ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Coughing

Coughing can be a reaction to many different factors. Most commonly from respiratory infections, lung cancer, COPD, or irritants like smoke or dust. Chronic coughing can impact someone's quality of life significantly, causing discomfort, difficulty eating or sleeping and embarrassment.

Common signs and symptoms to monitor for:

- Persistent dry or productive cough
- Chest discomfort
- Wheezing
- Increased sputum (mucus) production

Tips for Coughing Management:

- Use a humidifier to moisten the air and soothe the throat.
- Encourage the patient to stay hydrated to help thin mucus.
- Administer cough suppressants or expectorants as prescribed.
- Keep the environment free from irritants such as smoke or strong odors.

Record and Report to St. Francis:

- **Please immediately report if the cough is severe, causing difficulty breathing, chest pain, or producing blood-tinged sputum**
- Effects on quality of sleep or breathing
- Frequency and severity of verbalizations of sadness

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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