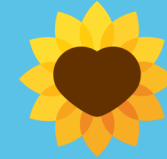
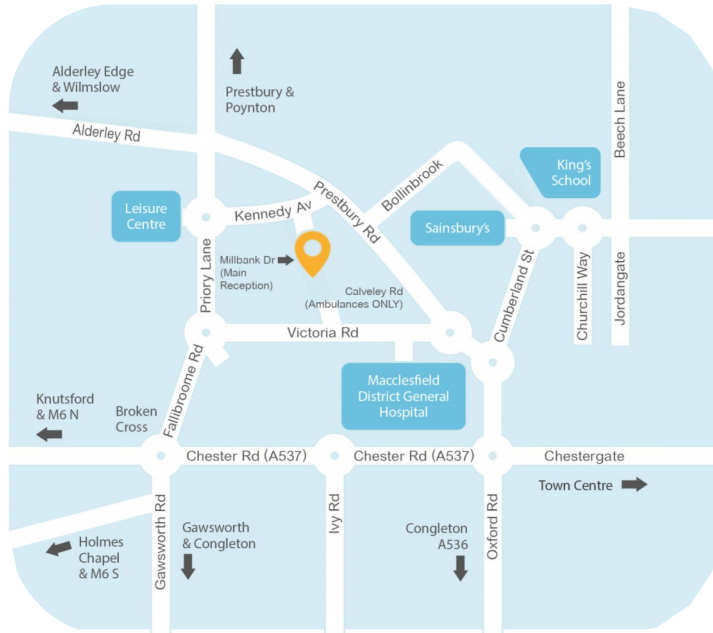




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Breathlessness Management Programme

A Guide for Patients



Introduction

Breathlessness is a common and distressing symptom for people suffering from lung or heart disease.

There are many treatments that your doctor, specialist nurse or Community Matron may have introduced, including inhalers, nebulisers, oxygen or medication. Alongside these there are many 'self-help' strategies that can be useful in managing your breathlessness.

What is the Breathlessness Management Programme?

The aim of the programme is to give people a 'tool box' of self-help strategies so they can manage their breathlessness on a day to day basis.

Who can attend and how can I be referred?

Patients with a diagnosis of respiratory or heart disease who have problems with breathlessness.

Patients are normally referred into the programme by their Respiratory Nurse, Community Matron or MacMillan Nurse.

Where and when is the programme held?

The programme is held in the Sunflower Centre at the East Cheshire Hospice in Macclesfield. It runs on Wednesdays from 10am to 1pm.

Who runs it?

The programme is run by a Multi-disciplinary Team, led by the Physiotherapist and Occupational Therapist. Qualified nursing staff and complementary therapists are also involved.

What happens during the programme?

The programme is run over 8 weeks with a different topic discussed each week.

An outline of the programme is shown as follows:

- Week 1** Breathlessness assessment—individual questionnaire
- Week 2** Breathing control and positioning
- Week 3** Panic management
- Week 4** Fatigue management (energy conservation)
- Week 5** Planning for the future
- Week 6** Carers attend too—issues from previous weeks discussed
- Week 7** Exercise
- Week 8** Complete evaluation and redo questionnaire

**"The programme was excellent....
the breathing techniques were very useful"**

Patient feedback