照顧的人身邊- 用風扇讓空氣在人的臉上循環- 打開一扇窗戶，讓房間內有空氣流通- 如果合適，建議採用放鬆或呼吸技巧- 播放您知道能令您照顧的人放鬆的音樂- 幫助您照顧的人移到更舒適的位置，例如坐姿、用枕頭支撐• 根據醫生/執業-護士(nurse practitioner)的指示給予皮下注射藥物
呼吸“咯咯”作響	<p>您照顧的人咳嗽、吞咽和清除分泌物的能力在生命末期時是有限的，並且這些分泌物彙集在呼吸道中可能導致有鬧聲的呼吸或呼吸“咯咯”作響。</p> <p>受到照顧的人在生命末期時不太可能意識到這種噪音，或因其感到痛苦。然而，當照顧者聽到這種聲音時，他們常常會非常痛苦，因為他們擔心這種聲音代表發出聲音的人一定很不舒服。</p>	<ul style="list-style-type: none">• 幫助管控“格格作響”呼吸的一個建議：<ul style="list-style-type: none">- 讓您照顧的人側睡，頭部略微抬起，枕頭很好地支撐著• 根據醫生/執業-護士(nurse practitioner)的指示給予皮下注射藥物✳ 一旦注意到有鬧聲的呼吸，建議立即給予皮下注射藥物。

Symptom	About the symptom	How can I help?
Nausea and/or vomiting	<p>Nausea and/or vomiting can be caused by many disease processes and can also be a side effect of medicines.</p> <p>Nausea may be experienced with or without vomiting. Vomiting may occur with or without nausea.</p>	<ul style="list-style-type: none"> • Some tips to help manage nausea and/or vomiting: <ul style="list-style-type: none"> – Open a window or use a fan to help the person get fresh air – Apply a cool face-washer or compress to the forehead or back of the neck – Keep the person’s mouth clean • Give subcutaneous medicine as per the doctor’s/nurse practitioner’s order(s)
Restlessness/ agitation	<p>Restlessness or agitation is common as the end of life approaches. The causes are not well understood medically.</p>	<ul style="list-style-type: none"> • Some tips to help manage restlessness/ agitation: <ul style="list-style-type: none"> – Try to establish a quiet environment without too much stimulation – Being present with the person may offer them reassurance – Speak in a calm, quiet voice – Lightly massage the person’s hand or forehead – Play music that you know calms them – Notice if the person has pain and if so consider if this needs treatment – Notice if the person is having trouble urinating and if so contact the health care team • Give subcutaneous medicine as per the doctor’s/nurse practitioner’s order(s)
Anxiety	<p>People who are nearing the end of their life may experience anxiety. The causes for anxiety might be physical, emotional, spiritual, or a combination.</p> <p>Anxiety can increase other symptoms such as pain, nausea, and breathlessness. It may also cause sleep disturbance.</p>	<ul style="list-style-type: none"> • Some tips to help manage anxiety: <ul style="list-style-type: none"> – Being present with the person – Reassure the person that they are safe – Distract them, if appropriate • Give subcutaneous medicine as per the doctor’s/nurse practitioner’s order(s)
Muddled thinking or new confusion	<p>New or worsening behaviours, not usual in the person, may be noticed:</p> <ul style="list-style-type: none"> – Inability to concentrate – Confused conversation e.g. rambling, nonsensical, unconnected speech – Talking to people who are not there – Plucking at the air or the bed clothes <p>The person may appear anxious, restless or agitated, or behave in a way that is out of character.</p>	<ul style="list-style-type: none"> • A tip to help manage muddled thinking/ new confusion: <ul style="list-style-type: none"> – Try to establish a quiet environment without too much stimulation • Give subcutaneous medicine as per the doctor’s/nurse practitioner’s order(s)

