# Symptom Management for PALS

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Intervention</th>
<th>Plan</th>
</tr>
</thead>
</table>
| Increased Fatigue, Daytime Headaches, Excessive Yawning                | • 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                                                   | • 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                                                            | • 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                             | • Modify foods for easier swallowing:  
• Meats 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                                              | • 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                                          | • 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. |