



Breathing Easier Together: Translating a Palliative Care Guide for Culturally and Linguistically Diverse Communities

Michael Collins, Nurse Practitioner
Nicola Atkin, Palliative Care Physician
Parkville Integrated Palliative Care Service



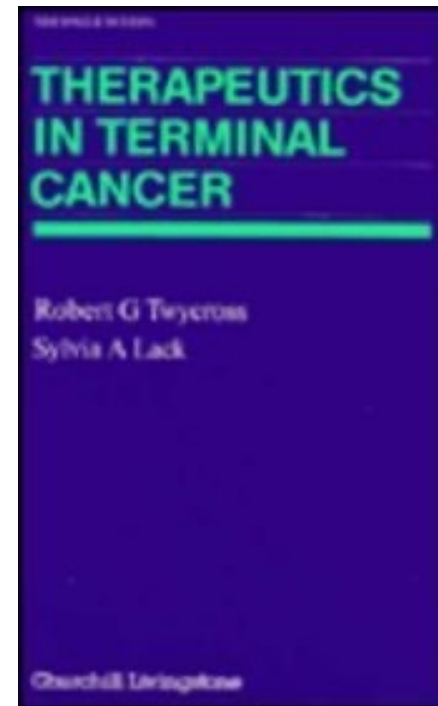


Managing Breathlessness

Palliative Care in 1990's

One of my early text books

**Start patient of Oral Morphine 5
mg qid**



Side effects and risks of opioid prescribing

Side effects: Constipation, Drowsiness, Confusion and Nausea

Opioid Stewardship requires:

1. Tailored prescribing
2. Patient and Family Education
3. Shared decision making
4. Close follow up and Care Coordination





Systemic review and Meta-analysis 2021

1. Opioids were not associated with more effectiveness than placebo for improving breathlessness
2. Anxiolytics were not associated with more effectiveness than placebo for breathlessness or related anxiety
3. Pharmacological interventions demonstrated some harm compared with usual care

Feliciano et al 2021, JAMA

Current Guideline ASCO 2021

- ▶ Non Pharmacologic interventions provided some benefit
- ▶ Support for Pharmacologic interventions like opioids was limited

Recommendations were

1. Assessment and ascertain potentially reversible causes
2. Referral to specialist palliative care
3. Initial management with non pharmacological interventions and supplemental oxygen
4. Pharmacological options can be tried if initial non pharmacological management is insufficient. Options include Systemic opioids, Short acting Benzodiazepines when dyspnea is anxiety related, Systemic corticosteroids when dyspnea is likely related to airway obstruction or inflammation.

Background

more
increasing evidence than
palliative care patients with
opioids have limited benefit
and harms may outweigh
benefits. Pharmacological
Patients and carers need
strategies to manage this
challenge. CALD communities face
challenging symptom and
disability in accessing
language barriers are a
quality palliative care and
existing palliative care
information presented solely
resources often fail to
in English excludes CALD
patients/carers, increases

Goals and Objectives



Translate a comprehensive booklet on non-pharmacological management of breathlessness into commonly spoken languages



Based on booklet already in circulation in the English language



Overseen by a team with expertise in palliative care, translation, and cultural sensitivity with input from patients/carers

Goals and Objectives

Booklets to address:

- ▶ Understanding shortness of breath
- ▶ Non-pharmacological management techniques and strategies
- ▶ Managing associated symptoms – fatigue, sleep disturbance, mood disorders
- ▶ Breathlessness management plan
- ▶ Additional resources





Benefits to Patients and Caregivers

- ▶ **Improved understanding:** Clear and concise information about shortness of breath and its management in their native language
- ▶ **Empowerment:** The capacity to actively participate in symptom management and decision-making about their care
- ▶ **Reduced anxiety and distress:** Clear communication and knowledge can alleviate fear and helplessness associated with breathlessness
- ▶ **Enhanced quality of life:** By effectively managing shortness of breath, patients can experience greater comfort and improved participation in daily activities

Project Outcomes

Managing Breathlessness booklet has been translated into the 8 commonly spoken professional translation languages as been updated. English in the booklet updated and translated into 8 other languages to ensure they are more by patients and caregivers. Patients and caregivers of chronic obstructive pulmonary disease and heart failure, accessibility and understanding of shortness of breath with patients, caregivers and health care professionals.

MANAGING BREATHLESSNESS

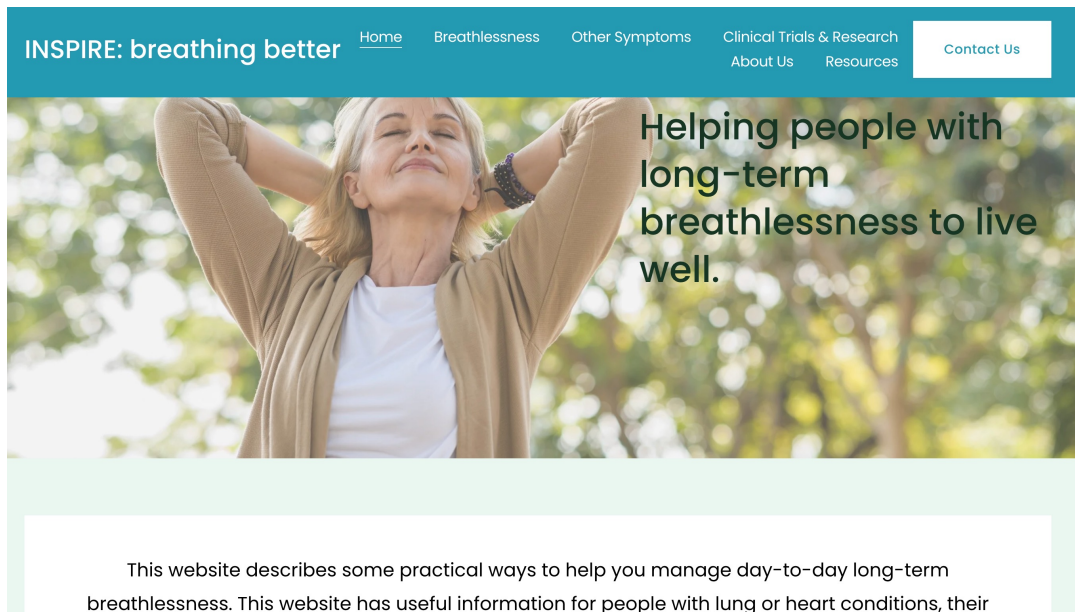
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Simplified Chinese / 简体中文版

NEFES DARLIĞININ YÖNETİMİ

Turkish - Türkçe





For Patients and Carers

These resources are available to help you cope with breathlessness.

Your local doctor or healthcare team

Breathlessness Brochure

A printable brochure with key information from this website.

[English](#)

[Arabic](#)

[Greek](#)

[Italian](#)

[Simplified Chinese](#)

Next Steps

- ▶ Now translating our symptom management plan templates with support from the RMH foundation
- ▶ Planning qualitative and quantitative evaluation/research through surveys and interviews, looking at experience of CALD patients/carers affected by breathlessness, barriers to seeking medical attention and accessing support
- ▶ Share resources through newsletters from statewide and national organisations – PCV, PCA, ANZSPM, and other services supporting patients with lung cancer and advanced lung diseases
- ▶ Videos demonstrating use of non-drug breathlessness Mx techniques currently in production, will be made available on the website link provided in the booklets



<https://inspirebreathingbetter.com/>

We are happy to share PDF versions of multilingual booklets
Michael.Collins@petermac.org