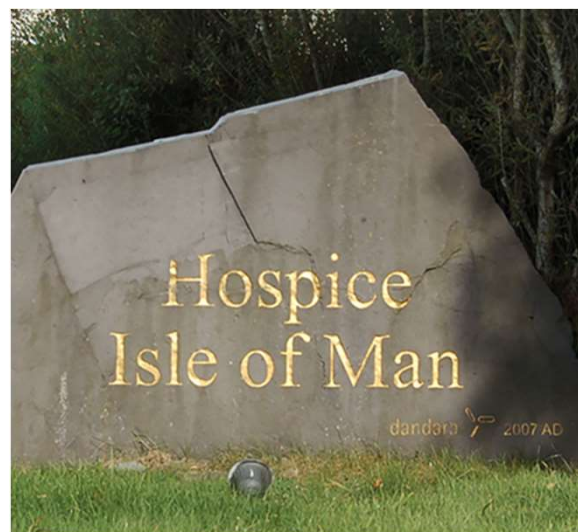




# The impact of forced innovation during COVID-19 on Fatigue and Breathlessness (FAB) follow-on sessions

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# Fatigue and Breathlessness (FAB) Interventions



## FAB

- 8 week structured rolling programme
- COPD, cancer
- Physical activity, education, relaxation
- Staff-led
- Invited to attend FAB Follow-on on completion

## FAB Follow-on

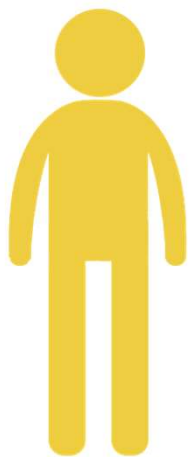
- Weekly
- Drop in
- 1-hour long
- Self-led exercise session in gym
- Unstructured session
- Supervision from staff
- Caseload of 19

## Zoom FAB Follow-on

- Weekly
- Drop in
- 1-hour long
- Staff-led
- Structured session
- Supervision
- 1:1 Telephone support

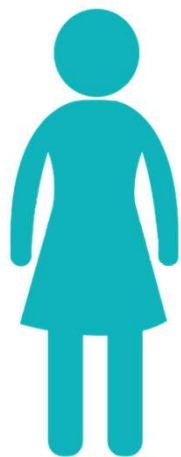


# Patient characteristics



23%

3



77%

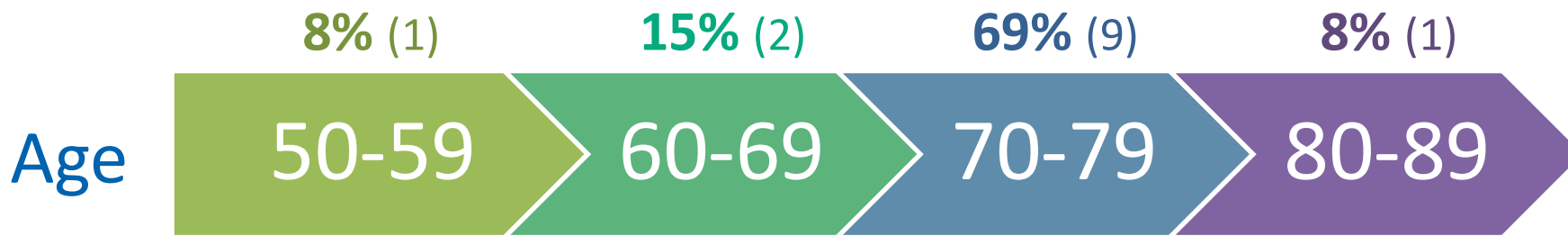
10

9 Respiratory conditions (e.g. COPD)

4 Cancer

1 Neurodegenerative conditions (e.g. MND, MS)

3 Other: Old age, rheumatoid arthritis, scleroderma and polymyositis



## Zoom sessions compared to Hospice-based sessions



**86%** Thought that the Zoom sessions were 'good'  
(12 out of 14)



**64%**

Felt that Zoom sessions were 'no  
different' or 'better' than  
sessions held at Hospice  
(9 out of 14)





## During the COVID-19 outbreak...

# 71%

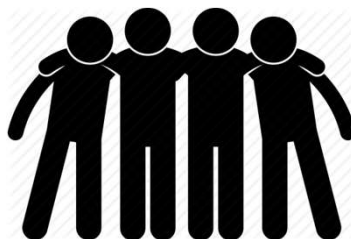
Felt that  
Zoom  
sessions  
were  
'helpful' for  
social contact  
(10 out of 14)

