

Patient Information Leaflet

# Breathlessness: Fact Sheet 3 Handheld Fan

Produced by:  
Respiratory Department

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**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

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**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

The information given below is designed to help you 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 handheld fan can be very helpful in reducing the feeling of breathlessness.

You may also find that the following can also 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 handheld fan?

Fans with three or more rotating blades seem to be most effective as the airflow is stronger.

When you feel breathless adopt a comfortable position. Respiratory Department Factsheet 2 explains these in more detail.

- Hold your fan approximately six inches or 15cms from your face.
- Aim the draft of air towards the central part of your face so that you feel the draught around the sides of your nose and above your top lip.
- You should feel the benefit within a few minutes.

## Is using a handheld fan safe?

You can use your fan for as long and as frequently as you wish and there are no known problems associated with using it. You may find it helpful to use your fan if you stop for a 'breather' whilst moving or walking and for sudden breathlessness when you are still.

The fan can help you to stay in control of your breathlessness and help you to recover your breathlessness more quickly.

(Ref : Cold Facial Stimulation Reduces Breathlessness Induced in Normal Subjects. Swarztstein et al)

## Further information

For further help and advice contact the Respiratory Team on **01983 552190, 08:30 – 16:30 Monday to Friday.**

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone **01983 534850**, who will advise you.

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**If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.**

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **[www.nhs.uk](http://www.nhs.uk)**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight  
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **[enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.