症狀	關於症狀	我該怎麼幫忙？
噁心和/或嘔吐	噁心和/或嘔吐可由許多疾病過程引起，也可能是藥物的副作用。有或沒有嘔吐可能會出現噁心。嘔吐可伴有或不伴噁心。	<ul style="list-style-type: none"> • 幫助管控噁心和/或嘔吐的一些提示： <ul style="list-style-type: none"> - 打開窗戶或使用風扇幫助您照顧的人呼吸新鮮空氣 - 塗抹涼爽的洗面乳或擠壓前額或頸部後 - 保持您照顧的人的口腔清潔 • 根據醫生/執業-護士(nurse practitioner)的指示給予皮下注射藥物
煩躁/躁動不安	隨著生命終結的臨近，煩躁/躁動不安是常見的。原因在醫學上尚不清楚。	<ul style="list-style-type: none"> • 幫助管控煩躁/躁動不安的一些提示： <ul style="list-style-type: none"> - 設法建立一個沒有太多刺激的安靜環境 - 與您照顧的人在一起可能會讓他們放心 - 以平靜、安靜的聲音說話 - 輕輕按摩您照顧的人的手或額頭 - 播放熟悉的音樂讓您照顧的人平靜下來 - 請注意您照顧的人是否有疼痛，如果是這樣，請考慮是否需要治療 - 請注意您照顧的人排尿是否有問題，如果有，請聯絡醫療團隊 • 根據醫生/執業-護士(nurse practitioner)的指示給予皮下注射藥物
焦慮	<p>即將結束生命的人可能會感到焦慮。焦慮的原因可能是身體上、情感上或靈性上的因素，或者以上幾種因素同時存在。</p> <p>焦慮可以增加其他症狀，如疼痛、噁心和呼吸困難。它也可能導致睡眠障礙。</p>	<ul style="list-style-type: none"> • 幫助管控焦慮的一些建議： <ul style="list-style-type: none"> - 跟您照顧的人待在一起 - 向您照顧的人保證他是安全的 - 在適當的情況下，分散您照顧的人的注意力 • 根據醫生/執業-護士(nurse practitioner)的指示給予皮下注射藥物
思維混亂或新的意識混亂	<p>您可能會注意到，您照顧的人有新的或惡化的不尋常行為：</p> <ul style="list-style-type: none"> - 無法集中注意力 - 混亂的對話，例如說話漫無邊際、無意義、無關聯 - 與不在場的人交談 - 手舞足蹈或抓床上用品 <p>您照顧的人可能表現出焦慮、煩躁或躁動不安，或行為不合其本來個性。</p>	<ul style="list-style-type: none"> • 幫助管控思維混亂/新的意識混亂的一個建議： <ul style="list-style-type: none"> - 設法建立一個沒有太多刺激的安靜環境 • 根據醫生/執業-護士(nurse practitioner)的指示給予皮下注射藥物



Common subcutaneous medicines and frequent side effects

Medicines may cause side effects as well as the desired benefits for which they have been prescribed. Not everyone taking a medicine will experience side effects. It is difficult to predict who will experience side effects or which ones.

The table below lists eight common subcutaneous medicines* used in the last weeks of life and their most frequent side effects.

There are many ways to treat side effects including changing the medicines, if necessary.

If you have any concerns about medicines or distressing side effects, contact the appropriate person in your health care team.

Name of medicine	Frequent side effects
Fentanyl Hydromorphone Morphine	Constipation, nausea and vomiting, dry mouth, itchy skin, decreased breathing rate, drowsiness, small muscle jerks
Clonazepam Midazolam	Drowsiness, dizziness, light-headedness, memory loss, shaky and unsteady movements, slurred speech, blurred vision, increased saliva
Hyoscine butylbromide	Dry mouth, difficulty breathing
Haloperidol	Sedation, blurred vision, repetitive movements of the face or limbs, restlessness
Metoclopramide	Restlessness, drowsiness, dizziness, headache

* These eight medicines are endorsed by the Australian and New Zealand Society of Palliative Medicine for use in community-based palliative care patients to manage symptoms at the end of life. The person's doctor/nurse practitioner may have prescribed other appropriate medicines, but not all can be listed here.



常見的皮下注射藥物和經常發生的副作用

藥物給予治療益處的同時，也可能會產生副作用。不是每個人使用藥物就會產生副作用。很難預測誰會發生副作用或有哪些副作用。

下表列出了在生命最後幾週常使用的八種皮下注射藥物*及其常見的副作用。

有許多方法可以治療副作用，包括在必要的時候改變藥物。

如果您對藥物或令人不舒服的副作用有任何疑慮，請聯絡您醫療團隊中的相應人員。

藥品名稱	經常出現的副作用
Fentanyl Hydromorphone Morphine	便秘、噁心和嘔吐、口乾、皮膚瘙癢、呼吸頻率降低、嗜睡、小肌肉抽搐
Clonazepam Midazolam	嗜睡、頭昏、頭暈、記憶力減退、動作不穩、言語含糊、視力模糊、唾液增多
Hyoscine butylbromide	口乾、呼吸困難
Haloperidol	昏沈、視力模糊、面部或四肢反覆的動、煩躁不安
Metoclopramide	煩躁不安、嗜睡、頭昏、頭痛

* 這八種藥物得到澳大利亞和新西蘭舒緩照顧學會的認可，用於社區舒緩照顧的患者，以便管控生命末期的症狀。患者的醫生/執業護士(nurse practitioner)可能已開出其他適當的藥物處方，但並非所有藥物都列在此處。



Notes 備註

A series of horizontal dotted lines for writing notes, extending across the page.

