

Symptom Management for PALS

Symptom	Intervention	Plan
Increased Fatigue, Daytime Headaches, Excessive Yawning	<ul style="list-style-type: none"> • Use NIPPV (i.e., BiPAP) more often, especially during the day • If not currently using NIPPV, we will obtain Pulmonary Function Test (PFT) results at next clinic visit or at an outpatient facility 	We will monitor PFTs at every clinic visit. If already using a respiratory company, a home visit by the respiratory therapist will be requested
Increased Secretions	<ul style="list-style-type: none"> • Contact office for medical interventions including: nebulizer treatments, suction machine, cough assist machine, and medications. 	There are medications available to manage increased secretions. Contact the clinic nurse if symptoms persist. Introduction or adjustment of interventions may be recommended.
Weight Loss	<ul style="list-style-type: none"> • Calorie-pack meals and snacks • Keep a food journal • Monitor weight weekly 	Our nutritionist will meet with you at clinic and review optional or additional interventions. Contact the office if weight loss persists.
Coughing/Choking While Eating or Drinking	<ul style="list-style-type: none"> • Modify foods for easier swallowing: • Meals for Easy Swallowing • Thicken liquids • Eat slowly, take small bites 	Our speech therapist will review swallowing techniques and food/beverage consistency recommendations. The clinic nurse will review the Heimlich Maneuver with patient and caretakers.
Moisture at Peg Tube Site	<ul style="list-style-type: none"> • Clean twice daily with mild soap and water • DRY thoroughly after cleaning • Leave site open to air 	Monitor for redness, discharge or tenderness at the site. Contact office if symptoms increase or do not resolve.
Cramps, Twitching, Spasticity	<ul style="list-style-type: none"> • Rest • Stretch • Repositioning • Heat • Gentle Massage • Medical Interventions (please contact office) 	Call the office if you begin to experience these symptoms or if they increase in severity. Our physical therapist, clinic nurse and neurologist can work together to offer medical and non-pharmacological treatments.