

HIGH-FLOW NASAL THERAPY FOR SYMPTOM MANAGEMENT IN PATIENTS RECEIVING PALLIATIVE CARE



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01 BACKGROUND

High-flow nasal therapy (HFNT) is a device that delivers heated, humidified oxygen or room air via nasal cannulae at flows of up to 60 L/min. Its use is well-established in acute respiratory failure and hypercapnic pulmonary disease (1). Recently, its potential has been explored for managing breathlessness in palliative care, where evidence-based treatment options are limited (2).

02 AIM

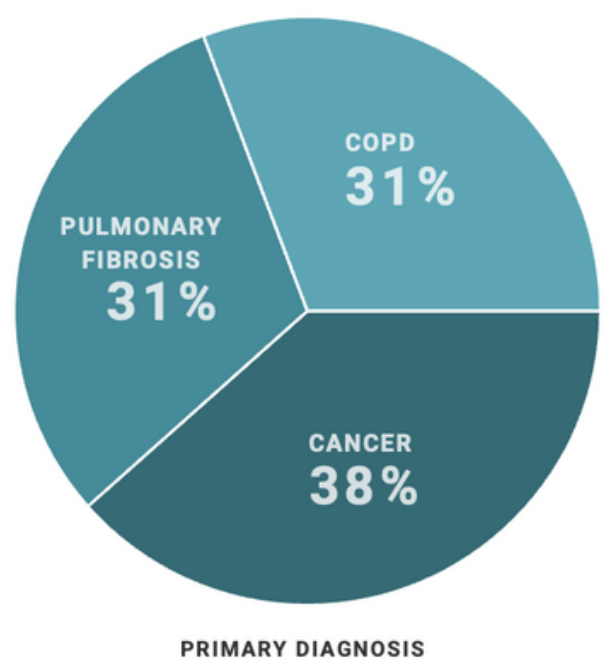
To examine the experience of patients known to palliative care who are treated with HFNT in an inpatient setting in Ireland, focusing on symptom control, tolerability, and impact on activities of daily living.

03 METHODOLOGY

This study employed a cross-sectional observational design, conducted across four regional hospitals and one hospice in Ireland. Ethical approval was granted by the University Hospital Waterford Clinical Ethics Committee. Due to the absence of validated measurement tools in the existing literature, the research team developed a questionnaire based on patient-reported experience measures from prior studies (3). The questionnaire included both Likert scale questions and open-ended responses. The study population consisted of all adult inpatients who had been referred to specialist palliative care services and prescribed AIRVO between November 2023 and September 2024.

04 SAMPLE

N= 13
Age: 62 – 88 years (median 69 years)



05 RESULTS: QUALITATIVE

'WHAT HAVE YOU FOUND HELPFUL ABOUT THE DEVICE?'

“IT GAVE ME MY BREATH BACK”

“LESS EFFORTFUL TO BREATHE”

