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# Online Resources and Virtual Groups Innovation Bid

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May 2021



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# Background

- **Mountbatten Hospice Group**
  - Hampshire
  - Isle of Wight
- Disruption to usual delivery of day services due to Covid-19 pandemic
- Groups for education, symptom management and wellbeing stopped as unable to meet face to face

AND

- Ongoing Mountbatten vision to increase reach



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# Innovation Bid

## Mountbatten Hampshire

To fund to facilitate the development of virtual groups to enable us to reintroduce our service but adapting for the current environment and COVID 19 restrictions. This would be a two-fold project. One element is to create pre-recorded groups focussed on rehabilitation and maintenance of function, that can be placed on our website, accessible for patients but also for those engaged with other services including community and hospital teams and the other is to provide a platform for virtual groups that patients can access from home.



**Wessex Cancer Alliance Post COVID Innovation Fund 2020/21**  
**Bid Application Form**  
Application deadline: Monday 26<sup>th</sup> October 2020

This funding is to be used to support new and innovative ways of working that were developed as a response to COVID and will fundamentally improve the quality of care for patients with cancer. The aim being to enable this additional funding to ensure these services are sustainable and replicable.

**Please kindly note:**

- Do not exceed 4 sides of A4 for your submission, min font size 10-point
- Electronic signatures are acceptable
- Applications submitted in Word are preferable
- Please submit your completed bid application form to: [england.wessexcanceralliance@nhs.net](mailto:england.wessexcanceralliance@nhs.net)

Type of Bid: What will the funding be used to support?	Please tick at least one of the categories below
<input type="checkbox"/> New ways of working	<input checked="" type="checkbox"/>
<input type="checkbox"/> Opportunities to develop services across primary and secondary care	<input type="checkbox"/>
<input type="checkbox"/> Demonstrating the impact and outcomes of health care professionals working with people with cancer	<input type="checkbox"/>
<input type="checkbox"/> Working with the wider workforce i.e. physical activity and exercise workforce to	<input type="checkbox"/>

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# Taking patient education online

- Education important for patient empowerment and ownership of condition/symptoms
- Allows patients to take back some control.

Taking resources online:

Opportunity for those not yet ready to 'ask for help' to access information from home 'at a distance', thus increasing Mountbatten's reach.



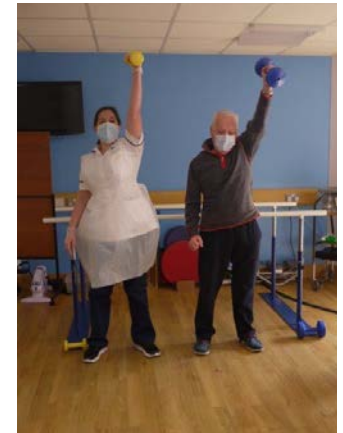
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# Introducing Virtual Groups

- Groups important for peer support, ‘friendly competition’ and effective resource management.
- Allows people to practice exercises/techniques whilst feeling ‘safe’ and able to ask questions/get feedback

To right: Ken, unable to stand in August 2020 due to spinal cord compression. Treated with radiotherapy. Photo taken Feb 2021 following weekly rehab sessions.

“I have to help myself to get better, to walk and to do the things I want to do again. But I need your support, guidance and reassurance. The more there is out there to show me what to do, the better chance I’ve got.”

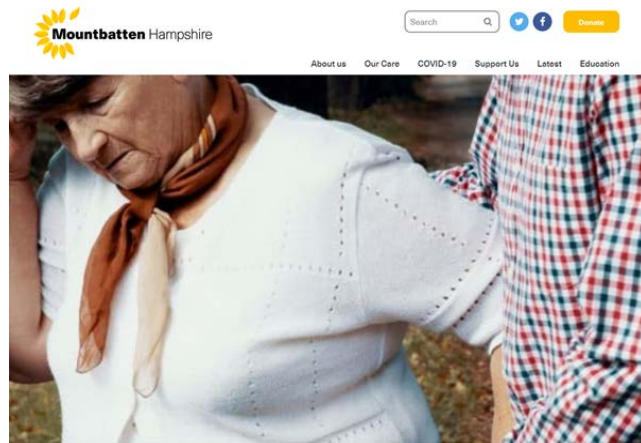


Virtual Groups: Opportunity for patients to access extra sessions, learn to exercise in own home, with no need to travel thus increasing potentially increasing ownership.



