Please rate your shortness of breath. Consider how you feel, what symptoms you are experiencing and what medications have worked for you in the past. Review the list of interventions for things YOU can do NOW based on your score.

Please contact Hospice of Cincinnati at any time for questions or concerns at 513-891-7700.

<table>
<thead>
<tr>
<th>On a scale from 1–10</th>
<th>How do you feel NOW?</th>
<th>Medications</th>
<th>Interventions</th>
</tr>
</thead>
</table>
| **MILD** Shortness of Breath 1–3 | • I'm a little out of breath  
• I have difficulty breathing during activity  
• My breathing sounds normal  
• I feel slightly anxious | Inhaler  
Ativan or Lorazepam  
Nebulizer—after symptoms have subsided  
Take medication as directed | Rest with the head of the bed up  
Use a fan to blow air directly at the patient's face if tolerated  
Use oxygen as nurse directed—don't change settings unless instructed to do so |
| **MODERATE** Shortness of Breath 4–6 | • I have difficulty breathing at rest or can't catch my breath  
• I make a wheezing or hacking sound while I'm coughing or breathing  
• I have shallow or pursed lip breathing  
• I feel anxious or shaky | Ativan or Lorazepam & Roxanol (may be used as a combination as directed)  
Steroid dose may be increased as directed by your nurse | Use above interventions  
Call your hospice nurse if symptoms continue for more than 30 minutes |
| **SEVERE** Shortness of Breath 7–10 | • I can't catch my breath  
• I have severe shortness of breath at rest  
• I have **rapid, shallow or pursed lip breathing**  
• I feel very anxious or panicky  
• I'm not moving much air | Ativan or Lorazepam and Roxanol (may be used as a combination as directed) | Call your hospice nurse or the Support Team immediately at 513-891-7700 |