



# The impact of forced innovation during COVID-19 on Fatigue and Breathlessness (FAB) follow-on sessions



Alison Christian  
Physiotherapist  
Hospice Isle of Man





# Fatigue and Breathlessness (FAB) Interventions

## FAB

- 8 week structured rolling programme
- COPD, cancer
- Physical activity, education, relaxation
- Staff-led
- Invited to attend FAB Follow-on on completion

## FAB Follow-on

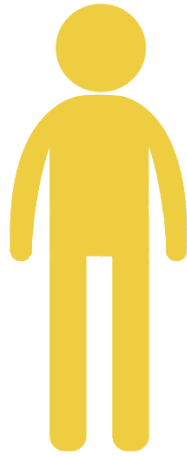
- Weekly
- Drop in
- 1-hour long
- Self-led exercise session in gym
- Unstructured session
- Supervision from staff
- Caseload of 19

## Zoom FAB Follow-on

- Weekly
- 1-hour long
- Staff-led
- Structured session
- Supervision
- 1:1 Telephone support



# Patient Characteristics



23%

3



77%

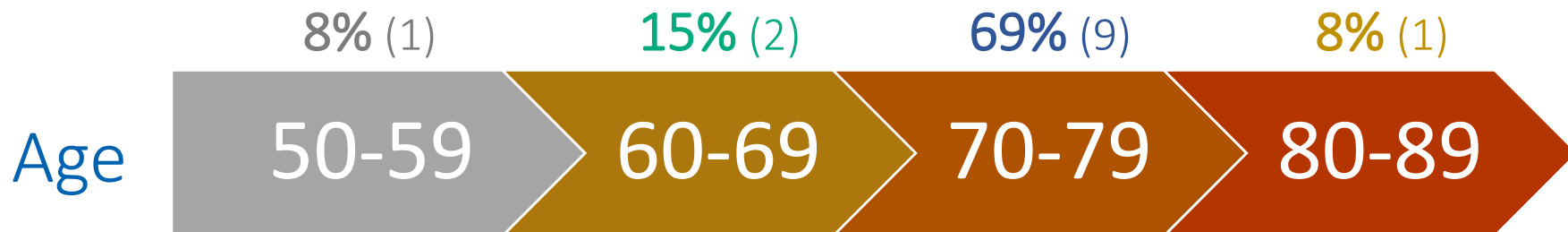
10

9 Respiratory conditions (e.g. COPD)

4 Cancer

1 Neurodegenerative conditions (e.g. MND, MS)

3 Other: Old age, rheumatoid arthritis, scleroderma and polymyositis





sessions compared to  
in-person sessions

**86%** Thought that the Zoom sessions were 'good'  
(12 out of 14)



**64%**

Felt that Zoom sessions were 'no  
different' or 'better' than  
sessions held at Hospice  
(9 out of 14)

# g the COVID-19 outbreak...

71%

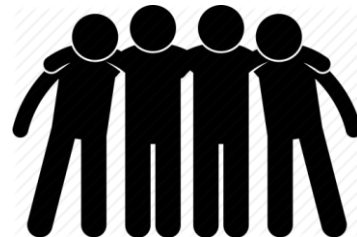
Felt that  
Zoom  
sessions were  
'helpful' for  
social contact  
(10 out of 14)

"Yes it has been great to see the staff and the other patients who have participated and we have all had a quick chat at the start and end of the sessions. It has been great to still have the sessions albeit delivered in a different way"

"As I was shielding at home the Zoom sessions were one, regular, contact with people outside"

"It was nice catching up with the group"

"Just nice to see different faces and hear different voices"





g the COVID-19 outbreak...

64%

Felt that Zoom sessions were 'helpful' for psychological support  
(9 out of 14)

"Having this contact each week had been helpful"



"It helps me to see and know that the world goes on"

"I did look forward to the sessions"



# g the COVID-19 outbreak...

77%

Felt that the individual telephone support calls were 'helpful' (10 out of 13)



"... is always so cheerful and helpful and ready to give advice if needed"

"Definitely, as I can talk on a one to one basis"

"I have been given help. My husband is not well and it helps to know someone cares"

"It is lovely that the contact has continued in this way and presents an opportunity to discuss matters that wouldn't be appropriate to discuss amongst a wider group"

"Comforting to have a contact if needed"



# Advantages of Zoom

“Company during isolation”

“Not missing out on exercise”

“Keeping in touch, and a constant reminder of dealing with breathlessness”

“Working at own speed and not having to ask my husband to take me”

“No travelling to the Hospice. I find it exhausting getting ready to go out”

“Easy to access using zoom and the directed exercise sessions have been very good. We probably do more exercise via zoom than we would at Hospice, where we would spend time chatting amongst ourselves too”





# Advantages of Zoom

“Not being able to use exercise equipment”

