

The Myton Hospices

Fatigue and Breathlessness Management Programme (FAB)

Information for Professionals

Who is the FAB Programme for?

Patients with a **life-limiting condition** (e.g. COPD, ILD, heart disease, cancer, renal failure, MND), for whom **breathlessness** is a core symptom, but who may also suffer from **fatigue** and/or **anxiety**.

In terms of breathlessness, appropriate patients are those with an MRC Dyspnoea grading of 3 or more:

- 1 Walks slower than others on level ground because of breathlessness, or has to stop for breath when walking at own pace
- 2 Stops for breath after walking about 100m or after a few minutes on level ground
- 3 Too breathless to leave the house, or breathless when dressing or undressing

Aims of the FAB Programme

- To improve participants' confidence in managing their breathlessness and fatigue, allowing them to regain some sense of control
- To reduce the sense of frustration that commonly occurs when breathlessness and fatigue limit participants' function and ability
- To develop participants' understanding of the benefits of exercise, allowing them to reap the benefits of increased physical activity
- To increase participants' confidence and resilience, helping to avoid unnecessary hospital admissions

Where / When / What

- Takes place in the Day Hospice at Coventry Myton Hospice on Tuesday mornings (10.30a.m. – 12.30p.m.)
- Comprises a six-week course; participants can attend the first session with a partner or carer if they wish, the remaining five weeks are for participants only
- Involves small groups of participants (up to 10)
- Is led by a multi-disciplinary team from Myton and the Coventry & Warwickshire Partnership Trust (CWPT), and includes a Physiotherapist, an Occupational Therapist, a Senior Nurse and a Consultant

Topics Covered

- Techniques for managing breathlessness
- Strategies for managing fatigue
- Medications for breathlessness
- Nutrition for energy
- Gentle exercise
- Sleep management
- Relaxation techniques
- Advice on falls prevention

- Information about equipment and aids to reduce fatigue and maintain independence
- Signposting to other services

Interaction and sharing of information between participants is encouraged; peer support is a key benefit of the programme, highly valued by participants.

Requirements

- Participants must be able to transport themselves to and from the venue
- Participants requiring oxygen are expected to attend with their own oxygen supply to last for the duration of the session (2 – 3 hours) and for the length of their journey
- Participants must have consented to joining the programme and have the capacity to engage with the process and with the group
- Participants must be able to attend all the sessions

Referring to the FAB Programme

Referrals are accepted from:

- Community (District Nurse, Community Matron, CNS, GP, AHP)
- Hospital: Palliative Care, Respiratory, Cardiology, Oncology (Consultant, Registrar, CNS, AHP)
- Hospice (Consultant, Nurse, AHP)

Please complete a referral form in full and fax to the following safe haven fax number:

- 01926 495455

Referral forms can be downloaded from the Myton Hospices website:

<https://www.mytonhospice.org/healthcare-professionals/>

If you would like further information, or would like to discuss a potential participant, please do not hesitate to contact the FAB Team on 02476 841920.

*NB: A referral to the Fatigue and Breathlessness Programme **does not** constitute a referral to any other Myton Hospice services.*

Although we cannot change what is happening in a patient's lungs or heart, we can influence the way they think, feel and behave.