

# The Myton Hospices Fatigue and Breathlessness Management Programme (FAB) Information for Professionals

## Who is the FAB Programme for?

Patients with a life-limiting condition, 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:

## Aims of the FAB Programme are to:

- Improve participants' confidence in managing their breathlessness and fatigue, allowing them to regain some sense of control
- Reduce the sense of frustration that commonly occurs when breathlessness and fatigue limits function and ability
- Develop participants' understanding of the benefits of exercise, allowing them to reap the benefits of increased physical activity
- Increase confidence and resilience, helping to avoid unnecessary hospital admissions

## Where / When / What:

- The FAB Course takes place at all three of The Myton Hospices
- 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
- Is led by Occupational Therapists and Physiotherapists from The Myton Hospices, with support from other members of the multi-disciplinary team.

## Course Content:

- 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.



**All participants are required to:**

- Consent to join the programme and have the capacity to engage with the process and with the group
- Transport themselves to and from the venue
- Attend all the sessions

Those participants who use ambulatory oxygen are expected to attend with their own oxygen supply, to last for the duration of the session and the length of their journey.

If you would like further information, or would like to discuss a potential participant, please do not hesitate to contact us by calling the Referrals team on; **01926 838889**.

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

