

What is the Fatigue, Anxiety and Breathlessness Programme?

Our specialist FAB team includes a physiotherapist, occupational therapist, nurse and rehabilitation assistant.

This programme has been designed to help people with progressive, life-limiting illnesses feel that they can cope better with some of their symptoms and the impact these can have on daily life. Referrals are accepted for people with illnesses such as cancer, neurological disease, heart disease, lung conditions or organ failure who have any of the following symptoms:

- **Fatigue:** extreme tiredness and lack of energy
- **Anxiety:** feeling out of control, worried or uneasy, or having panic attacks
- **Breathlessness:** feeling out of breath more than usual, for example, after physical exertion or everyday activities

How can we help?

We will provide a safe environment for you to discuss symptoms and related issues with staff and people who are experiencing the same symptoms.

We can help you to:

- Understand the symptoms of fatigue, anxiety and breathlessness.
- Find coping strategies and learn techniques that can help to relieve and manage your symptoms.
- Receive emotional and psychological support.
- Aim to achieve the best possible quality of life within your own limits.

How does it work?

The programme consists of 4 two hour group sessions on a Monday, 13:30 – 15:30. with a follow up telephone call 2 weeks following course completion.

The aim is to provide group sessions; however depending on individual circumstances support can be also offered on a 1:1 basis if required.

Week 1: We will offer an introduction to Marie Curie and the FAB programme. We will review your individual needs and give an introduction to goal setting as well as future planning. Carers/family are welcome to attend week1.

Week 2: The physiotherapist will deliver a session on **BREATHLESSNESS** management. This will focus on symptoms, how the lungs work, breathing exercises and other coping strategies

Week 3: The Occupational Therapist will deliver a session on **ANXIETY** management; focusing on understanding and managing anxiety. This will include relaxation session.

Week 4: The Occupational Therapist will provide session on **FATIGUE and ENERGY CONSERVATION** and explore the causes and symptoms of fatigue, the value of goal setting and other lifestyle management techniques.

Follow up telephone call – after completing the programme a member of the FAB team will contact you in two weeks for a final review. If required and appropriate, you will be offered further support from other Marie Curie services. We will also be able to signpost you to additional services out with Marie Curie which may benefit you. If additional support is not required we will discharge you from the service. We will update your referrer and your GP that you have completed the course.