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

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Myoclonus

Myoclonus is often caused by metabolic disturbances, medications or neurological conditions.

Common signs and symptoms to monitor for:

- Involuntary sudden jerks or twitches (especially in the arms or legs) occurring during rest or sleep

Tips for Myoclonus Management:

- Ensure the patient's safety by using bed rails or padding if needed.
- Administer prescribed medications to reduce muscle spasms.
- Practice relaxation techniques to help calm the muscles.
- Monitor for patterns or triggers that may worsen myoclonus.

Record and Report to St. Francis:

- Report myoclonus frequency and severity
- Effects on quality of life (i.e. eating, sleeping, activity, etc.)
- Discomfort or pain associated with movements
- Sudden change in level of cognition
- Any triggering factors (i.e. medications, activities, etc.)

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

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