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# Online Resources



## Living Well with Breathlessness

### Introduction

Breathlessness is a common symptom for people living with a life limiting illness. It can be distressing for the individual, as well as their family members and carers, but there are lots of things you can do to help manage it.

Breathlessness is difficult, laboured breathing that can make people feel uncomfortably aware of their breathing. It is a complex symptom involving physical, psychological, environmental and functional factors.

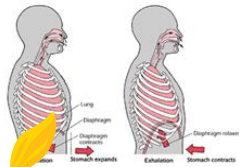
Breathlessness can be severe and short in duration, or it can be ongoing and gradually increase in severity. It can be continuous or it can come and go.

There is more information and links to videos below. To book onto our Extra Care group online session about Living with Breathlessness [click here](#).

### Anatomy

#### Your diaphragm

The main muscle of breathing is the diaphragm. This is a large flat sheet of muscle covering the base of your ribs. It moves down to help draw air into your lungs and as you breathe out it relaxes, moving upwards.



#### Your Accessory Muscles

Some of the muscles around your shoulders and neck can further help to draw air into your lungs when you become breathless. These are known as accessory muscles.

They are not vital, but they can help you breathe more easily when you are short of breath.

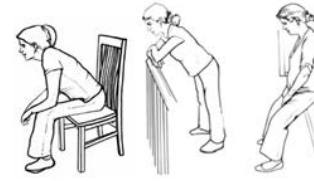
#### Positions that help your breathing

When short of breath you may find it helpful to get into a comfortable position with your arms supported.

### Positions that help your breathing

When short of breath you may find it helpful to get into a comfortable position with your arms supported. These positions help your diaphragm to expand and encourage your accessory muscles to relax.

When using these positions try to keep your back straight but let your head drop so that your neck is relaxed. Also try to relax your shoulders and arms including your wrists.



### Techniques that help your breathing

#### Breathing Control

Breathlessness can make you breathe with your upper chest and shoulder muscles, rather than your diaphragm and lower chest. This causes fast and shallow breathing, which uses more energy and makes you tired. Breathing control is the most efficient way of breathing. It helps you to only take in the air that you need and to avoid unnecessary effort. It will help you when you are short of breath or feeling anxious, but it is not meant to replace this at a time when you are sitting, relaxed and not feeling breathless.

#### Most read

##### Surprise visitor for Alison

A very special visitor helped to make a very special memory for Alison Little and her family.

##### Mountbatten staff help to make prom wish come true

Frontline staff at Mountbatten Hampshire have helped a teenager fulfill her mother's special wish.

##### Urgent appeal launched by Mountbatten Hampshire

Mountbatten Hampshire - the local hospice for Southampton and west Hampshire - has launched an appeal to raise urgent funds in the wake of coronavirus.



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# Recorded videos



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# Virtual Sessions

## Extra Care Programme

In addition to our inpatient, outpatient and community services for those with life limiting illness we also provide care and support to those with life limiting illness through telephone support, videos and online virtual groups.

Art Group

Choir

Exercise Circuit

**Living well with Breathlessness:** This course, run over 3 sessions, is for individuals with a long-term medical condition who find breathlessness is impacting, or is beginning to impact on their day to day life. The course helps to equip attendees with the understanding and tools needed to manage their breathlessness, considering each individual's goals, priorities and lifestyle. For more information and to take part [click here](#).

**Living well with fatigue:** This course, run over 3 sessions, is for individuals with a long-term medical condition who find fatigue is impacting, or is beginning to impact on their day to day life. The course helps to equip attendees with the understanding and tools needed to manage their fatigue, considering each individual's goals, priorities and lifestyle. For more information and to take part [click here](#).

Music Group

**Seated Yoga:** Seated yoga is a gentle form of yoga where you enjoy the exercises in a seated position. It brings a harmony between the body, mind and spirit. People of all ages and activity levels can enjoy chair yoga, even if you have limited mobility or balance issues. For more information and to take part [click here](#).

