

Appendix Ea: Respiratory Distress Observation Scale (RDOS): To follow in section after Appendix E on page 95 of the original guideline.

Variable	0 points	1 point	2 points	Total
Heart rate per minute (auscultated)	Baseline to +5	Baseline + 6 -10 beats	Baseline +> 10 beats	
Respiratory rate per minute (auscultated)	Baseline to +3 breaths	Baseline + 4-6 breaths	Baseline +>6 breaths	
Restlessness: nonpurposeful movements	None	Occasional Slight movements	Frequent movements	
Accessory muscle use: rise in clavicle during inspiration	None	Slight rise	Pronounced rise	
Grunting at end-expiration: guttural sound	None		Present	
Nasal flaring: involuntary movement of nares	None		Present	
Look of fear	None		The upper iris is visible, the teeth are visible, the teeth are not parted, there are lines in the forehead, the eyebrows are flat, the eyebrows are raised, there are no wrinkles in the nose	

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Reference: Campbell, M. L. (2008b). Psychometric testing of a respiratory distress observation scale. *Journal of Palliative Care Medicine*, 11(1), 48.