

## **EMERGENCY & HOSPITAL PERSONNEL: I HAVE ALS - (Lou Gehrig's disease)**

### **SOME EMERGENCY PROCEDURES MAY BE LIFE THREATENING-OR HARMFUL...**

- **Contact ALS-experienced medical professionals as soon as possible.**
- **My Doctor is: \_\_\_\_\_  
My Doctor's Phone number is: \_\_\_\_\_**
- **Contact my caregiver as soon as possible (if not with me).  
My caregiver is: \_\_\_\_\_  
Caregiver's number is: \_\_\_\_\_**
- **Ask an ALS-experienced professional before using oxygen. Normal emergency use may harm me. If absolutely necessary, use low levels.**
- **I may need Bi-Level positive airway breathing pressure. I may need breathing assistance for BOTH INHALING and EXHALING, (e.g., cough-assist, suctioning, etc.)**
- **Do not lay me flat. Breathing difficulty may require that I sit up. Ask before laying me flat.**
- **Do not perform a tracheotomy without consulting an ALS-experienced Pulmonologist or Neurologist first if at all possible.**
- **Some procedures make me feel like I'm suffocating. Please pay close attention.**
- **Take care when putting (sterile) suction tubes or any device in my mouth. Do not use force if you feel resistance. (I may not be able to tell you it hurts.)**
- **I may not be able to swallow pills...or have difficulty do so.**
- **I may have a feeding tube. Please ask if I can speak or look to verify if so.**
- **I may have difficulty speaking. My mental capacity is NOT IMPAIRED.**
- **Do not lift me with my armpits, use armpit-forearm drag or a fireman's lift to move me. These are very painful. This also applies when I am in a hospital bed.**
- **Use the blanket drag or drag sheet method of lifting and moving me. Use two persons, one on each side.**
- **Listen to my caretaker. You are trained to treat the general population in emergencies or hospitals. My caregiver is trained to focus on ALS patients and may provide valuable information about my care needs.**
- **Your training with ALS patients may not be current. Please use non-emergency procedures after consulting with an ALS-experienced doctor or Nurse Practitioner.**
- **Take care with IVs. A slow drip may be necessary to prevent damage to lungs.**

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### **Hospitals: Please post for all shift personnel.**

**Notify janitorial & maintenance persons; Do not use strong, aromatic cleaning chemicals in my room. It can harm my ability to breathe.**