

ALS EMT/Emergency Room Information

SHORTNESS OF BREATH:

If I display shortness of breath, do not give me oxygen unless I have another respiratory condition that requires it. I may need noninvasive positive pressure ventilation to expel CO₂.

OXYGEN MAY NOT HELP AND MAY MASK RESPIRATORY FAILURE:

My lungs are healthy, but my muscles including diaphragm are weak. IF I am using a BPAP at home, the settings should be the same as those. IF NOT, a BPAP with a pressure of 12/6, backup rate of 10 with titration as needed may help.

AVOID LAYING ME ON MY BACK:

May be difficult for me because of the possibility of CO₂ retention due to diaphragmatic weakness and aspiration due to poor ability to protect my airway. I may be able if using a BPAP or non-invasive mechanical ventilation.

AVOID:

Paralytic or general anesthetics, narcotics or muscle relaxants unless absolutely necessary. If used, the ability to rapidly assist ventilation non-invasively or invasively should be available.

- **If I have a gastrostomy tube, please use that for administration of “oral” medications.**
- **I may slur my words or not be able to speak at all, but I UNDERSTAND what you are saying.**
- **Speak to me in a normal voice and ALLOW ME TIME to communicate.**
- **My caregiver(s) and I are extremely knowledgeable about my condition, treatment needs and equipment. Please work with us.**