“You can’t beat seeing people in person”

“I find it difficult to handle the zoom principle”

“... Not having the garden walks in the good weather”

“Not really having contact with people. I miss the chats with the people who attend”

“None really other than the fact broadband or computers seem to lock up rather frequently leaving us with a frozen picture whilst the image is frozen”



# activities

77%

Said they wanted to continue doing exercise to music in sessions (10 out of 13)



“I’ve enjoyed the music, especially Queen in TT week. More please”

“Makes it more cheerful – and challenging, trying to follow”

“Very relaxing”

“Really beneficial”



92%

Said they wanted sessions to continue finishing with a short relaxation (12 out of 13)



# Reminders about breathing tips

92%

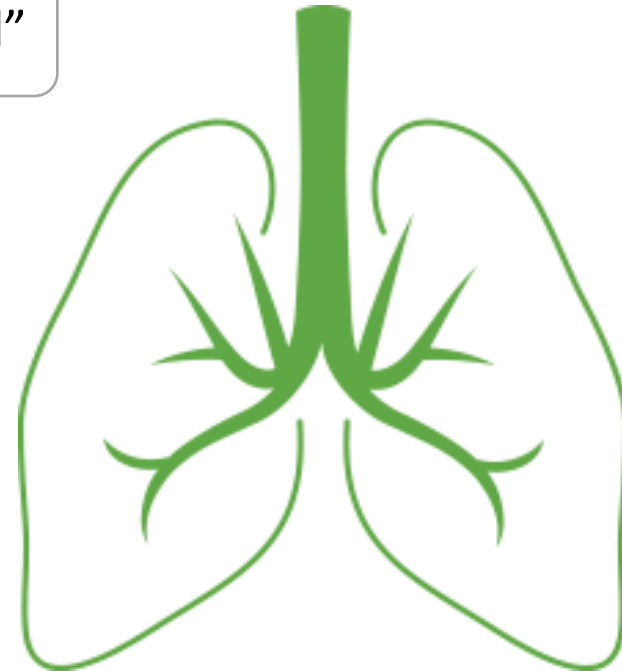
Found the reminders about breathing tips helpful

“Most helpful”

“Find I use them more when reminded”

“Very very useful”

Breathing square  
Fan  
Blow as you go





# The Challenges

## Initial

Getting patients on board  
 Technology issues – staff and patients  
 Communication  
 Resources  
 Equipment

## Discovered

Patient safety and risk  
 assessment/communication  
 The “silent audience”  
 Adapting content for differing levels of  
 ability  
 Varying the content  
 Increased stress level!

Job Vacancies News Events COVID-19 e-Newsletter

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**Breathlessness**  
 Breathing techniques and exercises are invaluable in helping you to manage your breathlessness.

**Handheld Fans**  
 A useful tool to help with your breathing exercises.

**Staying Steady**  
 Helping you improve and manage your strength and balance.

**Healthy Eating**  
 A balanced diet and the right nutrition can help with your rehabilitation.

**Physical Activity**  
 Physical activity can help improve your functional capabilities.

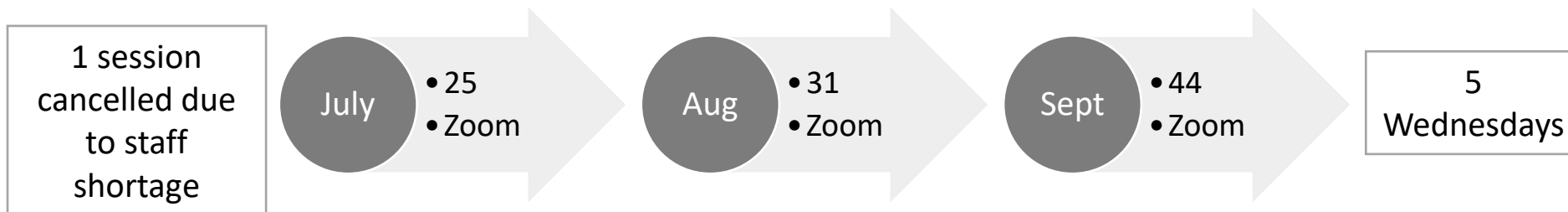
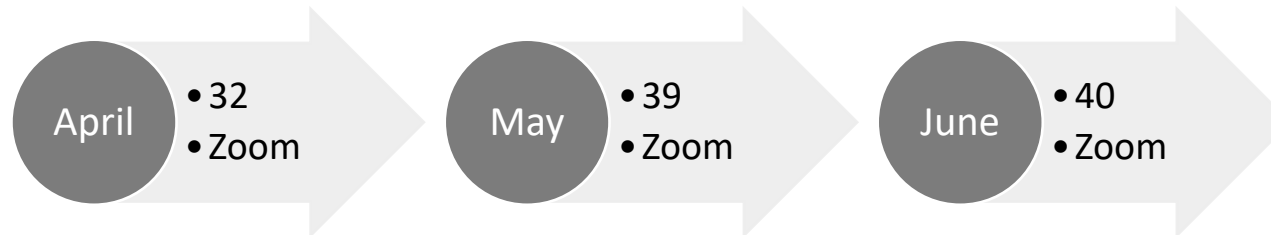
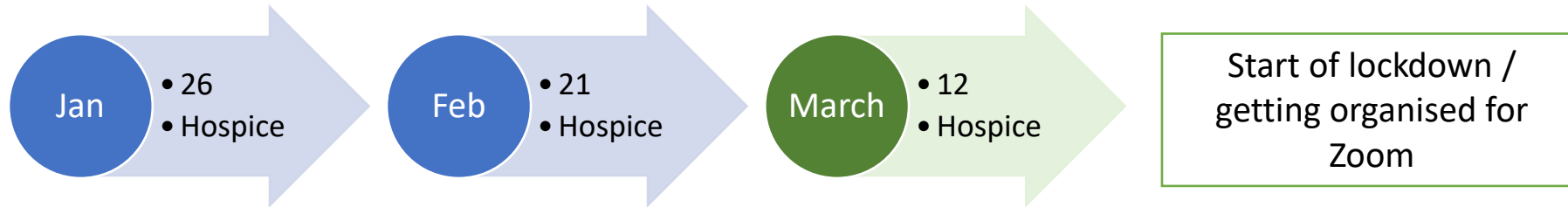
**Energy Conservation**  
 How best to plan, prioritise, pace and simplify your daily activity