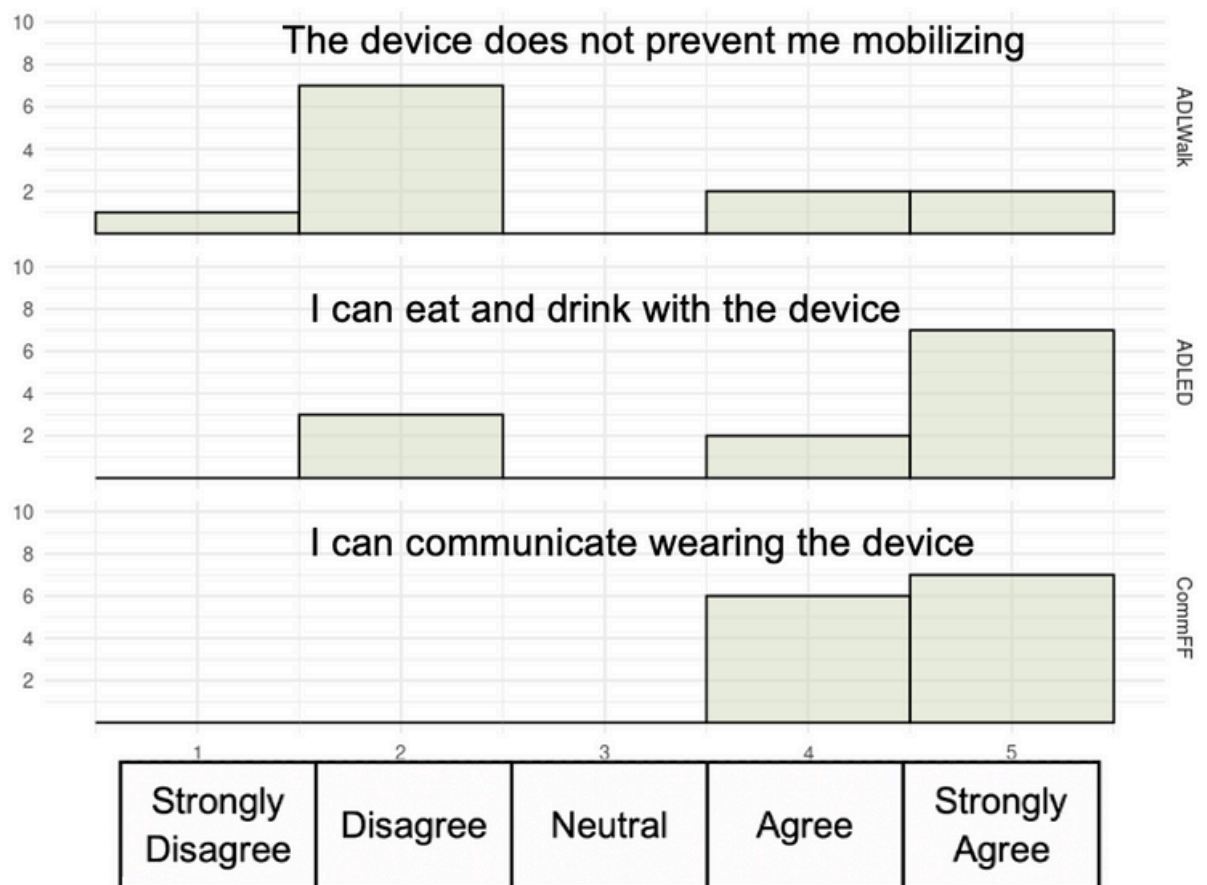
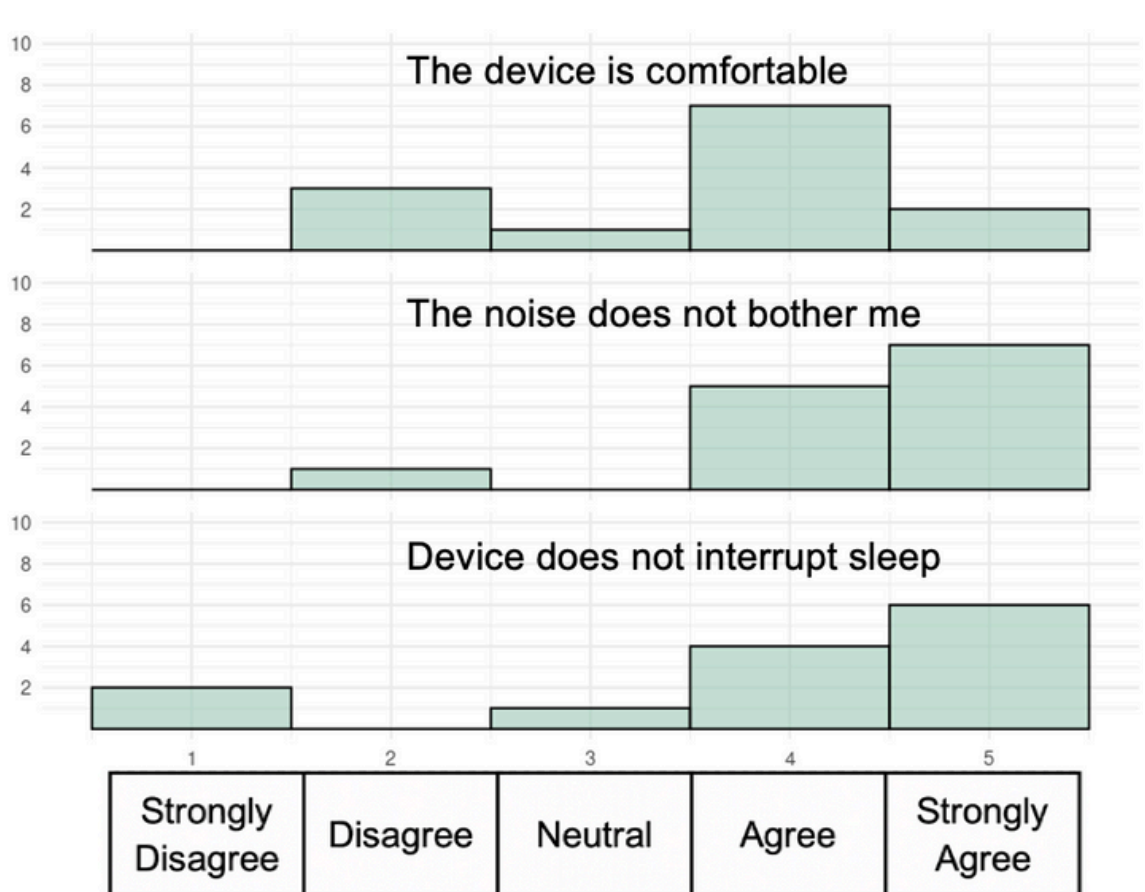
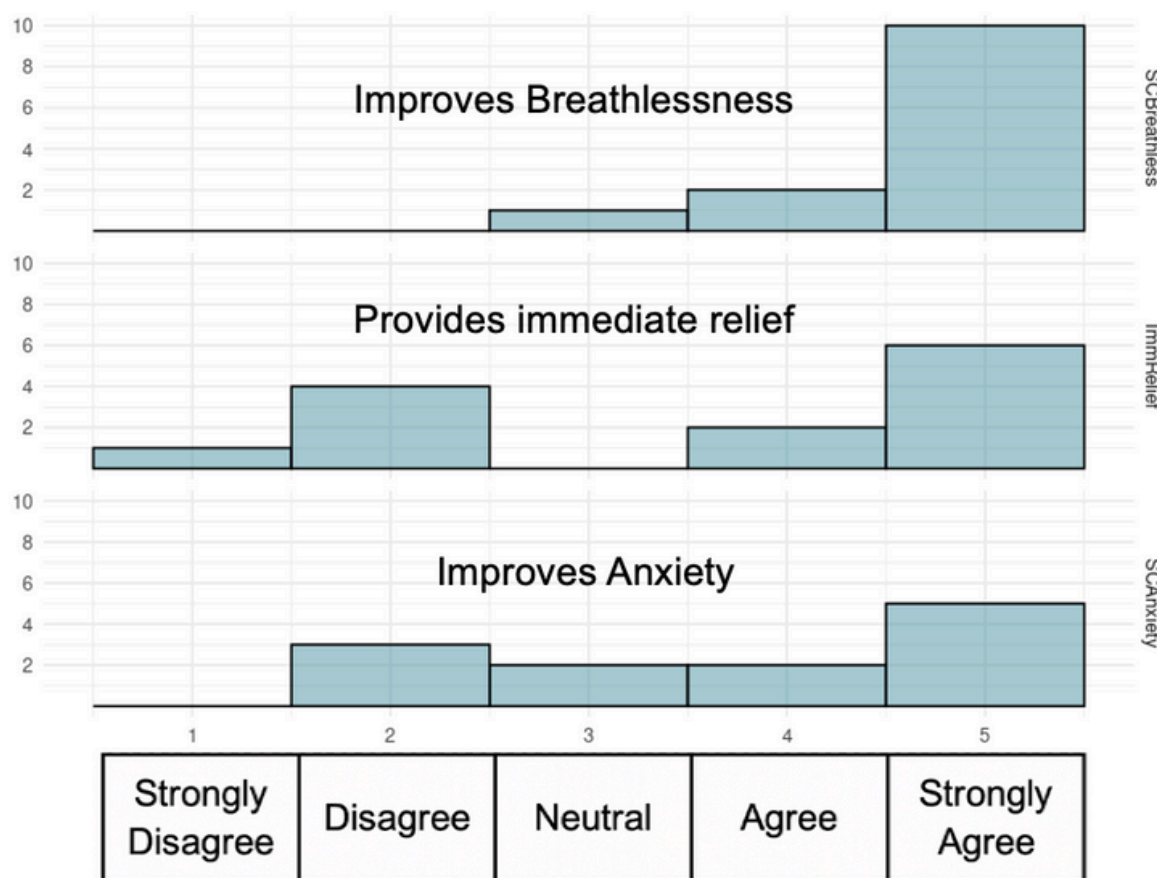
“EASIER THAN MASK”

