

The handheld fan

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

How can using a handheld fan help my breathlessness?

- Research has shown that cooling the face with a fan can be helpful in reducing the feeling of breathlessness.
- Cooling the cheeks, nose and mouth areas sends a message to the brain to reduce the feeling of breathlessness.

How should I use the handheld fan?

- When you feel breathless find a comfortable position that helps to ease your breathing.
- Hold the fan approximately 6 inches or 15 centimetres from your face.
- Aim the draft of air towards the central part of your face, slowly moving the fan from side to side covering the nose, mouth and cheeks
- Use the fan until your breathing starts to ease. The time it takes to ease your breathing will vary from person to person.



When should I use the handheld fan?

- Use the fan whenever you feel breathless.
- It can be helpful to keep a fan with you when out and about and by your bedside at night so you have it to hand whenever needed.

What else can help my breathlessness?

- Opening a window for a cool draft of air.
- A cool flannel or spraying your face with water (plant or perfume atomiser).
- Using the fan with other breathlessness management strategies such as positioning and breathing techniques which a healthcare professional can you advise on.

This leaflet is based on information developed by the Cambridge Breathlessness Intervention Service cuh.org.uk

This leaflet is updated regularly. For the most up to date information please visit 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

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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.

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اگر یہ معلومات آپ کو اپنی زبان میں درکار ہیں، تو براہ مہربانی 0116 231 8435 پر ہمارے/ہماری پیشینت ایکسپیرٹنس لیڈ کے/کی پی اے سے رابطہ کریں

PA 0116 231 8435

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