



BREATHLESSNESS CLINIC

Information for patients, families and carers



'always there to care'

Lindsey Lodge Hospice and Healthcare
Burringham Road
Scunthorpe
DN17 2AA

Tel: 01724 270835
Email: llh.enquiries@nhs.net

This leaflet is designed to give you important information about our Breathlessness Clinic

Who is the Breathlessness Clinic Service for?

This service is for people who have cancer or a progressive life limiting disease, such as Chronic Obstructive Pulmonary Disease (COPD) or heart failure, that affects their breathing.

Being breathless can be a very frightening experience, both for you and for the people around you at the time. It may affect how well you are able to do things such as climbing stairs, bathing, walking, going out, etc. The aim of this clinic is to help you and your family or carer cope with your breathlessness.

What to expect from our service

Your first contact with our service will be a call from one of our team to book an assessment visit with the Physiotherapist. This may be on a one to one basis or in a group setting.

You may bring along a friend or relative for support. During this appointment we will ask questions about your health and your breathlessness and how it may be affecting you at this time.

The Physiotherapist will look at how you breathe and explore what happens when you feel breathless and what activities make you breathless.

You will be given the opportunity to ask questions and to gain a greater understanding about how best to manage your condition. You will be encouraged to set goals to help you manage functional and social activities and you will learn about different strategies to help you manage your breathlessness during these activities.

You will be expected to put into practice what you have learned and progress will be reviewed at follow up visits.

Managing Breathlessness

We will teach you techniques to help you to manage your breathlessness better. We will, if appropriate, advise you about the following:

- Breathing control techniques
- Positions to help alleviate breathlessness
- Fan therapy
- How to conserve energy during everyday activities
- How to pace activities
- How to manage anxiety/panic attacks
- Relaxation techniques
- Chest clearance techniques
- Exercises.

These techniques will help you cope with your breathlessness during everyday activities such as bathing, dressing, housework, gardening, shopping, bending/reaching, etc.

We also endeavour to help alleviate your fears in relation to your breathlessness. Attending the clinic will also enable us and assist you to recognise symptoms that require medical intervention so that you can receive treatment sooner rather than later.

Emotional support

We appreciate that breathlessness is a frightening symptom to live with and that it can affect you psychologically as well as physically.

Your Physiotherapist aims to support you through your treatment in the Breathlessness clinic, however, other services such as Complementary therapy, Occupational Therapy, and other support services are available at the hospice and can be accessed via your Physiotherapist if required.

How will I get there?

The clinic requires you to make your own way to your appointments. There is parking on site and disabled spaces available directly opposite the Wellbeing Centre entrance. If you have transport problems, the Voluntary Car Service or CallConnect service may be able to help. You will find their contact details under the 'Sources of Further Information'. section of this leaflet.

How long is my treatment likely to last?

Your assessment visit will take approximately one and a half hours. Any further appointments will take no more than one hour. The use of this time will vary according to the Physiotherapist's assessment and your needs.

Treatment sessions can continue over several weeks dependent on your needs. Once you are self-managing, you will be discharged back to the care of your GP, but you will be able to contact the service directly for any help or support after this time if required.

Cancellations

Due to the large number of patients requiring treatment and the limited availability of clinic appointments we are required to have a strict cancellation policy.

If you cancel/do not attend more than three times in one year we may discharge you from the service and notification of this will be sent to your GP. Any further treatment will require a new referral from an appropriate healthcare practitioner.

In the event of extenuating circumstances this may be reviewed. Please give as much notice as possible when cancelling appointments so that your appointment slot can be offered to someone else.

How can I be referred to the Breathlessness Clinic?

Please speak to your Consultant, Specialist Nurse, Healthcare Practitioner or GP if you would like to be referred. You can also self-refer into the service if we can retrieve enough information for a safe referral.

Sources of further information

THE BREATHLESSNESS CLINIC

Lindsey Lodge Hospice and Healthcare
Tel: 01427 854907/270835
Website www.lindseylodgehospice.org.uk

BRITISH LUNG FOUNDATION

Tel: 03000 030 555 (Mon – Fri 9am-5pm)
Website www.blf.org.uk

MACMILLAN CANCER SUPPORT

Tel: 0808 808 0000 (Mon – Fri 9am-8pm)
Website www.macmillan.org.uk

PHYSIOTHERAPY FOR BREATHING PATTERN DISORDERS

www.physiotherapyforbpd.org.uk

BRITISH HEART FOUNDATION

Tel. 0300 330 3311
Website www.bhf.org.uk

THE VOLUNTARY CAR SERVICE

Available to help people who have genuine transport difficulties in Northern Lincolnshire. Mileage rates apply and 48 hours' notice is required.
Tel. 01652 637700 (Mon – Fri 9am-5pm)

**Lindsey Lodge Hospice and Healthcare
Burringham Road
Scunthorpe
DN17 2AA**

Tel: 01724 270835

Email: lh.enquiries@nhs.net

Date of issue: November 2021

Revision: November 2023

Review period: 2 years

Author: S Brownsell

‘always there to care’