

Breathlessness Toolkit

Rehabilitation
Department,
Hospice
Isle of Man



Hospice
ISLE OF MAN

Although it may not be possible to change what is happening in the lungs or heart, we can always influence how we **think**, **feel** and **behave**.



Breathing

Fan, breathing techniques, positioning



Thinking

Relaxation, mindfulness, addressing concerns & misperceptions, anxiety management



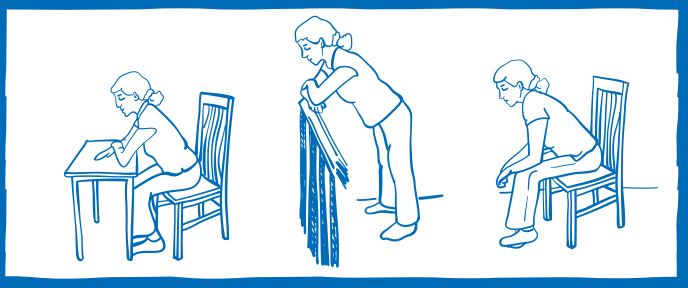
Functioning

Activity pacing, encouraging exercise, walking aids

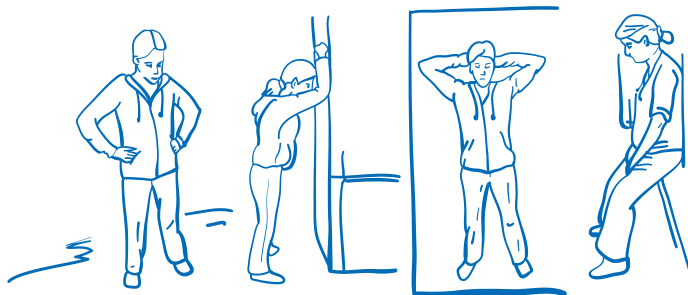


Easing Breathlessness

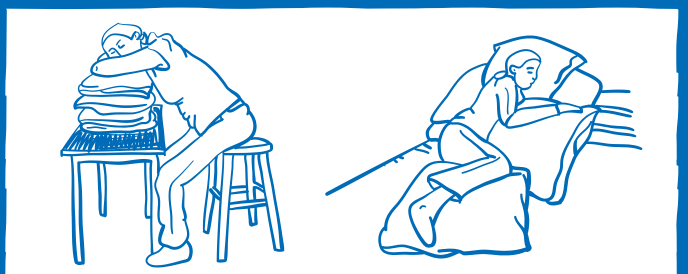
Positions to ease breathlessness following activity.
Support efficient use of breathing accessory muscles.



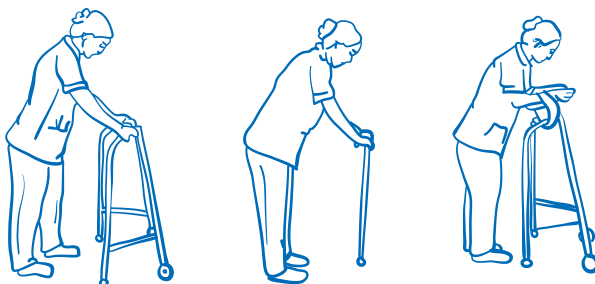
Alternative positions to ease breathlessness following activity.
Support efficient use of breathing accessory muscles.



Positions to ease breathlessness at rest.
Support efficient use of breathing accessory muscles.



Using walking aids to help ease breathing.
Support efficient use of breathing muscles.



Rollator frame

Walking stick

Gutter frame

Breathing Control

Rise **Relax**

Rest

The 3Rs of Relaxed Breathing

Rise **Relax** **Rest**

Tummy rises as you breathe in Relax the tummy, relax the breath out Don't rush into the next breath, wait for it to come

Breathe In → Gently Out → Breathe In

↑ ↓

'Breathing Square' Technique

For you to use whenever you're feeling short of breath.

Breathe in gently at the corners and then as you breathe out, follow along the sides of the shape with your eyes, this should help you to take a longer breath out which can help to control and slow down your breathing, reducing the sensation of breathlessness.

Repeat this cycle as often as you feel necessary.

For this technique you can use anything of the shape, such as a window, picture frame or even your television!

↓ ↑

Breathe In ← Gently Out ← Breathe In

O U T **O U T**

The Fan

Your portable
breath of fresh air!



- Breathless people often feel they need fresh air and will go to an open door or window for relief.
- Cooling the face in the nose and mouth area has been shown to reduce the feeling of breathlessness.
- Relief can be instant or the fan may need to be used for 10 minutes before effect is felt.
- Alternatively use cool mist water spray or a cold wet cloth.

Recovery Breathing

May help when very breathless or panicky

The **3Fs** ... Fan

Forward lean

Focus on...

Long breaths out

(if obstructive lung disease or panic)

Relaxed breaths out

(if restrictive lung disease or cancer)

Pursed-lips Breathing

Lets the old air out to create room to breathe

Breathe out through narrowed lips as if about to whistle or blow a kiss. Helps to hold the airways open assisting air to leave the lungs therefore creating room for the next breath.



**Smell
the rose**



**Flicker the
candle**

Action plan for Breathlessness

**I have had this feeling before –
I know it will go away soon**

**I am going
to lean
forward**

**I am going
to use
my fan**

**Focus on
gently
breathing out**

**I can do this – I am doing it now
I don't need to be frightened – I am OK**

Cycle of De-conditioning



Cycle of Re-conditioning

Encouraging Exercise & Increased Activity





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