

# Respiratory Features

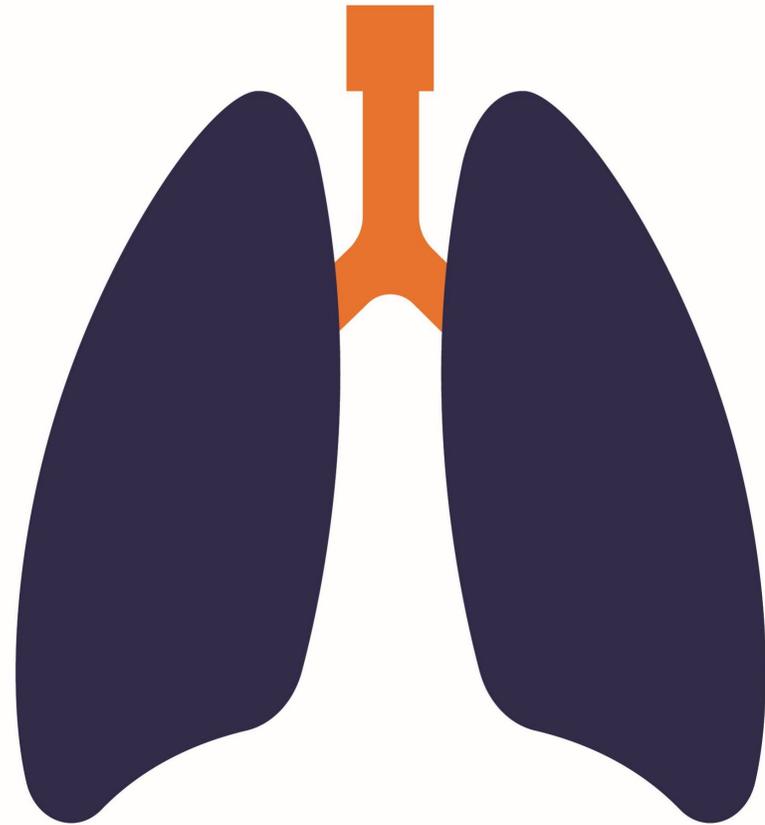
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# Breathing