"Yes it has been great to see the staff and the other patients who have participated and we have all had a quick chat at the start and end of the sessions. It has been great to still have the sessions albeit delivered in a different way"

"As I was shielding at home the Zoom sessions were one, regular, contact with people outside"

"It was nice catching up with the group"

"Just nice to see different faces and hear different voices"





## During the COVID-19 outbreak...



# 64%

Felt that Zoom sessions were 'helpful' for psychological support  
(9 out of 14)

"Having this contact each week had been helpful"



"It helps me to see and know that the world goes on"

"I did look forward to the sessions"





## During the COVID-19 outbreak...

# 77%

Felt that the individual telephone support calls were 'helpful' (10 out of 13)



"... is always so cheerful and helpful and ready to give advice if needed"

"Definitely, as I can talk on a one to one basis"

"I have been given help. My husband is not well and it helps to know someone cares"

"It is lovely that the contact has continued in this way and presents an opportunity to discuss matters that wouldn't be appropriate to discuss amongst a wider group"

"Comforting to have a contact if needed"





## Advantages of Zoom

“Company during isolation”

“Not missing out on exercise”

“Keeping in touch, and a constant reminder of dealing with breathlessness”

“Working at own speed and not having to ask my husband to take me”

“No travelling to the Hospice. I find it exhausting getting ready to go out”

“Easy to access using zoom and the directed exercise sessions have been very good. We probably do more exercise via zoom than we would at Hospice, where we would spend time chatting amongst ourselves too”





## Disadvantages of Zoom

“Not being able to use exercise equipment”

“You can’t beat seeing people in person”

“I find it difficult to handle the zoom principle”

“... Not having the garden walks in the good weather”

“Not really having contact with people. I miss the chats with the people who attend”

“None really other than the fact broadband or computers seem to lock up rather frequently leaving us with a frozen picture whilst the image is frozen”



## New activities

77%

Said they wanted  
to continue doing  
exercise to music  
in sessions  
(10 out of 13)



“I’ve enjoyed the  
music, especially  
Queen in TT week.  
More please”

“Makes it more  
cheerful – and  
challenging, trying to  
follow”

“Very relaxing”

“Really beneficial”



92%

Said they wanted  
sessions to continue  
finishing with a  
short relaxation  
(12 out of 13)





# Reminders about breathing tips



92%

Found the reminders about breathing tips helpful

“Most helpful”

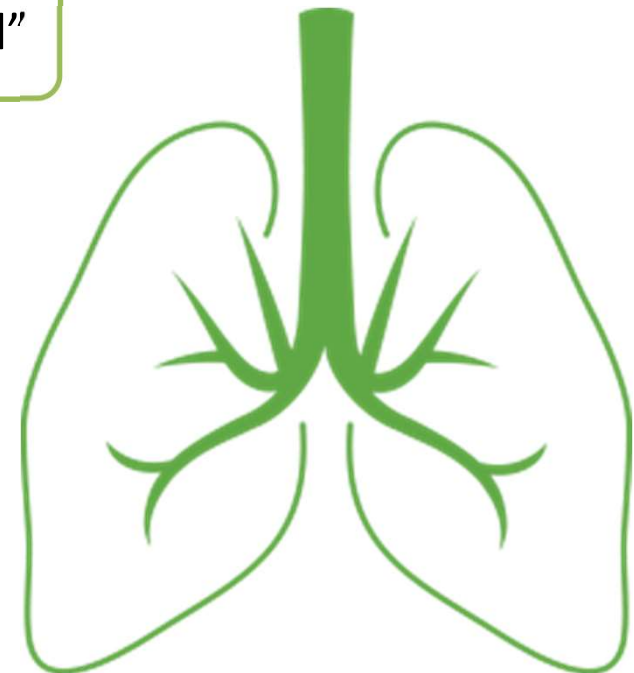
“Find I use them more when reminded”

“Very very useful”

