



FATIGUE AND BREATHLESSNESS (FAB) SERVICE



'always there to care'

Lindsey Lodge Hospice and Healthcare
Burringham Road
Scunthorpe
DN17 2AA

Tel: 01724 270835
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Who is the Fatigue and Breathlessness (FAB) Service for?

This service is for people who are diagnosed with cancer or a progressive life limiting disease such as Chronic Obstructive Pulmonary Disease (COPD), heart failure or multiple sclerosis, that affects their energy levels and breathing.

Being fatigued, and particularly breathless, can be a very worrying or 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 or going out. The aim of the FAB service is to help you and your family or carer cope with your symptoms.

What to expect from our service

You can self-refer into the FAB service or a healthcare professional such as your GP or complex care matron can complete a referral for you.

Your first contact with our service will be via a member of the administrator team. The administrator will arrange for you to attend for a face-to-face assessment or if you would prefer, a telephone assessment with the clinical specialist physiotherapist or advanced care practitioner occupational therapist.

Following your initial assessment, you will be offered further intervention via this service on a one to one basis or you will be allocated a place on our Breathe Easy Enablement Programme (BEEP).

During your initial assessment, the physiotherapist or occupational therapist will explore your symptoms and how they affect your life. They will also look at how you breathe and explore what happens when you feel fatigued/breathless and what activities make you fatigued/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 begin to learn about different strategies to help you manage your fatigue/breathlessness.

What to expect from one to one sessions

The one to one sessions are designed to provide specific focus for you depending on your most prominent symptom and you will begin working with the most appropriate healthcare professional to meet your needs. In the first instance, if fatigue is your main difficulty, you will likely be allocated for input with our occupational therapist - if breathlessness is your main difficulty, you will likely be allocated for input with our physiotherapist.

Areas that we will cover during one to one sessions include:

Coping with fatigue

We will explore techniques to help you cope with your fatigue. We will, if appropriate, advise you about the following:

- Keeping a fatigue/activity diary
- Ergonomic assessments
- Pacing, planning and prioritisation of activities
- Cognition
- Mood
- Sleep hygiene
- Relaxation and mindfulness techniques
- Advice on managing meaningful occupations such as washing, dressing, working and gardening
- Goal setting
- Vocational rehabilitation (staying in and/or returning to work)

Managing Breathlessness

- Breathing control techniques
- Positions to help alleviate breathlessness
- Fan therapy
- How to conserve energy during everyday activities
- How to pace activities (such as stairs)
- How to manage anxiety/panic attacks
- Relaxation techniques
- Chest clearance techniques (if required)
- Exercises

We will 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.

What to expect from the Breathe Easy Enablement Programme (BEEP)

The group programme runs for a period of 8 weeks and the content is designed to support both you and your main carer, be that a relative or friend.

The group delivers a programme of education and support alongside advice and practice of exercises and movement that aim to enhance your quality of life. The education sessions are designed for both you and your carer. You will then participate in our tailored exercise programme, whilst your carer has the opportunity to access an advice and support session with our registered counsellor.

The BEEP programme includes advice and support which covers:

- Breathlessness management
- Energy conservation and fatigue
- Planning for the future
- Anxiety and low mood
- Managing your disease and recognising red flags
- Sleep hygiene
- Relaxation and mindfulness

Depending on whether you attend for one to one intervention or intervention as group, you will be expected to put into practice what you have learned and progress will be reviewed during follow up conversations.

Emotional and other support

We appreciate that fatigue and breathlessness can be a frustrating and difficult symptom to live with and that it can affect you psychologically as well as physically. Your care team aims to support you through your treatment when you are referred into the fatigue and breathlessness service however other services such as complementary therapy and counselling may be recommended to offer support in conjunction with your fatigue and breathlessness management plans to help implement strategies in the longer term. These services can be accessed via your care team if required.

How will I get there?

The service requires you to make your own way to your appointments. If you have transport problems, the voluntary car service may be able to help (mileage rates apply) or alternatively, a remote assessment/support can be provided.

How long is my treatment likely to last?

One to one sessions vary from 1 – 1 ½ hours depending on your needs. When attending the group programme (BEEP), the session will last approximately 2 hours however will be a mixture of education and exercise.

Once you have completed your sessions, you will be discharged back to the care of your GP. However should you require support in the future, you will be able to contact the FAB 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 or do not attend three appointments or more, 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.

Sources of further information

THE FATIGUE AND BREATHLESSNESS (FAB) SERVICE

Lindsey Lodge Hospice and Healthcare

Tel: 01724 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

MS SOCIETY

Website www.mssociety.org.uk

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