

Breathlessness management	Physiotherapist
Anxiety management part 1 & 2	Complementary Therapist
Chair-based exercises	Physiotherapist/Occupational therapist
Energy conservation	Occupational Therapist
Tai Chi	Holistic Therapist
Pain management	Staff Nurse
Body image/self-esteem	Complementary Therapist
Nutrition	Staff Nurse
Creative therapy for well-being	Holistic Therapist
Reminiscence through music	Staff Nurse

provide opportunity for patients to have input with all members of the multi-disciplinary team. This helps patients to better understand their symptoms, empowering their use of resources and information to their advantage. Visual prompts include the use of an A1 flip chart and handouts to increase inclusion and underpin learning. The sessions provide peer support through informal discussions and can reassure patients that they are not alone; that they can talk openly, relate to each other and share experiences in a safe and reassuring environment.

Education Programme Evaluation The sessions support patients to reinforce existing coping strategies, develop and learn new ones. They aim to empower patients to alleviate and increase well-being. Importantly, the sessions prompt effective self-management of common symptoms experienced by palliative patients.

Conclusions The programme has helped to raise awareness of symptom control and has provided a holistic 'tool box' of self-help techniques to support patients in a personal sense of wellbeing and fulfilment; thus maximising enjoyment and quality of life.

P-103 SELF-MANAGEMENT DVD: SUPPORT FOR PATIENTS IN THE HOME SETTING

Jane Finnerty, Kelly De Souza, Tony Foster. *Willowbrook Hospice, Prescot, UK*

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Background Patients are living longer with a range of life limiting illnesses, the Wellbeing Service have adapted the Day Hospice education programme, and created with the assistance of a volunteer photographer a series of DVDs to help maximise patient's quality of life. Patients can access these free on discharge to enable on-going support at home.

Method The DVDs provide a visual and audio holistic 'tool box' of self-help techniques to reinforce self-management of common symptoms experienced by palliative patients. An audit from the education programme identified the following as key areas for support; breathlessness management, anxiety management, fatigue and mobility.

Topics on the DVDs include:

Self-massage/relaxed breathing techniques and guided visualisation	Complementary Therapist
Breathing techniques/relaxed positional techniques	Physiotherapist
Gentle chair based exercises	Occupational Therapist
Chair-based Tai Chi	Holistic Therapist

Results The DVDs may help patients to review and recap skills and coping strategies learnt within wellbeing services. They reinforce self-management of symptoms to support and empower patients with their own well-being thus maximising quality of life.

Benefits The DVDs:

- continue to provide reassurance and support at home following discharge
- may increase time between referrals back to service
- continue to empower and guide patients with their self-care
- may help carers to provide additional support to their loved ones' care, by increasing their knowledge and raising their awareness of strategies that patients can use to self-manage their symptoms
- provide a very good visual aid - especially to those that are hard of hearing. It may also be especially helpful for patients that have short-term memory or impaired cognition.

Conclusions The DVDs provide on-going support post discharge for both the patient and their carers through the application of the techniques learnt at day hospice whilst in the comfort of their own home.

P-104 SITTING DOWN BUT MOVING FORWARD!

Jenny Sherburn. *ellenor, Gravesend, UK*

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Background The opportunity to access exercise classes through the hospice is a more recent phenomenon, challenging the attitudes of staff and patients about the role of rehabilitation and exercise within palliative care. The physical and emotional benefits of exercise are well documented, so in response to this, and patient demand, 'drop in' seated exercise classes were created.

Aims

1. To provide the opportunity to exercise in a safe environment
2. To improve the fitness of the palliative patient group
3. To promote independence and wellbeing within the palliative patient group
4. To raise the profile of physiotherapy.

Approach A one-hour seated exercise session is delivered by a physiotherapist twice a week. Every attendee completes a Timed Up and Go test (T.U.G) prior to starting their first class, this test is repeated every fourth attendance.

Outcomes Classes have run for eight months, in that time 43 people attended. Out of these:

10 were both ambulatory and attended more than four sessions.

The T.U.G results are significant, demonstrating that 100% of participants achieved a quicker walk time on subsequent T.U.G testing.

Only one subject recorded a slower time on their fourth test.

Conclusion These results suggest that participants have achieved an improvement in their fitness, and using the T.U.G as a guideline, 66% of attendees have reduced their walk time to <14 seconds and therefore, could have reduced their risk of falls.

The provision of a weekly exercise group has put physiotherapy 'on the map'. Verbal feedback from patients attending the group has been overwhelmingly positive: "It's made me feel more confident" and as a result the group is becoming more popular.