

## GP Information

### Control of attacks of breathlessness in Motor Neurone Disease (MND)

Breathless attacks resulting in panic and anxiety can occur suddenly and without warning. Patients and carers feel reassured having medication on hand that they can use in an emergency or whilst waiting for medical help to arrive.

The Motor Neurone Disease specialist nurse can provide a box to store medication for use in an emergency. The box also contains advice and instructions for the carer and nurse/doctor. The administration record, medication, syringes, needles and water for injection can all be kept together in the emergency box in the patient's home.

The accompanying flow diagram (overleaf) gives advice on treatment of attacks of breathlessness.

#### **Additional advice on Midazolam Buccal liquid (Epistat)**

- Unlicensed product
- Available from Special Order Products Ltd tel 01932 820666
- 5mL bottle of midazolam 10mg per mL (sugar free syrup) plus 4x1mL oral syringes
- Recommended dose in MND patients is 2.5mg i.e 0.25mL

For further information please contact

Doreen Foster, MND Specialist Nurse tel 01904 499390 or mobile 07703 763232  
Dr Anne Garry, Consultant in Palliative Medicine tel 01904 725835

#### **References**

1. O'Brien T et al. Motor Neurone Disease: a hospice perspective. British medical Journal 1992; 304: 471-3
2. Neudert C et al. The course of the terminal phase in patients with amyotrophic lateral sclerosis. J Neurol 2001; 248; 612-616
3. Oliver D. Opioid medication in the palliative care of motor neurone disease. Palliative Medicine 1998; 12; 113-115

