

# **Symptom Management Master Class**

## **Breathlessness & Fatigue in Palliative Care**

### **(Advanced level training)**

Effective management of breathlessness and fatigue in palliative care requires a holistic and multidisciplinary team approach that addresses the physical, functional, psychosocial and spiritual impact; it encompasses both pharmacological and non-pharmacological management strategies.

#### **The session includes:**

- Holistic assessment
- Consideration of potential reversible causes
- Non- pharmacological management strategies including patient self-management techniques
- The role of the Multidisciplinary Team
- Pharmacological interventions including the use of oxygen

*Mapped to NHSE 2025 core capabilities (Advanced level)*

**This session is ideal for senior registered healthcare professionals (band 6 and above, or equivalent) supporting patients with terminal and long-term conditions receiving palliative and end of life care.**

#### **Half-day interactive tele-education session via Zoom**

**Date: Thursday 23<sup>rd</sup> April 2026**

**Time: 1pm - 4pm**

**Cost: £100**

**(Funded places are available for colleagues in Leeds Community Healthcare and Leeds Primary Care Teams)**



**For more information:**

**Scan the QR code**

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