

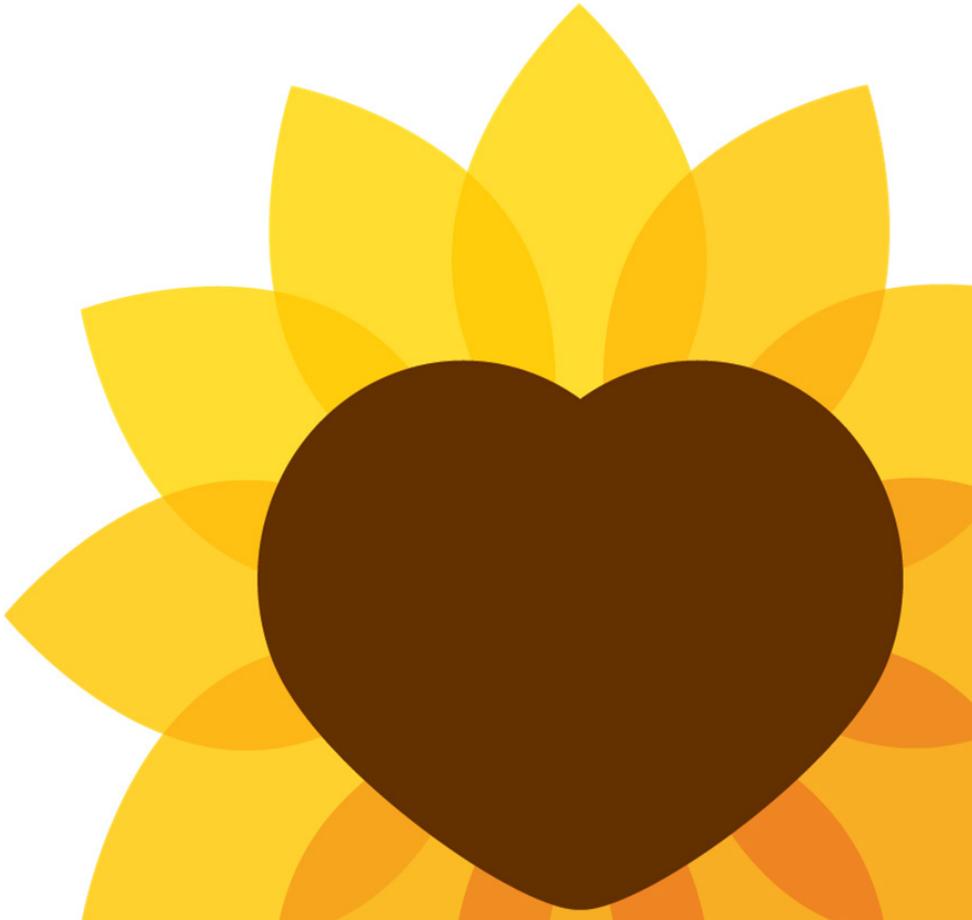


**East Cheshire
Hospice**

Where people come to live

F.A.B. Programme **(Fatigue, Anxiety, Breathlessness** **Management)**

A Guide for Patients



What is the FAB Programme?

It is a programme run by a team of healthcare professionals including physios, occupational therapists, nurses, complementary therapists and social workers, with the aim of giving people a 'toolbox' of self-help strategies to help manage their symptoms and improve their sense of control and quality of life.

Who is the programme for?

The programme is for people living with life-limiting conditions, who are experiencing fatigue, anxiety and/or breathlessness, eg. patients with COPD, heart failure, cancer.

How can I be referred?

You can be referred by your Consultant, GP, Respiratory Nurse, Community Matron or Macmillan Nurse.

What happens once I have been referred?

We will be in touch by telephone to discuss the referral and will give you the date of the next available FAB Programme.

Where and when is the programme held?

The FAB Programme runs over four weeks from 10.00am until 12.30pm on a Thursday, at the Sunflower Centre at the East Cheshire Hospice.

What will the programme include?

Week 1	<ul style="list-style-type: none">• Introduction & outline of the programme• Discussion on the impact of symptoms• Assessment form• Breathlessness management strategies i.e. breathing control, use of fan, positioning and other tips• Panic / anxiety management strategies. Panic spiral discussed, distraction and visualisation techniques
Week 2	<ul style="list-style-type: none">• Fatigue management – planning, pacing, prioritising activities• Balancing activity and rest• Energy conservation• Role of equipment• How to access support
Week 3	<ul style="list-style-type: none">• Planning ahead – putting things in place e.g. wills, power of attorney etc• Sleep and relaxation
Week 4	<ul style="list-style-type: none">• Nutrition• Exercise / activity advice• Carers welcome• Programme Evaluation

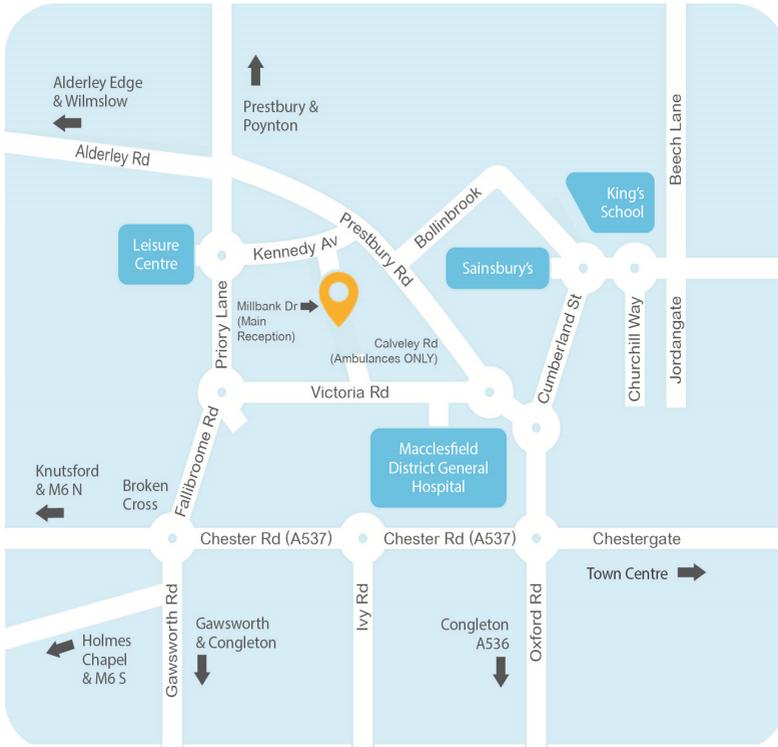
Patient feedback:

“The programme was excellent, the breathing techniques are very useful”.



East Cheshire Hospice

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East Cheshire Hospice
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