

Respiratory Self-Management Programme

What is it?

This four week self-management programme is for those affected by non-malignant respiratory diseases, supporting them to self-manage their symptoms such as fatigue, anxiety and breathlessness, by providing coping strategies, information and support from a multidisciplinary team. The programme also offers additional education for carers, and the opportunity to have a nurse-led advance care planning discussion.

For the first time, this programme will be offered after an initial face



to face clinic assessment as a virtual programme accessed online, so participants will need to have access to the internet and use of a computer or internet enabled mobile phone.

Who is it for?

This programme has been specifically developed for those with non-malignant respiratory diseases such as COPD.

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Telephone
01803 210800

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Who is it for? Continued

Participants will initially be referred to an assessment clinic with a specialist Rowcroft Hospice Physiotherapist and Senior Rowcroft nurse, who will undertake an initial assessment, which will also include a physical examination. The clinical staff you meet at this appointment will also be involved in delivering the programme. At this clinic appointment there will also be the opportunity to talk about the programme and find out more for the individual and their carer. This is to ensure that participants receive the right level of support for their condition.

What are the benefits of attending the programme?

As well as supporting participants to self-manage symptoms more effectively, the programme aims to help participants sustain a healthy level of physical exercise in their day to day lives, to maintain an active social life, reduce feelings of isolation and enhance mental wellbeing for both the participant and carer.

An important part of the programme is to provide support to deal with the psychological effects of the illness, and to help with the participant's own personal goals. By offering a safe place

for participants to talk freely about their anxieties and dyspnea (shortness of breath), and through nurse-led advance care planning discussions; participants can strengthen their coping mechanisms to relieve their anxieties. We also hope that participants will gain valuable peer support from others attending.

Who will run the programme?

The team responsible for the development and delivery of this programme will be made up of a team from Rowcroft hospice, including: Physiotherapists, Occupational Therapists, Nurses and Complementary Therapists.

Why has this programme been created?

Rowcroft hospice are well aware that individuals with non malignant respiratory disease benefit from support,

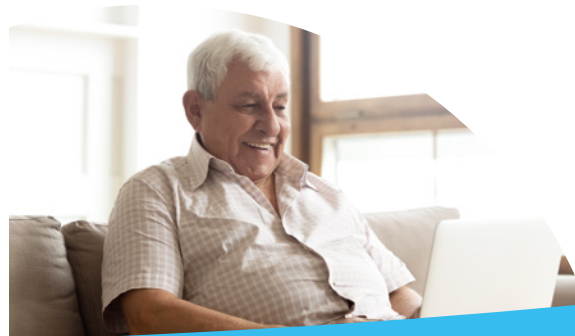
expertise and education to help manage the condition and this programme is specifically designed to enable that.

Participants may have previously accessed pulmonary rehabilitation (PR) services.

How will the programme be accessed by patients?

Due to the Covid-19 pandemic, and the requirements for prolonged social distancing, the programme will be delivered through a new approach this will consist of:

- A. An initial face to face individual consultation at an assessment clinic (Likely to be at The Rowcroft Hospice outpatient department). This will be with a Rowcroft Hospice Physiotherapist and Senior Rowcroft nurse.
- B. Followed by a four week virtual programme: delivered through Microsoft Teams. Participants will need an internet enabled device to access this eg smart phone, tablet, computer etc.





What is scheduled for the four-week programme?

The programme will run over four weeks after the initial assessment. Each session will be up to two hours in duration with a comfort break in the middle. Each session will involve several different activities virtually including: an overview of the physiology associated with respiratory diseases, breathing exercises led by a physiotherapist, fatigue management, anxiety management, mindfulness and relaxation techniques,

along with led practical sessions. These will be some of the topics covered over the duration of the programme.

If you'd like to know more about Rowcroft Hospice Respiratory Self-Management Programme, or to be referred please visit www.rowcrofthospice.org.uk/RespiratorySelf-ManagementProgramme

If you require this information in an alternative format please call 01803 210800