

# Breathlessness clinic

## Patient information sheet

Breathing problems are very common in people who have heart and lung conditions, or some types of cancer. Breathlessness can be distressing and affect how well you are able to do everyday activities. Being breathless often means having to adjust to many changes and this can be emotionally and physically challenging.

### Who is the breathlessness clinic for?

The breathlessness clinic is for patients who:

- Are troubled by breathlessness due to their condition
- Are having treatments for their condition
- May benefit from a self-help programme in order to manage their breathlessness

### What is the breathlessness clinic?

The aim of the breathlessness clinic at Royal Papworth Hospital is to help you find ways of managing activities better to maximise what you can do.

It does not treat the underlying physical diseases that are causing your breathlessness but tries to find ways of helping you live within your limits.

The clinic is run by a nurse, a physiotherapist and an occupational therapist. Each will have different techniques to teach you about managing your breathlessness.

### What will happen?

- We ask you to come to clinic on four separate occasions. If this is too difficult we will be able to vary the visits for you.
  - It is helpful if you are able to bring someone with you to clinic, your partner, carer, friend or relative so that they can learn too. But you may prefer to have one or more sessions alone.
  - It is also helpful if you can think about what you find difficult to cope with due to your breathlessness. You may like to jot some of these difficulties down here and bring this leaflet with you to clinic so that we can discuss these when we meet:
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- We offer simple, effective advice that may help you with your breathlessness. These may include; pacing advice, equipment needs around the home, breathing control, fan therapy, relaxation techniques and acupuncture.
- We will give you information leaflets / CDs etc to take home with you that support what you have learnt.
- On your last visit we may ask for your feedback, via a short patient survey in order to evaluate our service.

Author ID:	Supportive and palliative care team
Department:	Supportive and palliative care
Printed:	August 2024
Review date:	August 2026
Version:	09
Leaflet number:	PI 45



Large print copies and alternative language versions of this leaflet can be made available on request.

Royal Papworth Hospital NHS Foundation Trust  
Papworth Road, Cambridge Biomedical Campus, Cambridge CB2 0AY  
Tel: 01223 638000  
[www.royalpapworth.nhs.uk](http://www.royalpapworth.nhs.uk)

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## Working with healthcare staff

We work closely with others involved in your care including your general practitioner and hospital consultants, and will liaise with and update them as required.

We will discuss with you if we feel you need referring to other support services such as pulmonary rehabilitation groups or community nurses, if appropriate.

## Any questions

If you feel it would be helpful to talk to someone before you attend clinic or have difficulties with attending, you can contact the team on 01223 638747, Monday to Sunday 09:00 - 17:00.

Please find below a list of national organisations and contact details for your information

### Macmillan

[macmillan.org.uk](https://www.macmillan.org.uk)

Tel: 0808 808 0000

### Roy Castle Lung Cancer Foundation

[roycastle.org](https://www.roycastle.org)

Tel: 0333 323 7200

Email: [foundation@roycastle.org](mailto:foundation@roycastle.org)

### Asthma and Lung UK

[asthmaandlung.org.uk](https://www.asthmaandlung.org.uk)

Tel: 0300 222 5800

Email: [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

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