

**FATIGUE AND BREATHLESSNESS MANAGEMENT GROUP (FAB)**

**Information for Professionals**

**About the Group**

The FAB group, led by our Physiotherapist and Occupational Therapist, aims to equip people with self-help strategies for managing fatigue, breathlessness and any related anxiety. The group consists of up to 12 people, and patients are encouraged to bring a family member, friend or carer. The programme runs quarterly for **four consecutive weeks** from 10.30-12.30 on a Friday morning at Day Hospice, Weston Hospicecare, 28 Thornbury Road, Uphill, Weston-Super-Mare, BS23 4YQ. Attendees are invited to stay for a light lunch afterwards if they wish.

**Topics Covered**

* What are fatigue and breathlessness?
* The causes of fatigue and breathlessness.
* Techniques for managing fatigue and breathlessness.
* Managing anxiety related to breathlessness
* Gentle exercise and relaxation techniques.

**Referral Criteria**

* People within the Weston Hospicecare catchment area diagnosed with a **life-limiting condition** (e.g. COPD, ILD, heart disease, cancer) for whom breathlessness is a core symptom, but may also be experiencing fatigue and/or related anxiety.
* The group has a palliative focus; therefore, patients should understand their condition is no longer curative.
* Patients should be physically and mentally able to cope with a four-week block of group work. This includes participation in gentle exercises and discussions. They must be able to attend all of the sessions.
* Patients should be independently mobile (with/without an aid) and able to transfer independently or with support from their carer.
* Patients are responsible for provision of their own oxygen supply, which must last for the duration of the session and the length of their journey. Power outlets are available for charging portable concentrators.
* Patients must be able to transport themselves to and from the sessions.
* Patients who are unable to attend a four-week group programme (e.g. due to cognitive impairment, pain, poor mobility, generally too unwell, housebound) or who need a more individualised assessment and treatment plan can be referred to Norma Corp, Physiotherapist by using the same form. Please tick whether you are referring to the FAB Group or Physiotherapy at the top of the referral form.

**Referral Process**

Referrals are accepted from:

* Community (GP, District Nurses, Community Matron, Allied Health Professionals, CNS)
* Hospital (Palliative Care, Respiratory, Cardiology, Oncology)
* Hospice (HCNS team, FST team, IPU, Wellbeing, Day Hospice)

Please complete the referral form **IN FULL** and email it to the medical secretaries using the following secure email address:

* medsecs.hospice@nhs.net

Once received, the referral is triaged and the patient is contacted to discuss attending the next available group.

****If you require any further information, or would like to discuss a potential participant, please contact Stacy Gaynor, Occupational Therapist or, Norma Corp, Physiotherapist at Weston Hospicecare on 01934 423900.