

# Palliative Care patients at risk of bleeding

## Information for families and carers

Date completed: ...../...../.....

Completed by: .....

Review date: ...../...../.....

Name: ..... is at increased risk of bleeding due to:

Addressograph

This leaflet is intended to be used in face to face discussion with your medical and nursing care team, who will explain the information below. It is important that you feel able to ask if you have any concerns or unanswered questions.

This leaflet is being given to you because the doctors and nurses think your relative is at risk of bleeding. Living with the risk of bleeding, and caring for a family member or friend who is at risk of bleeding can be frightening.

This information is intended to help you know what to do in the event of a bleed and who you can contact for support.

If it happens there is a possibility that they might not survive the bleeding. If this is the case, our aim is to keep them comfortable.

### How to prepare

#### *Consider having the following readily available:*

- A supply of absorbent dressings (if these have been provided) and dark coloured towels.
- Contact details for support - you could put these in your phone.
- A phone nearby.
- This leaflet.
- Buccal midazolam (if you have it).

### What to do if bleeding starts

- The main priority is for someone to stay with your relative.
- To call for help, advice and support (see phone numbers on the back of this leaflet).
- Try to stay as calm as possible and reassure your relative or friend.

A small amount of blood can look very alarming. Use dark absorbent towels or dressings to slow down the bleeding by holding them firmly against a bleeding wound.

If there is a large amount of blood and your relative appears to be distressed then **midazolam** (which is a sedative drug) can be given to make them less aware of what is happening.

## Information about midazolam

### What is midazolam?

Midazolam is a sedative medication which means it makes people sleepy. In this case it is given to make your relative more relaxed, less distressed and less aware of what is happening.

- Midazolam can be given as an injection by nursing staff. An alternative, that is sometimes considered, is for family or friends to be shown how to use buccal midazolam into the mouth.
- The most important thing you can do, is to stay with the patient. Your presence will be reassuring. If you do not remember how to give this medication or do not feel that you can, please don't worry. We recognise that this situation may be frightening and things may happen quickly.

## Information about buccal midazolam

### How is the medication supplied?

- Buccal midazolam is usually supplied as a pre-filled syringe. The dose in the syringe is written on the side of the syringe.

### How do I give the buccal midazolam?

- Place the tip of the syringe inside the mouth between the cheek and gum. Do not place the syringe or anything else between the person's teeth.
- Give half the dose over **five seconds** on one side of the mouth and the remaining half of the dose over **five seconds** on the opposite side of the mouth.

## How quickly does buccal midazolam work?

- Buccal midazolam usually takes 5–10 minutes to work.

## Are there any side-effects?

- Buccal midazolam can make people sleepy or restless. It may slow down breathing, but very rarely.

## Preferences for hospital admission / place of care

(Please ensure this information is recorded on the person's RESPECT form and EDAN or on EPaCCS)

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## Useful contact numbers

### GP/out of hours (OOH) GP:

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### Community neighbourhood team:

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### Hospice:

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### Out of hours 111 primary care line:

0345 605 0621

**If you cannot get through to anybody else and want urgent advice ring 999.**

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Leeds Palliative  
Care Network