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

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Tremors

Tremors are involuntary rhythmic movements that can occur due to disease, medication side effects, or neurological conditions. Tremors can occur sporadically, constant or intermittent.

Common signs and symptoms to monitor for:

- Shaking or quivering movements, especially in the hands, arms, head and torso
- Difficulty grasping small objects
- Shaking or trembling voice
- Involuntary and uncontrolled head nodding

Tips for Tremor Management:

- Ensure a safe environment to prevent falls or injuries.
- Encourage the use of assistive devices to stabilize movements.
- Provide medications as prescribed to manage tremors.
- Limit caffeine and other stimulants that may exacerbate tremors.

Record and Report to St. Francis:

- Duration and severity of tremors
- Impact on ability to perform daily activities
- New or worsening tremors
- Interventions that have helped improve or worsen tremors

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

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