

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
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Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Managing breathlessness using a hand-held fan

COPD Department

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wvl.nhs.uk/patient-information-leaflets> or scan the QR code.



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Author ID: JW/JG
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Version: 3
Leaflet title: Managing breathlessness using a hand-held fan
Last review: October 2023
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Introduction

Studies have shown that a cool draft of air from a handheld fan can be very helpful in reducing the feeling of breathlessness.

Benefits

When you feel breathless try:

1. Get into a comfortable position such as sitting in a chair with your back supported.
2. Hold your fan about 6 inches or 15cm from your face.
3. Aim the flow of air towards the central part of your face so that you feel the draft around the sides of your nose and above the top of your lip.

You should feel the benefits within a few minutes.

You may find it helpful to use your fan during or after doing an activity that makes you breathless.

Please note that as well as using your fan you should continue to use the techniques and/or breathing exercises taught by your respiratory team to manage our breathlessness effectively.

Risks

There are no known risks associated with using a handheld fan if used correctly.

Please ensure you keep the fan blades away from your face and fingers.

Please note that the fan you have been supplied with is battery operated. It is your responsibility to replace the batteries when they run out and dispose of safely if any problems occur.

Please use this space to write notes or reminders.