

Patient information

Management for long term breathlessness Hand-held Fans

The information below is designed to manage your stable long term breathlessness.

If your breathing is getting worse, or you are experiencing breathlessness as a new feeling, it is important to seek medical advice from your GP.

Will using a fan help my breathlessness?

Research studies have shown that a cool draft of air from a hand held fan can be very helpful in reducing the feeling of breathlessness.

You may also find that the following can help ease breathlessness:

- Desktop or floor standing fans
- Opening windows, for example in a car
- Some people like to use a cool flannel on their face.

How should I use the hand held fan?

- Fans with three or more rotating blades seem to be the most effective, as the airflow is stronger.
- When you feel breathless, adopt a comfortable position. Ask a doctor, nurse or your physiotherapist if you are uncertain about this.
- Hold the fan approximately 6 inches (15 cm) from your face to ensure it is a safe distance from your face to avoid direct contact with the blades. Aim the draft of



air towards the central part of your face so that you can feel it around the sides of your nose and above your top lip.

- You should feel the benefit within a few minutes.

Is it Safe?

- Yes! You can use the fan for as long as you like, there are no known problems associated with using it other than to be aware of keeping it at a safe distance.

When can I use it?

- You can use the fan whenever you'd like to.
- You may find it useful to use your fan if you stop for a breather whilst moving or walking.
- It can be used when you feel sudden breathlessness when you are sitting still.
- The fan can help you to stay in control of your breathlessness and help you to recover to your normal breathing more quickly.

For further information please contact

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