

Living with breathlessness clinic

What is living 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 information and advice to feel more in control of their breathing.

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

What will the living 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.

Non-medicine approaches will be explored, taught and explained with the 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, over the telephone, or if necessary by video link.

It is preferable to attend the clinic in person for your first appointment which will last for approximately 1 hour.

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.

This leaflet is updated regularly. For the most up to date information please visit <https://loros.co.uk/our-care>.

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

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LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*
and *your family*