

Breathlessness and Fatigue Management Course offered by the Outpatients and Wellbeing Team therapists currently held face to face and online.

We teach non-pharmacological management for breathlessness and fatigue including breathing techniques, positioning, and pacing using the Cambridge model.

When: Online – 90 minute session on Mondays at 11am beginning 15th January
Face to Face – 90 minute session on Mondays at 2pm beginning 15th January

Patients can pick and choose which sessions they attend; it doesn't have to be all five sessions.

Course dates:

Face to Face – Mondays 2pm -3:30pm 15th, 22nd, 29th January and 5th, 12th February 2024

Online – Mondays 11am-12:30pm 15th, 22nd, 29th January and 5th, 12th February 2024

Who: For any patients (and their carers/family) known to the hospice that are experiencing fatigue and/or breathlessness, living in the London boroughs of Barnet, Haringey or Enfield and can access Zoom. We encourage attendance with a family member, a friend or a carer as research shows that this can really help with the management of your symptoms.

How: External referrals: Referral to North London Hospice – please reference the Breathlessness and Fatigue course and specify whether fatigue or breathlessness is the main concern.
Internal referrals to Outpatients and Wellbeing on Emis: referencing attendance at fatigue and breathlessness course and specifying whether fatigue or breathlessness is the main issue. We will then contact the patient regarding the group.

The group will be split into sessions that are targeted more specifically to either breathlessness or fatigue and some sessions that are more general and apply to both groups. The sessions are highlighted below to help inform your choice of sessions, although we welcome you to any of the sessions that you feel will be of benefit. To make the most of the course we encourage you to come to all the sessions related to the symptom you are developing management strategies for.

Session	Recommended For	Description
1 Jan 15 th	Fatigue	What is fatigue? What factors can impact on fatigue? What can help to reduce it?
2 Jan 22 nd	Breathlessness	What is breathlessness? Why do we have it? Development of action plan to reduce breathlessness
3 Jan 29 th	Breathlessness	Focus on the impact thoughts and emotions can have on breathlessness
4 Feb 5 th	Fatigue and Breathlessness	A look at how we can manage fatigue and breathlessness from day to day and the role of exercise
5 Feb 12 th	Fatigue	Development of everyday strategies to manage fatigue. A look at impact of stress and anxiety on fatigue

Register your interest by calling 0800 368 7848 or email outpatients.nlh@nhs.net