

Positions to use when breathless

When you become short of breath, you may find it helpful to get into a comfortable position. Here are a few suggestions, which support your shoulders and upper chest and allow you to use your breathing techniques. If you find another position helpful, use it. The objective is to find something that is comfortable for you.

- lie on your side
- use pillows to support and raise your head and shoulders.



- rest your arms on a table
- lean forward
- rest your head on some pillows.



- lean forward
- rest your arms on your thighs and relax hands
- relax your neck and shoulders.





- if there is no where to sit, find an object of suitable height (eg windowsill, banister or piece of furniture)
- lean forwards onto arms.



- lean against a wall
- relax your shoulders, leaning slightly forward
- relax your arms.

For more advice, please contact:

Doncaster Royal Infirmary on 01302 366666 ext 3810

Bassetlaw Hospital on 01909 500990 ext 2311.

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Minicom (Text talk): 01302 553140 Email: pals.dbh@dbh.nhs.uk.