Module 3
Symptom Management

PARTICIPANT OUTLINE
Module 3: Symptom Management
Participant Outline

I. INTRODUCTION-Section I
   A. Essential elements of symptom management
      1. Assessment and evaluation
      2. Interdisciplinary teamwork
      3. Reimbursement concerns
      4. Research
   B. Symptoms and suffering

II. COMMON SYMPTOMS
   Respiratory Symptoms- Section II
   A. Dyspnea
      1. Definition/overview
      2. Causes
         a. Pulmonary
         b. Cardiac
         c. Neuromuscular
         d. Other
      3. Assessment
         a. Subjective report of patient
         b. Clinical assessment
      4. Treatment
         a. Pharmacologic
         b. Non-pharmacologic
         c. Other
   GI Symptoms- Section III
   B. Anorexia/cachexia
      1. Definition/overview
      2. Causes
         a. Disease related
         b. Psychological
         c. Treatment related
      3. Assessment
         a. Physical findings
         b. Impact on function
         c. Impact on self/family
         d. Calorie counts/daily weights
         e. Laboratory tests
         f. Skin breakdown
      4. Treatment
         a. Dietary consult/dietary interventions
         b. Problem odors
         c. Medications
d. Parenteral or enteral nutrition

C. Constipation
1. Definition/overview
2. Causes
   a. Disease related
   b. Treatment related
3. Assessment
   a. Bowel history
   b. Abdominal assessment
   c. Rectal assessment
   d. Medication review
4. Treatment
   a. Medications
   b. Dietary and fluid interventions
   c. Additional approaches

D. Diarrhea
1. Definition/overview
2. Causes
   a. Disease related
   b. Malabsorption
   c. Concurrent disease
   d. Psychological
   e. Treatment related
3. Assessment
   a. Bowel history
   b. Medication review
   c. Evaluate for infectious process
4. Treatment
   a. Treat etiology as appropriate
   b. Dietary modifications (increase bulk, decreased gas-producing foods)
   c. Hydration
   d. Medication

E. Nausea/vomiting
1. Definition/overview
2. Causes
   a. Physiological
   b. Psychological
   c. Disease related
   d. Treatment related
   e. Other
3. Assessment
   a. Clinical/physical
   b. History
   c. Laboratory values
4. Treatment
a. Pharmacologic
b. Non-pharmacologic
c. Invasive therapies

General/Systemic- Section IV

F. Fatigue
1. Definition/overview
2. Causes
   a. Disease related
   b. Psychological
   c. Treatment related
3. Assessment
   a. Subjective
   b. Objective
   c. Laboratory data
4. Treatment
   a. Pharmacologic
   b. Non-pharmacologic

G. Wounds
1. Definition/overview
2. Assessment
3. Treatment

Mental Health Issues/Psychological- Section V

H. Post Traumatic Stress Disorder (PTSD)
1. Definition/overview
2. Causes
   a. Traumatic events
   b. Changes in brain
3. Assessment
   a. Review symptoms/risk factors
   b. On-going assessment by mental health professional
   c. Interdisciplinary team approach
4. Treatment
   a. Medications
   b. Psychotherapy
5. PTSD and end-of-life care

I. Depression
1. Definition/overview
2. Causes
   a. Disease related
   b. Psychological
   c. Medication related
   d. Treatment related
3. Assessment
   a. Situational factors
   b. Previous psychiatric history/treatment
   c. Presence of risk factors
d. Questions for depression assessment
e. Symptoms
f. Suicide and Veterans
   i. Facts
   ii. Assessment
   iii. Resources
4. Treatment
   a. Pharmacologic
   b. Non-pharmacologic
J. Anxiety
   1. Definition/overview
   2. Causes
   3. Assessment
      a. Physical symptoms
      b. Cognitive symptoms
      c. Questions for assessment
4. Treatment
   a. Pharmacologic
   b. Non-pharmacologic
K. Delirium/agitation/confusion
   1. Definition/Overview
   2. Causes
   3. Assessment
   4. Treatment

III. CONCLUSION
A. Key nursing roles
B. Symptom management challenges