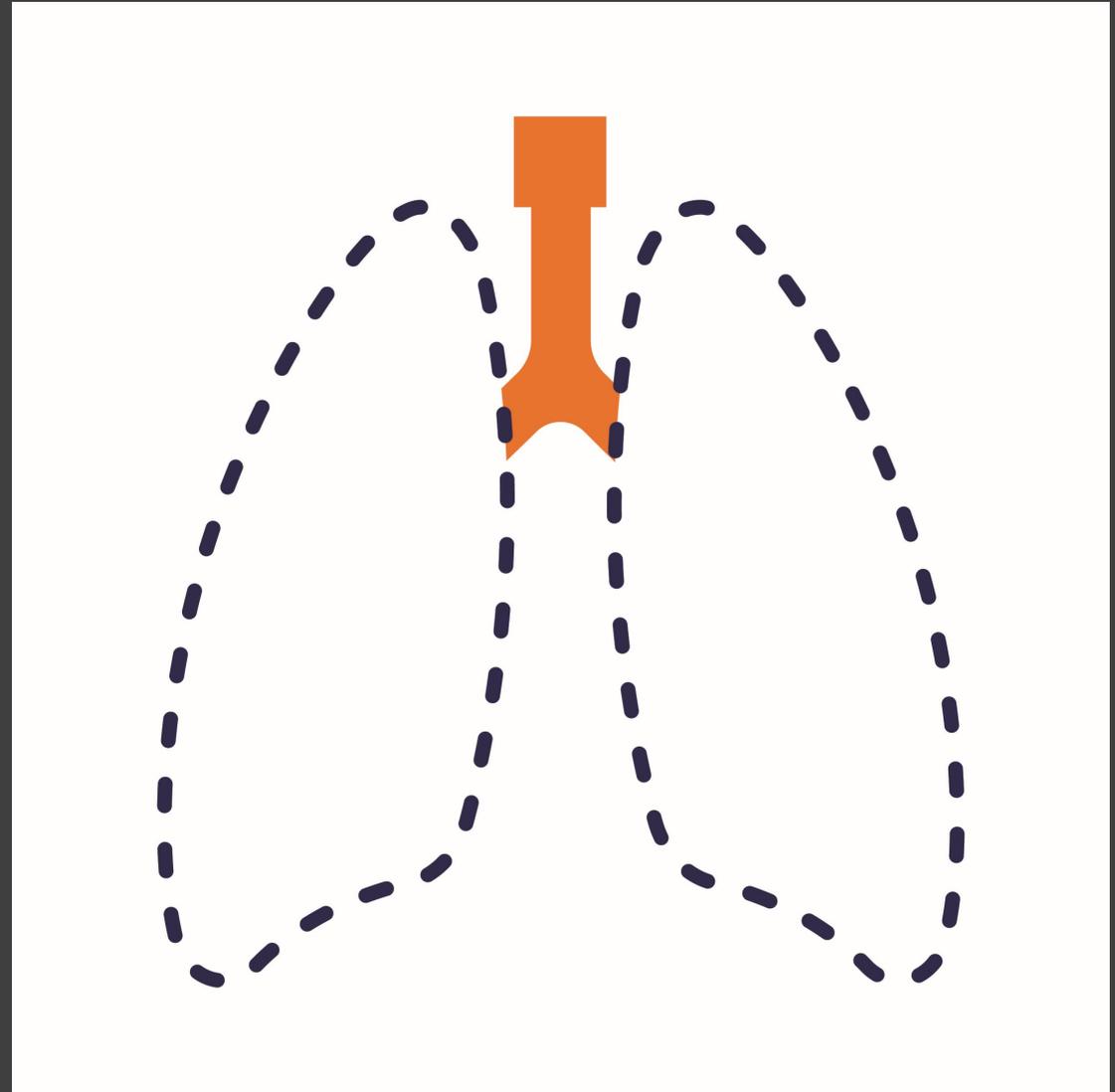
Respiratory failure is the most common cause of death in MND.

- Increased use of muscles  
accessory muscles
- Increased respiratory rate
- Shallow breathing
- Weak cough
- Weak sniff



# Effects of respiratory failure

- breathlessness (dyspnoea) even when at rest or lying flat (orthopnoea)
- non refreshing/disturbed sleep
- morning headaches
- fatigue
- poor speech volume
- decreased appetite
- impaired concentration and/or memory
- confusion
- nightmares and hallucinations.



# Support you can give

- Positioning
- Ventilation and steady temperature
- Encourage calm and purposeful breaths
- Breathing exercises where appropriate
- Medication
- Referral to GP or neurologist where management not possible



# JIC Kit

- The MND Association Just in Case Kit is designed to hold medication for the relief of anxiety and breathlessness
- Order through:  
MND Connect 0800 802 6262



# Use of oxygen in MND

- Oxygen should only be used for people living with MND under guidance from the person's specialist team



# Assisted ventilation

- NIV
- IV
- Withdrawal



# Coughing and chest clearance

Increased chance of chest infections

- Breath Stacking
- Lung Volume Recruitment (LVR)
- Mechanical Insufflator/Exsufflator (MI:E)



# Sleeping difficulties

- Change position
- Smooth sheets
- Profiling bed
- Extra body support
- Distribute body pressure more evenly
- Extra pillows
- Avoid over-exertion, caffeinated drinks, smoking and heavy meals before bed
- Routine
- Quiet, cool, dark



## Further info

- [Just in Case kit](#)
- [NICE Guideline NG42](#)
- [MyNIV](#)
- [Withdrawal of assisted ventilation](#)

