

Assistive Equipment

There is a variety of equipment available which has been designed to assist people in their everyday lives. This varies from small items such as long shoe horns to stair lifts and walk in showers. Small equipment can be purchased privately if you wish but bigger equipment is available from the Community Occupational Therapist at your local Social Work Dept. You can refer yourself by telephone to the Community Occupational Therapist for an assessment or the Occupational Therapist in the Hospice can do this for you.

Wheel Chairs

If you feel a wheelchair would allow you more freedom and independence outdoors - you can ask your GP to refer you for this. Should you require oxygen - an attachment can be added to the wheelchair for this and your GP can arrange for a portable cylinder.

Services Available

As well as your Occupational Therapist to give you support and important advice and information to assist in activities of daily living, there are other services available such as Social Work, Support groups and voluntary organisations, Private helps and cleaners, Benefits Agency and the staff within the Hospice. Therefore, you are never alone in dealing with the problems you may encounter as a result of breathlessness and fatigue.

Hours of Business

Monday to Friday 8.30am to 4.30pm

Patients attend between 10.30am and 3.00pm

Out of Hours Support

While in the community, the General Practitioner is responsible for the medical care of the patient. However, patients and families/carers may contact the Hospice for telephone advice on the following number - **0141 435 7011 (ward)**

Transport

Transport to and from the unit is provided by the Hospice Mini-Bus for those patients attending for the day. Patients attending for individual appointments require to provide their own transport. Details of attendance days and times of collection and return by

Regulation of Care

If you are dissatisfied with the service in the Edwina Bradley Day Hospice, you may complain directly to Christine Hill, Executive Office Business Manager, Healthcare Improvement Scotland, Gyle Square, South Gyle Crescent, Edinburgh, EH12 9EB

Phone 0131 275 6000 (reception)

Email christine.hill2@nhs.net

St Margaret of Scotland Hospice

East Barns Street
Clydebank
G81 1EG

Tel: 0141 952 1141
Direct Line: 0141 435 7005
Out of Hours: 0141 435 7011 (Ward)

ST MARGARET OF
SCOTLAND HOSPICE

EDWINA BRADLEY DAY HOSPICE
Occupational Therapy



**Breathlessness
and Fatigue**

**Saint Margaret of Scotland Hospice, founded by the
Sisters of Charity in 1950, is at the heart of the
Community providing wholeness of care for both
body and Spirit.**

Welcome

Edwina Bradley Day Hospice provides support, advice and care for those who have a progressive life-threatening illness and require specialised care.

The areas covered by the service are:

G3, G11, G12, G13, G14, G15, G60, G62, G81 and parts of G20 and outwith Glasgow, as far as and including Dumbarton

The Edwina Bradley Day Hospice is led by Assistant Director of Nursing, Sister Kathleen Nelson. The service complements the care given by the patient's own General Practitioner, district nurse and other Health Care Professionals.

The nursing staff and Allied Health Professionals who work within the unit are registered practitioners with a special interest/specialist knowledge and experience in palliative care. Also available within the team are Counselling services, Hospice Chaplains, complementary therapy, art therapy and a hairdresser. The staff also have full access to the expertise of other members of the Hospice multi-professional team.

Philosophy of Care - The provision of care within the Edwina Bradley Day Hospice takes account of the uniqueness of the individual and their culture, is patient centred and designed to meet the changing and complex needs of patients and carers.

Occupational Therapy Breathlessness and Fatigue

The aim of Occupational Therapy is to help you help yourself while coping with breathlessness and fatigue in the everyday tasks of your daily life.

Energy Conservation

Energy conservation is important as breathlessness and fatigue mean you will become more tired more quickly, therefore the less energy used per task allows you more tasks per day.

You should now analyse what you do i.e. *Think first and work second.*

Analysis

- WHAT ?** Determine what really needs to be done.
- WHEN ?** Have a plan -balance your schedule - alternate periods of work with periods of rest.
- WHY ?** Ask yourself why you are doing this job - is it really necessary?
- WHO ?** Learn to say no and be comfortable or to ask for assistance if you need it.
- WHERE ?** Ask yourself if this is the most convenient setting for the job - where should I do it?
- HOW ?** Be sure you are using breathing control.

Pacing

This means slowing down and spacing the jobs you have to do. Have a plan and get organised but allow yourself to be flexible.

Balance a period of rest with a period of activity. If you are tired, leave a job half done - rest and finish it later.

Sit when possible to do a job as it eliminates fatigue - it is not being lazy - it is being sensible!

Work Simplification

This means learning to perform activities more easily.

Co-ordinate your breathing with activities - inhale going away from your body and exhale when arms come into your body.

Never hold your breath during activities - pace yourself and breath normally when holding a position for an extended time.

Work in a relaxed atmosphere. Be aware of distances. Arrange things within easy reach. Sit rather than stand to work. Eliminate unnecessary movements i.e. Use a towelling bathrobe to dry off after a shower. Push or slide objects rather than lift them. Avoid tensing muscles when you work. Use leg muscles rather than arm muscles. Avoid working over shoulder height.