

Fatigue and Breathlessness Management Programme (FAB)

The FAB programme takes place in the Day Unit on each of the Myton sites and is designed to support people who have a life limiting illness which causes fatigue and breathlessness.

The programme runs for 6 weeks and aims to improve your confidence in managing your fatigue and breathlessness, enabling you to reduce your anxiety, improve your confidence and regain some sense of control.

A core element of the programme is to have the opportunity to talk through your circumstances with staff and other people experiencing similar symptoms.

Each week includes practical strategies for you to use to help manage your symptoms and includes;

- 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

In much the same way as you would for a hospital appointment, the expectation is that you will make your own way to our Day Unit for the FAB Programme. Unfortunately we are unable to offer any assistance with transport.

For those of you who use ambulatory oxygen you are expected to attend with your own oxygen supply; and this should last for the duration of the session and the length of time it will take you to return home.

If you are interested in attending a FAB programme please speak to a health professional involved in your care to find out if a referral would be appropriate.

