

Help with breathlessness clinic

We hope to answer your concerns, but if you have any more questions please ask a member of staff

What is help with breathlessness clinic?

Breathing problems are common in people with heart and lung conditions and some types of cancer. Living with breathlessness can be an emotional and physical challenge for patients and families.

Although unpleasant and distressing, breathlessness is not in itself harmful. It is important for you to remain as active as your condition allows you to be.

The clinic provides advice and support for patients who are troubled by breathlessness due to their condition and who will benefit from a self-help programme to feel more in control of their breathing.

The help with breathlessness team includes a Consultant in Palliative Care, a Specialist Physiotherapist and a Specialist Occupational Therapist.

What will the help with breathlessness team help with?

Breathlessness is best managed by combining medicine and non-medicine approaches.

The consultant will discuss how your condition is being currently managed and medicines that may be helpful to manage your breathlessness.

They may also discuss some non-medicine approaches and refer onto a Physiotherapist or Occupational Therapist for further advice and support with breathing techniques, positioning, pacing and aids or equipment that can help save energy to make daily activities feel less of a struggle.

Where does the clinic take place?

Appointments can be in person at LOROS, via a video link or over the telephone.

It is preferable to attend the clinic in person for your first appointment which will last for approximately 1 hour. A volunteer driver may be able to provide transport, if getting to LOROS is difficult for you.

Any further appointments will be discussed by your healthcare professional.

Can I bring a relative or carer?

Yes, patients often find it helpful to bring along someone. They can help you to share your concerns and learn how best to support you when your breathlessness is most troublesome.

How can I be referred to the help with breathlessness clinic?

Any healthcare professional can refer you to the clinic if you are troubled by breathlessness. Speak to your Consultant, Nurse, Therapist or GP to be considered for referral.

In cases of comments or complaints, please contact:

Chief Executive, or Director of Care Services, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

If you would like this information in another language or format, please telephone 0116 231 8435 or email info@loros.co.uk

پر 0116 231 8435 کرم براہ تو ہیں چاہتے ہیں بریل یا ریڈ ایزی جیسے فارمیٹ یا زبان دوسری کسی معلومات یہ آپ اگر کریں میل ای پر info@loros.co.uk یا کریں فون ٹیلی

ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਜਿਵੇਂ ਕਿ ਈਜ਼ੀ ਰੀਡ ਜਾਂ ਬ੍ਰੇਲ, ਕਿਰਪਾ ਕਰਕੇ 0116 231 8435 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ info@loros.co.uk 'ਤੇ ਈਮੇਲ ਕਰੋ

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LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you
and your family

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