'WHAT HAVE YOU FOUND DIFFICULT ABOUT THE DEVICE?'

“IT IS DIFFICULT TO KEEP THE DEVICE IN POSITION, NEEDS TO BE CONSTANTLY REPOSITIONED”

“IT HAS CAUSED THE SKIN ON MY CHEEK TO BECOME RED & BROKEN”

05 RESULTS: QUANTITATIVE



06 CONCLUSION

- ▶ HFNT is a well tolerated therapy for breathlessness in palliative care.
- ▶ It has minimal impact on communication, eating or sleep.
- ▶ Addressing comfort issues could further enhance it's acceptability.

References

- 1.Nishimura M. High-flow nasal cannula oxygen therapy in adults. J Intensive Care. 2015;3(1):15. doi:10.1186/s40560-015-0084-5.
2. Takase E, Akamatsu H, Teraoka S, et al. A Phase II study of high-flow nasal cannula for relieving dyspnea in advanced cancer patients. J Pain Symptom Manage. 2024;67(3):204-211. DOI:10.1016/J.JPAINSYMMAN.2023.11.009.
3. Kim JS, Shin J, Kim NH, et al. Use of high-flow nasal cannula oxygen therapy for patients with terminal cancer at the end of life. Cancer Med. 2023;12:14612-14622. DOI:10.1002/CAM4.6060