Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Managing breathlessness using a hand-held fan

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Managing Breathlessness Using a Hand-Held Fan

Patient Information

COPD Department

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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 responsibilty to replace the batteries when they run out and dispose of safely if any problems occur.



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