

# Evaluation of a fatigue and breathlessness programme by Hospice Isle of Man

## Background

- ❖ A programme was developed in Hospice to provide support for people who experience extreme tiredness and/or breathlessness.
- ❖ This poster describes the impact of the programme on quality of life.

**Aim:** To evaluate the fatigue and breathlessness programme (FAB) using validated outcome measures and the views and experience of the participants.

## Methods

- ❖ FAB is an 8 session programme of physical activity, education and relaxation for patients who have a diagnosis of end-stage Chronic Obstructive Pulmonary Disease or cancer with symptoms of breathlessness and fatigue.
- ❖ The self-reported Chronic Respiratory Questionnaire is a validated quality of life measure for those with respiratory problems (see reference below).
- ❖ For fatigue, emotional function and mastery (feelings of control over the disease) and for the five most important activities which make them breathless, respondents rate their current state using a 7-point Likert scale.
- ❖ Scores were totalled at the beginning and end of the 8 weeks. Minimum clinically important differences were shown by changes in domain mean scores: small (0.5–0.9), moderate (1.0–1.4) or large ( $\geq 1.5$ ) improvements or deterioration ( $\leq -0.5$ ).
- ❖ Open-ended responses were also collected.



## Results

- ❖ 17 patients who completed the programme were included in the evaluation: 13 men and 4 women. Their ages ranged from 55 to 87 years.
- ❖ Improvements were noted in all 4 domains (Figure 1) particularly for fatigue and emotional function.
- ❖ For fatigue in particular many of the improvements were large (Figure 2).
- ❖ More subjects deteriorated in the mastery domain over the 8 weeks but 6 patients improved, two with large improvements.
- ❖ Two thirds of the group said the programme met their goals.

