

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

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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 pros and cons 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 take a look at our "how we use your information" leaflet which can be found on the Trust website:
www.wwl.nhs.uk/patient_information/Leaflets

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

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Managing breathlessness using a hand held fan

Patient Information

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using a handheld fan
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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/reminders.