

Breathlessness management



The sessions aim to help patients and their carers to learn how to cope with the symptoms of breathlessness.

Support and advice is given on anxiety management, teaching breathing and relaxation techniques.

Sessions can assist to:

- Improve quality of life, enabling patients to remain more independent for longer
- Improve understanding and the causes of breathlessness
- Reduce admissions to a hospital due to anxiety
- Help patients and families to feel in control of the symptoms
- Reduce symptoms associate with breathlessness such as anxiety

All Pilgrims Hospices' services are provided free of charge.

If you are interested in attending the sessions, please discuss with the member of the hospice team involved with your care, GP, district nurse or clinical nurse specialist.

Community co-ordinator contacts:

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