

Breathlessness and Fatigue Management Course

Offered by the Outpatients and Wellbeing Team therapists.

Held online and face-to-face

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

Course dates are arranged quarterly, for dates of next sessions please contact nlondonhospice.op@nhs.net

Sessions are either online, or face to face at North London Hospice, Enfield Centre, 110 Barrowell Green London N21 3AY

Who is it for: For any individuals (and their carers/family) that have a life limiting condition and are experiencing fatigue and/or breathlessness, living in the London boroughs of Barnet, Haringey and Enfield. We encourage attendance with a family member, a friend or carer as research shows that this can really help with the management of your symptoms.

How to access: If you are known to the North London Hospice services you can ask your North London Hospice nurse to refer you to the course or register your interest by calling 0800 368 7848 or email nlondonhospice.op@nhs.net.

If you are not known to the North London Hospice services, please ask your GP or health professional to refer you to North London Hospice for the fatigue and breathlessness course.

What is it: The course is split into sessions that are targeted more specifically to either breathlessness or fatigue. Some sessions are more general and apply to both groups. There are five sessions highlighted below and 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 of the sessions that are related to the symptom you are trying to develop management strategies for.

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