

# Help with breathlessness clinic

**This factsheet is for guidance only and has been produced with assistance from healthcare professionals**

## **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.

This leaflet is updated regularly. For the most up to date information please visit [loros.co.uk/care](http://loros.co.uk/care)

**In cases of comments or complaints, please contact:**

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

**Alternative languages:**

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

**اللغات البديلة**

إذا كنت بحاجة للحصول على هذه المعلومات مترجمة الى لغتك الأم ، فيرجى منك الاتصال مع الموظف المساعد PA في قسم خبرة وتجربة المرضى Patient Experience Lead على رقم الهاتف 0116 231 8435

Jeśli potrzebuje Pan/ Pani, aby niniejsze informacje zostały udzielone w Pana/ Pani języku ojczystym, prosimy o kontakt z PA Kierownika ds. Pacjentów pod numerem 0116 231 8435.

**مُتبادل زُبانين**

اگر یہ معلومات آپ کو اپنی زُبان میں درکار ہیں، تو براۓ مہربانی 0116 231 8435 پر بیمارے/بیماری پیشنت ایکسپیرٹنس لیڈ کے/کی پی اے سے رابطہ کریں

PA 0116 231 8435

**ਵਿਕਲਪਿਕ ਭਾਸ਼ਾਵਾਂ**

ਜੇਕਰ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਇਸ ਜਾਣਕਾਰੀ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 231 8435 'ਤੇ ਸਾਡੇ ਮਰੀਜ਼ ਅਨੁਭਵ ਲੀਡ ਨਾਲ PA ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

**LOROS** Groby Road, Leicester LE3 9QE

(0116) 231 3771

info@loros.co.uk

@LOROSHospice

/LOROSHospice

**loros.co.uk**

Registered Charity No: 506120

© LOROS. – May 2022. To be reviewed May 2025

**LOROS**

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you  
and your family