**Sleep**  
 Sleep can help you to rest, relax and 'recharge'. It enables us to cope better with physical activity and

**Relaxation and Mindfulness**  
 Being rested and taking some time to practise mindfulness and relaxation can help your wellbeing.

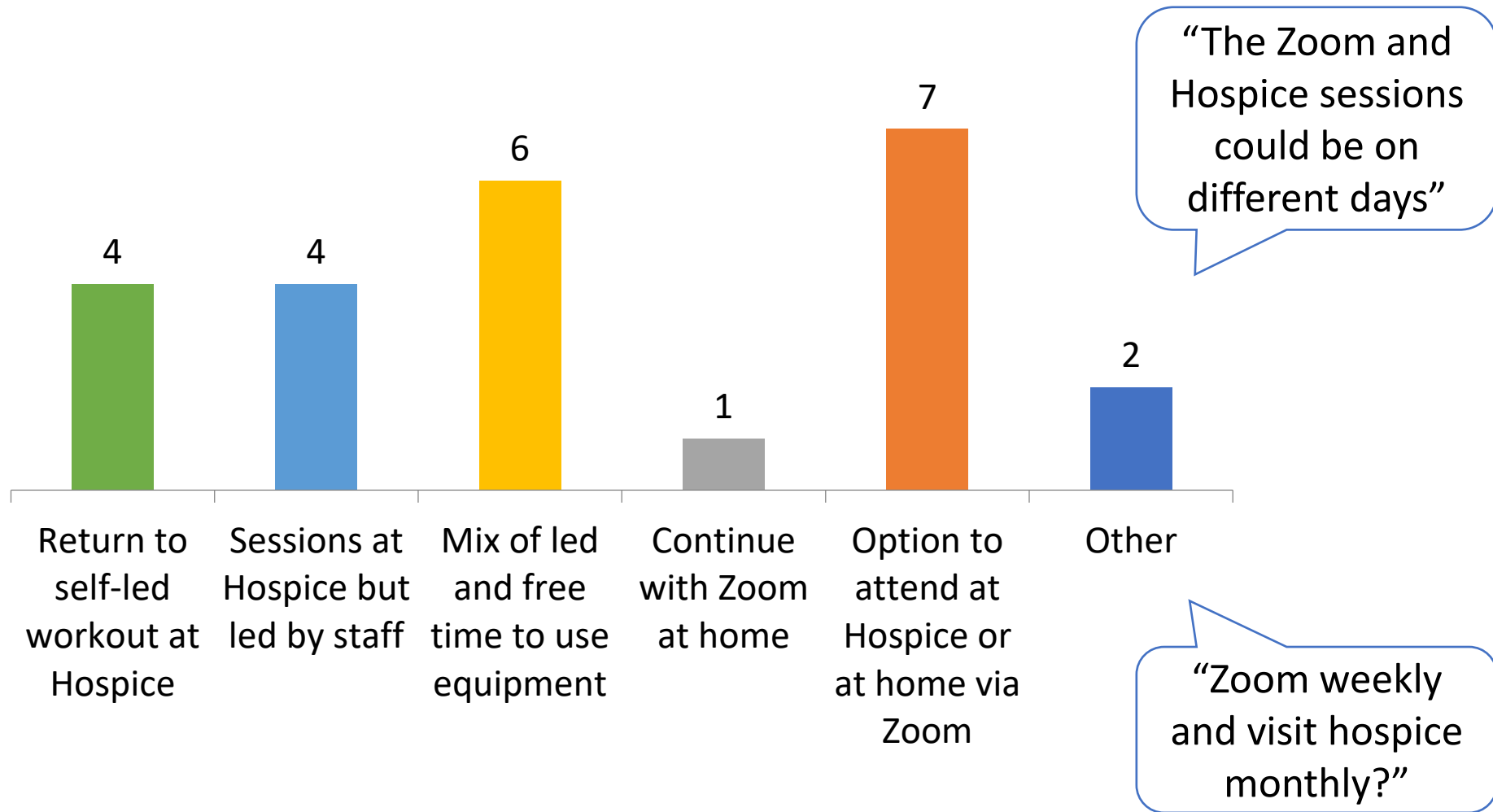
**FAB exercises**  
 Our Rehabilitation Team bring to you some useful exercise videos you can do from home.

