

**BREATHLESSNESS AND FATIGUE MANAGEMENT GROUP REFERRAL FORM**

If you need extra space for additional information, please create another document and attach to this referral form.

Last name		Title		Resus status	
First name		Sex	Patient consent given for this referral		Yes / No
Marital status		NHS No		Date of birth	
Address				Post Code	
Tel No	Landline	Mobile	Next of Kin		
Appropriate person to contact					
Name		Tel No	Postal address		Email
GP		Practice		Tel No	
Primary diagnosis					
Medication		Inhaler <input type="checkbox"/>	Nebuliser <input type="checkbox"/>	Other (please give details below)	
Previous medical history					
Presenting symptoms					
Reason for referral					
Level of mobility					
Walking Distance		Walking aids used (tick as appropriate)		None <input type="checkbox"/> WZF <input type="checkbox"/> Stick <input type="checkbox"/>	
Assistance needed	Yes/No (if Yes please give details below)			3 wheeled walker <input type="checkbox"/> 4 wheeled walker <input type="checkbox"/>	
				Other (please give details)	
		Oxygen Required	Yes / No	If Yes	How many litres? At rest <input type="checkbox"/> Ambulatory <input type="checkbox"/>
				PRN <input type="checkbox"/> Continuous <input type="checkbox"/>	
Name of carer attending (if applicable)		Reason for carer attendance		Mobility <input type="checkbox"/>	Vision <input type="checkbox"/>
				Hearing <input type="checkbox"/>	Anxiety <input type="checkbox"/>
				Memory <input type="checkbox"/>	Other <input type="checkbox"/>
Referred by		Designation		Tel No	
Date of referral					

**For Hospice use only:** Date referral received:

Date place offered:

Course date offered:

Outcome:

CrossCare No:

Patient inactive for FAB:

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## Weston Hospicecare Fatigue and Breathlessness (FAB) Group: Information for Referrers

### *About the Group*

The FAB group aims to equip breathless people with self-help strategies for managing fatigue, breathlessness and any related anxiety. The course runs from 13.30-15.30 on a Thursday afternoon for **four consecutive weeks**.

**Dates** will then be offered depending on referral numbers. The group is run at the Wellbeing Centre, Weston Hospice care, Jackson-Barstow House, 28 Thornbury Road, Uphill, Weston-super-Mare, BS23 4YQ.

### *Referral Criteria*

- ✓ The course is available for people within the Weston Hospicecare catchment area, who have an incurable, life-limiting illness and are experiencing breathlessness, fatigue and its related anxiety.
- ✓ The group will have a palliative focus; therefore, patients who are referred should understand their condition is no longer curative.
- ✓ Patients should be physically and mentally able to cope with a four-week block of group work. This includes participation in gentle exercises and discussions.
- ✓ Patients should be independently mobile (with/without an aid) and able to transfer independently or with support from their carer.
- ✓ Patients are responsible for provision of their own oxygen.
- ✓ They must be able to transport themselves to and from the sessions. Please note there is limited parking at the hospice.
- ✓ Their spouse/partner/friend/carers is also encouraged to attend.
- ✓ Referrals are accepted from a Hospice Community Nurse, GPs, Respiratory Nurses, District Nurses, Community Allied Health Professionals and Hospital Teams. For any concerns re the appropriateness of the patient referral, please contact Norma Corp, Physiotherapist, Weston Hospicecare, telephone 01934 423900.

### *Referral Process*

- ✓ Referrals should be made via the medical secretaries by faxing, posting or emailing the referral form. For referrals via email please use our secure email address, [medsecs.hospice@nhs.net](mailto:medsecs.hospice@nhs.net)
- ✓ Incomplete referrals cannot be accepted.
- ✓ On receipt of referral, the patient will be offered the next available place in the group, if deemed appropriate after a triage phone call.

### *The Programme*

Week 1:

- Introductory session
- The causes of breathlessness
- Gentle exercise and relaxation session

Week 2:

- Techniques for managing breathlessness
- Gentle exercise and relaxation session

Week 3:

- Fatigue management
- Gentle exercise and relaxation session

Week 4:

- Anxiety management
- Gentle exercise and relaxation session
- Conclusion and what next?