Comfort care measures in the ICU

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Objectives
1. List quantitative symptom assessment scales appropriate for communicative and non-communicative patients.
2. Recognize non-pharmacologic interventions for symptom management in the dying patient.

Potential symptoms that may encounter in the critically ill dying patient
- Dyspnea
- Anxiety
- Confusion
- Delirium
- Agitation
- Pain

Quantitative symptom assessment scales
- Behavioral Pain Scale
- Critical Care Pain Observation Tool
- Faces Pain Scale
- Edmonton Symptom Assessment System
- Memorial Symptom Assessment Scale

Behavioral Pain Scale

<table>
<thead>
<tr>
<th>Sub-scale</th>
<th>Description</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facial expression</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Body language</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Voice level</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Respiratory rate</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pain intensity</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pain duration</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pain location</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pain relief</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pain description</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pain control</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

Table 4: The Behavioral Pain Scale.
Critical Care Pain Observation Tool

Table 5. The Critical Care Pain Observation Tool

<table>
<thead>
<tr>
<th>Variable</th>
<th>Description</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain: visual analog scale</td>
<td>from 0 to 10</td>
<td></td>
</tr>
<tr>
<td>Severity of pain</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: verbal descriptor</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: numerical rating scale</td>
<td>from 0 to 10</td>
<td></td>
</tr>
<tr>
<td>Pain: face pain</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: arm pain</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: leg pain</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: breathing rate</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: heart rate</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: respiratory rate</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: gallop</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: pallor</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: sweating</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: restlessness</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: agitation</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: difficulty</td>
<td>from 0 to 3</td>
<td></td>
</tr>
<tr>
<td>Pain: inability to communicate</td>
<td>from 0 to 3</td>
<td></td>
</tr>
</tbody>
</table>

Faces Pain Scale (FPS)

The scale goes from left to right and signifies increasing amount of pain.

Edmonton Symptom Assessment System, (ESAS)

- Visual analog scale
  - Pain
  - Distress
  - Anxiety
  - Fatigue
  - Depress
  - Appetite
  - Constipation
- Numeric rating scale
  - 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9
  - 10

Memorial Symptom Assessment Scale

- Assess 32 physical and psychological symptoms
- Global symptom distress
- Psychological symptom distress
- Physical symptom distress

Non-pharmacologic interventions for symptom management in the dying patient

- Behavioral interventions
  - Relaxation Techniques
  - Breathing Exercises
  - Address psychosocial distress
  - Create calm environment

Relaxation Techniques

- Helpful for management of dyspnea, agitation, anxiety
- Music therapy

Breathing Exercises

- Helpful for management of dyspnea, agitation, anxiety
Address psychosocial distress

- Helpful for management of dyspnea, agitation, anxiety
- Address social issues
- Address spiritual distress

Create calm environment

- Helpful for management of anxiety, agitation, dyspnea, delirium and confusion
- Decrease noise, lights, alarms and monitors sounds
- Familiar faces, help to keep patient calm
- Reduce room temperature, maintain humidity
- Use a fan gently blowing across face

What are non-pharmacologic measures for symptom management that can be utilized for care of the a dying patient?

- A. Reduce environmental stimuli and noise
- B. Adhere to spiritual or religious traditions
- C. Provide adequate pain control
- D. Both A and B

"How people die remains in the memories of those who live on"

Dame Cicely Saunders