

Chronic Breathlessness Syndrome

Chronic breathlessness is a common symptom in people with chronic respiratory diseases

Chronic breathlessness impacts all aspects of daily life and impairs overall quality of life

Multidimensional assessment can be used to identify potential underlying causes, and the patient experience of breathlessness to enable the correct treatment to be targeted with breathlessness specific interventions

Chronic breathlessness is complex. While commonly caused by chronic lung conditions, there are many other underlying contributing factors. However, chronic breathlessness often persists despite treatment of underlying conditions



Once underlying comorbidities have been identified and treated with best practice guidelines, the methods below can be used to reduce the burden of chronic breathlessness syndrome



Hand held fans



Pharmacological therapy



Pulmonary rehabilitation



Cognitive behavioural therapy



Breathing retraining



Oxygen/air during exercise

Sources of Information