**Breathing square**

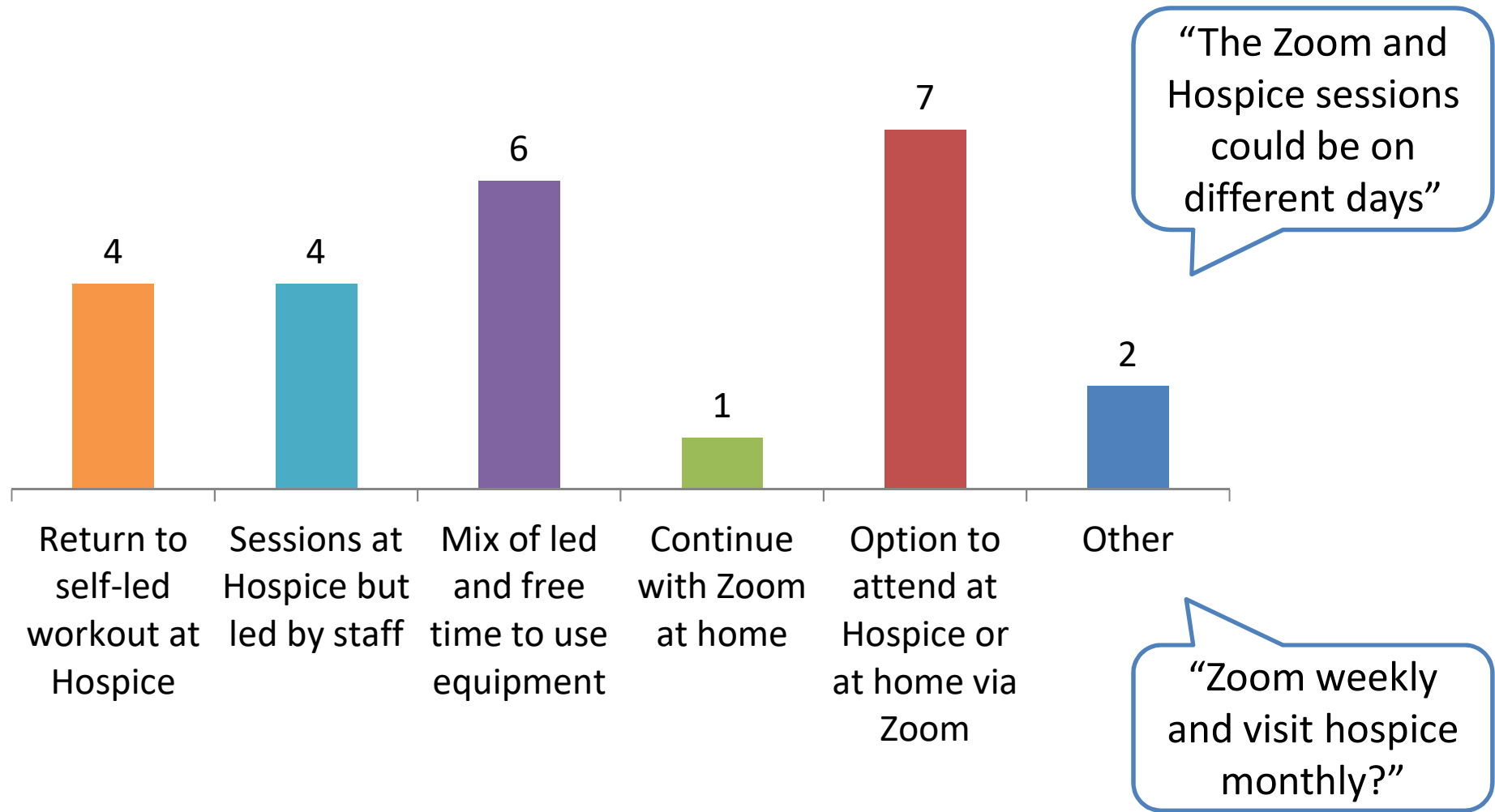
**Fan**

**Blow as you go**



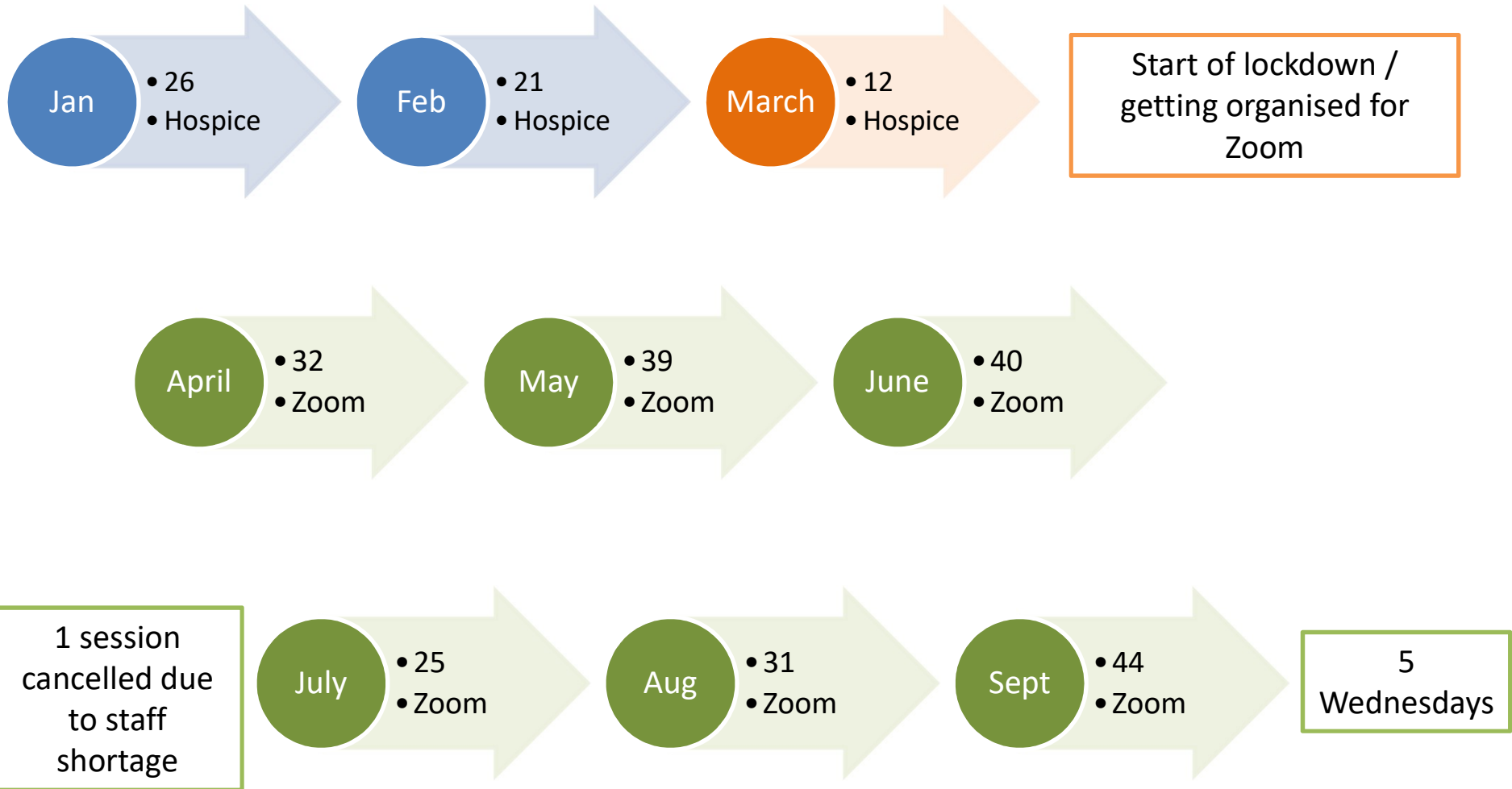


# Going forward: What would suit you best?





# Attendances





# The challenges



[Job Vacancies](#) [News](#) [Events](#) [COVID-19](#) [e-Newsletter](#)

## Initial

Getting patients on board  
Technology issues – staff and patients  
Communication  
Resources  
Equipment

