**The Clinical Management of Chronic Breathlessness**

**Short Course**

**4 March 2026**

**Online Programme**

|  |  |
| --- | --- |
| **09.00am – 09.10am** | Welcome, Introduction and session objectives  **Dr Helen Ward, West Midlands Respiratory Clinical Director**  **The Royal Wolverhampton NHS Trust** |
| **09.10am – 09.20am** | Living with breathlessness: Patient led session  **Moderator: Steve Jones, Chair of Trustees, Action for Pulmonary Fibrosis** |
| **09.20am – 09.55am** | What causes breathlessness?  **Dr Helen Ward** |
| **09.55am – 10.35am** | How to approach the management of breathlessness: Breathing, Thinking, Functioning  model  **Dr Anna Spathis, Consultant in Palliative Medicine**  **Addenbrooke’s Hospital, Cambridge** |
| **10.35am – 11.00am** | **SCREEN BREAK** |
| **11.00am – 11.10am** | Coping and self-management: Patient led session  **Moderator: Steve Jones** |
| **11.10am – 11.55am** | Breathing: assessment and management  **Flavia Swan, Clinical Academic Physiotherapist, University of Hull and (TBC)** |
| **11.55am – 12.40pm** | Thinking: assessment and management  **(TBC)** |
| **12.40pm – 1.15pm** | **LUNCH BREAK** |
| **1.15pm – 1.25pm** | Carers perspectives: Carer led session  **Moderator: Steve Jones** |
| **1.25pm – 2.10pm** | Functioning: assessment and management  **Julie Burkin, Occupational Therapist and Lead Practitioner, Catherine Moffat, Specialist**  **Physiotherapist, Addenbrooke’s Hospital, Cambridge and Rachel Tuffnell,**  **Physiotherapist and Doctoral Researcher, Brunel University London** |
| **2.10pm – 2.40pm** | Supporting and working with family/unpaid carers  **Professor Morag Farquhar, Professor of Palliative Care Research, University of East**  **Anglia** |
| **2.40pm – 3.10pm** | Pharmacological palliation of chronic breathlessness  **Professor Rachael Evans, Professor of Respiratory Medicine / Honorary Consultant Respiratory Physician, Centre for Exercise & Rehabilitation Science,**  **Glenfield Hospital, Leicester** |
| **3.10pm – 3.30pm** | **SCREEN BREAK** |
| **3.30pm – 4.00pm** | What could a chronic breathlessness service look like including post-COVID?  **Helen Ward** |
| **4.00pm – 4.30pm** | Clinician Top Tips  **Dr Steve Holmes, GP, The Park Medical Practice, Somerset and Professor Rachael Evans** |
| **4.30pm – 5.00pm** | Discussion/Q&A |