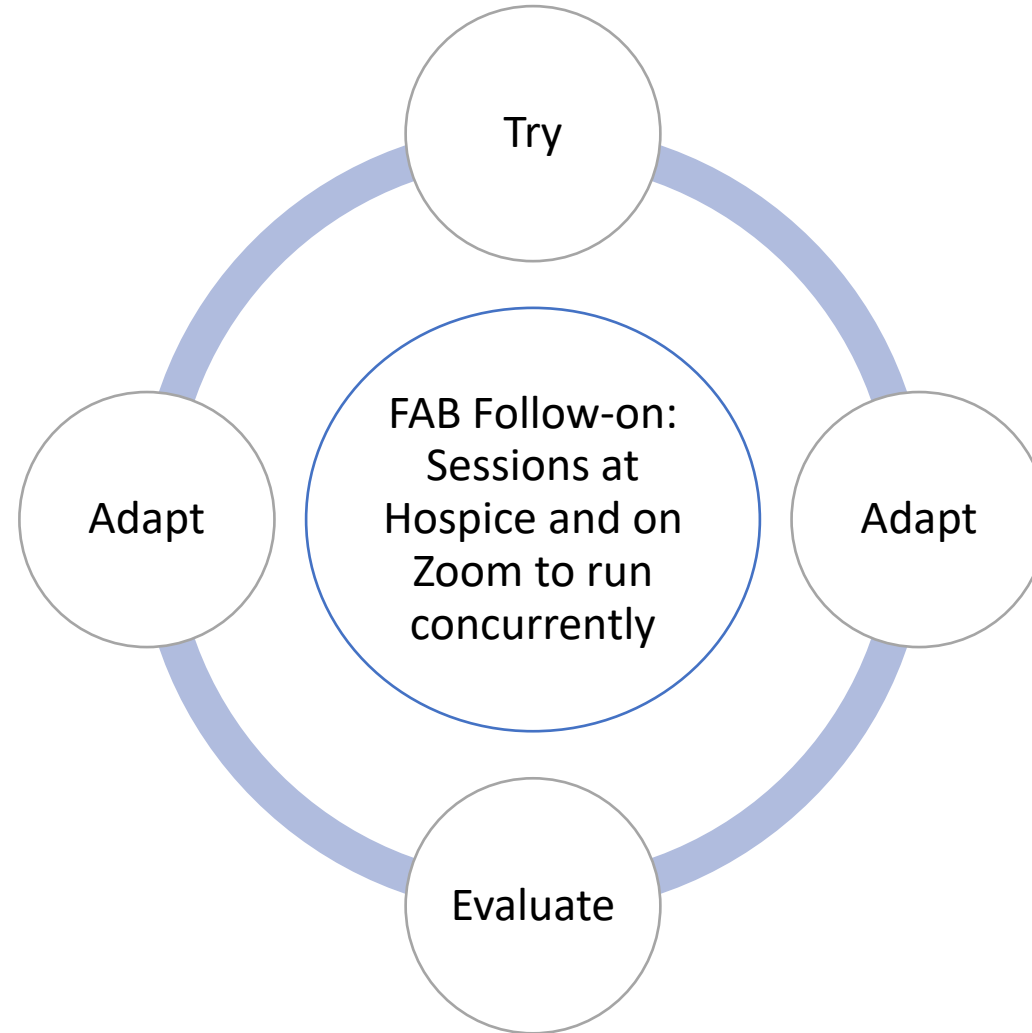
# Attendances





# forward: would suit you best?





# Fab-Follow on Video Clip







Alison Christian  
Physiotherapist, Hospice Isle of Man  
[Alison.Christian@hospice.org.im](mailto:Alison.Christian@hospice.org.im)

[www.hospice.org.im](http://www.hospice.org.im)