## Discovered

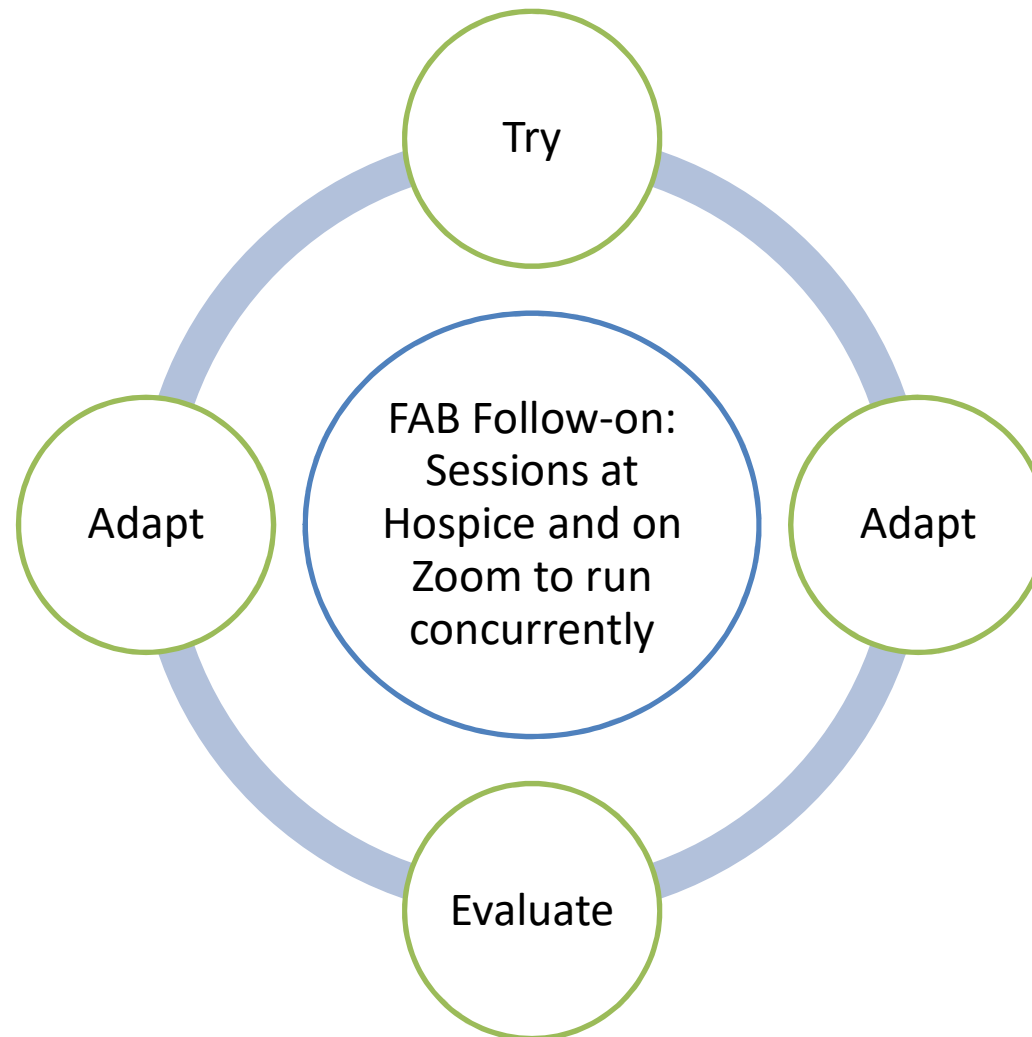
Patient safety and risk assessment/communication  
The “silent audience”  
Adapting content for differing levels of ability  
Varying the content  
Increased stress level!

The screenshot shows the Hospice Isle of Man website with a blue header and a grid of wellness resources. The header includes the Hospice Isle of Man logo and navigation links: Our care, Healthcare Professionals, Support us, Online Giftshop, About Us, and Contact Us. Below the header is a breadcrumb trail: Home > Our care > Adults > Our Care and Services for Adults > Scholl Wellbeing Centre > Wellbeing Resources. The grid contains nine resource cards, each with an image, a title, and a brief description.

Resource Title	Description
Breathlessness	Breathing techniques and exercises are invaluable in helping you to manage your breathlessness.
Handheld Fans	A useful tool to help with your breathing exercises.
Staying Steady	Helping you improve and manage your strength and balance.
Healthy Eating	A balanced diet and the right nutrition can help with your rehabilitation.
Physical Activity	Physical activity can help improve your functional capabilities.
Energy Conservation	How best to plan, prioritise, pace and simplify your daily activity
Sleep	Sleep can help you to rest, relax and 'recharge'. It enables us to cope better with physical activity and
Relaxation and Mindfulness	Being rested and taking some time to practise mindfulness and relaxation can help your wellbeing.
FAB exercises	Our Rehabilitation Team bring to you some useful exercise videos you can do from home.



# The Future





# Thank you

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Stay in touch, sign up to our newsletter at

[www.hospice.org.im](http://www.hospice.org.im)