

## Non-pharmacological management of symptoms for patients with Covid-19



### Cough

- Always remember cough hygiene: Catch it, bin it, kill it.
- Humidify room air
- Sip oral fluids.
- Try drinking warm water with honey and lemon.
- Suck cough drops or boiled sweets.
- Elevate the head & chest when sleeping.
- Avoid smoking or vaping.
- Avoid strong perfumes or fragrances eg air fresheners, incenses, etc.

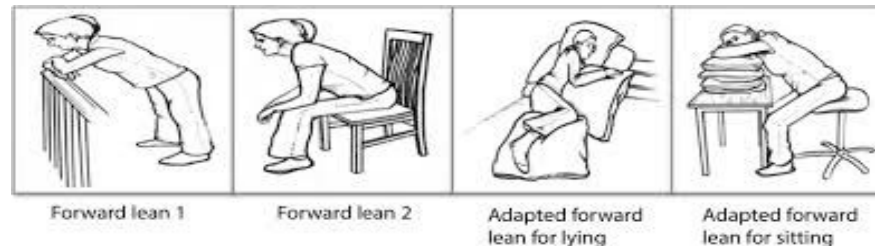
For further symptom management, including pharmacological interventions and end of life care guidance, please see Palliative care page on intranet.

### Fever

- Reduce room temperature.
- Wear loose clothing.
- Cool face with a cool flannel or cloth.
- Encourage oral fluids.
- Avoid alcohol
- Portable fans are not recommended in clinical areas during outbreaks of infection as they have been linked to cross contamination

### Breathlessness

- Positioning: Try sitting upright, let shoulders droop, keep head up, lean forward.
- Relaxation techniques: Try mindfulness, meditation or listening to music.
- Reduce room temperature.
- Cool the face using a cool flannel or cloth.
- Portable fans are not recommended in clinical areas.



### Delirium

- Identify and manage the possible underlying cause or combination of causes.
- Ensure effective communication and re-orientation: Explain where the person is, who they are and what your role is.
- Provide reassurance to those with delirium.
- If possible, involve family, friends and carers to help with this.
- If possible, ensure that the person is cared for by a team of healthcare professionals who they are familiar with.
- Avoid moving people within and between wards or rooms unless absolutely necessary.

**Specialist Palliative Care Team can be contacted for advice on Bleep 6508 (9-5pm Monday-Sunday).**

**For advice out of hours contact :  
On call SpR at Royal Trinity Hospice on  
0207 787 1000**

“The role of palliative and end of life care in the time of COVID-19 is to keep the “care” in healthcare, even as systems, patients and providers are under siege.” (Ballentine, 2020)