

Shortness of breath



See



Chest and shoulders moving a lot

Faster breathing

Hard to talk

Wheezing sound

Looks scared

New skin colour changes (e.g. blue, pale lips or nails)

Do



Refer to plan of care



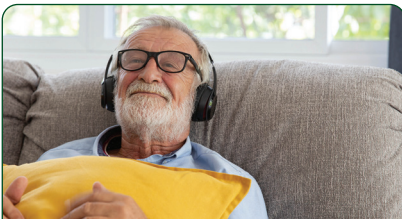
Help them sit up/reposition



Help airflow around their face with fan or open window



Ask them to take slow, deep breaths



Distract, listen to music, look at photos



Reassure, connect




Let carers/family know
Tell manager/supervisor

Other things: _____

Say



 Report shortness of breath that is not getting better to your manager/supervisor.

Write



Write notes about what you see, what you do and what you talk about with the person, carers/family and your team.