



## Supporting someone with breathlessness

‘Supporting Someone with Breathlessness’ has been designed as a source of help and advice specifically for informal carers – family and friends of people with breathlessness.

### **How the resource was developed**

The resource was developed through a programme of research that first identified the need for an educational intervention for carers<sup>1-3</sup> then worked with current and bereaved carers, patients, clinical experts and web-development experts to produce this website.

### **References:**

- 1) Farquhar M, Penfold C, Benson J, Lovick R, Mahadeva R, Howson S, Burkin J, Booth S, Gilligan D, Todd C, Ewing G. Six key topics informal carers of patients with breathlessness in advanced disease want to learn about and why: MRC Phase I study to inform an educational intervention. PLoS ONE 2017 May 5;12(5):e0177081  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0177081>
- 2) Ewing G, Penfold C, Benson J, Mahadeva R, Howson S, Burkin J, Booth S, Lovick R, Gilligan D, Todd C, Farquhar M. Clinicians’ views of educational interventions for carers of patients with breathlessness due to advanced disease: findings from an online survey. Journal of Pain & Symptom Management 2017;55(2):265-271
- 3) Farquhar M, Penfold C, Walter F, Kuhn I, Benson J. What are the key elements of educational interventions for lay carers of patients with advanced disease? A systematic literature search and narrative review of structural components, processes and modes of delivery. Journal of Pain & Symptom Management 2016;52(1):117-30

