

## Breathless Intervention Service

### Fact sheet three – Handheld fan

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?

- A cool draft of air from a handheld fan has been found to 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 the car, to allow a cool draft of air to enter
  - Some people like to use a cool flannel or compress it on their face.

#### How should I use the handheld fan?

- Fans with three or more rotating blades seem to be most effective.
- When you feel breathless adopt a comfortable position. You can discuss this with your physiotherapist or doctor for further advice.
- Hold your fan approximately six inches or 15cms from your face (or the distance you find most helpful).
- 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.

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

For further help and advice contact the Palliative Care Team on 01223 274404, 0900 – 1700 Monday to Friday.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

### Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

### Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

### Gujarati

تکایہ پرسپار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

### Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارہوں تو ہر اے مہربانی اس کیلئے درخواست کریں۔

### Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

### Document History

Authors	Petrea Fagan, Clinical Specialist Physiotherapist
Department	Box 193, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 2QQ <a href="http://www.addenbrookes.org.uk">www.addenbrookes.org.uk</a>
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