**Adapted Tai Chi:** Tai Chi involves learning a sequence of movements known as a form, which when performed look like an effortless, slow motion dance. This adapted session allows more people to benefit from the physical, mental, emotional and spiritual gains that are achieved with Tai Chi. For more information and to take part [click here](#).



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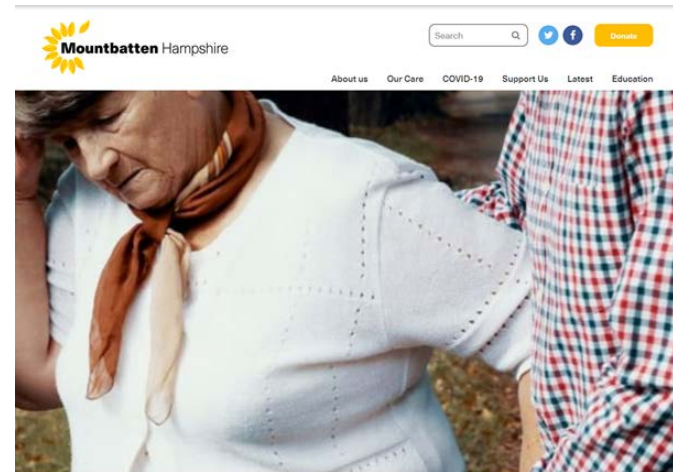
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### Living with Breathlessness

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[Join Zoom Meeting](#)

Meeting ID: 754 4177 3802

Passcode: 1am2021

Share this page



### Event details

Where

Online

When

Start: 11<sup>th</sup> May, 2021 at 1:30pm

End: 11<sup>th</sup> May, 2021 at 2:30pm

[Add to calendar](#)

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# Measuring Success

- Chronic Respiratory Questionnaire
- Fatigue Questionnaire FA12
- Views on Care (OACCS)
- Evaluation form ?via surveymonkey
- Statistics re group attendance
- Website analytics



**LIVING WELL WITH FATIGUE QUESTIONNAIRE**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

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People sometimes report that they have the following symptoms or problems. Please indicate the extent to which you have experienced these symptoms or problems during the past week. Please answer by circling the number that best applies to you.

During the past week:

	Not at all	A little	Quite a bit	Very much
1. Have you lacked energy?	1	2	3	4
2. Have you felt exhausted?	1	2	3	4
3. Have you felt slowed down?	1	2	3	4
4. Did you feel sleepy during the day?	1	2	3	4
5. Did you have trouble getting things started?	1	2	3	4
6. Did you feel discouraged?	1	2	3	4
7. Did you feel helpless?	1	2	3	4
8. Did you feel frustrated?	1	2	3	4
9. Did you have trouble thinking clearly?	1	2	3	4
10. Did you feel confused?	1	2	3	4
11. Did tiredness interfere with your daily activities?	1	2	3	4
12. Did you feel that your tiredness is (was) not understood by the people who are close to you?	1	2	3	4

Thank-you for taking the time to complete this questionnaire

**LIVING WELL WITH BREATHLESSNESS QUESTIONNAIRE**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

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1. How often during the past 2 weeks did you have a feeling of fear or panic when you had difficulty getting your breath? Please indicate how often you had a feeling of fear or panic when you had difficulty getting your breath by ticking one of the following options from the list below.

1. ALL OF THE TIME
2. MOST OF THE TIME
3. A GOOD BIT OF THE TIME
4. SOME OF THE TIME
5. A LITTLE OF THE TIME
6. HARDLY ANY OF THE TIME
7. NONE OF THE TIME

2. In the last 2 weeks, how much of the time did you feel very confident and sure that you could deal with your illness? Please indicate how much of the time you felt very confident and sure that you could deal with your illness by ticking one of the following options from the list below.

1. ALL OF THE TIME
2. MOST OF THE TIME
3. A GOOD BIT OF THE TIME
4. SOME OF THE TIME
5. A LITTLE OF THE TIME
6. HARDLY ANY OF THE TIME
7. NONE OF THE TIME

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# For more info contact:

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[mary.banks@mountbatten.org.uk](mailto:mary.banks@mountbatten.org.uk)



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# **Mountbatten** Isle of Wight

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