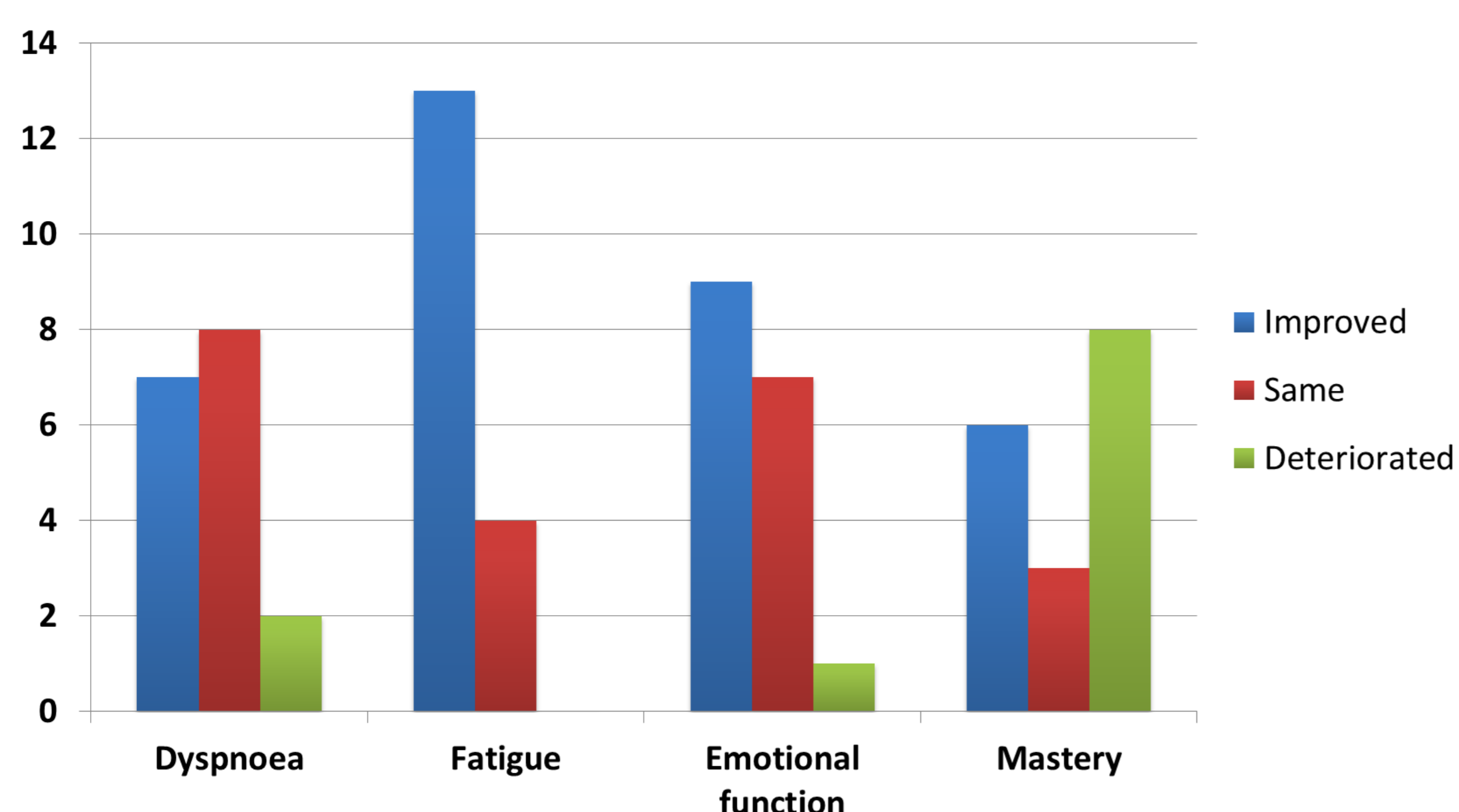


Figure 1: Change in mean CRQ score over 8 weeks, by domain

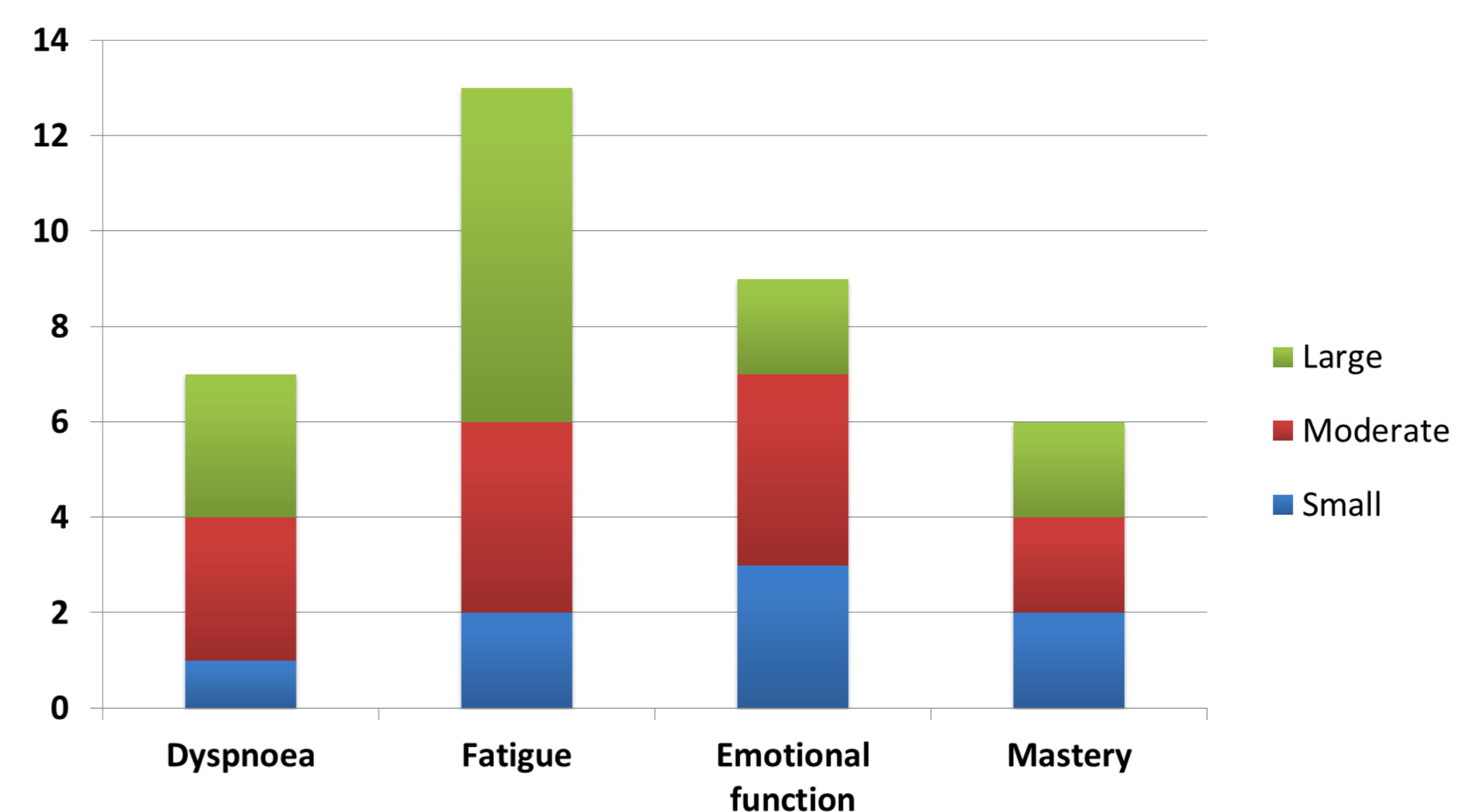


Figure 2: Size of the reported improvements

## Conclusion and Next Steps

The results are promising. CRQ data collection is continuing for FAB programme participants. Further analyses will include additional measures of mobility such as the timed up and go (TUG) test and a visual analogue scale for breathlessness.