



Tools and resources on dyspnoea for use in clinical practice, education and training

Access this resource

[Dyspnoea in palliative care](#)

Guidance by Therapeutic Guidelines to inform treatment of dyspnoea at end of life

Watch this video

[Introduction to management of dyspnoea in palliative care \(11 min\)](#)

Watch this CareSearch video where Prof David Currow outlines management strategies for GPs

Utilise this resource

[Improving breathlessness at home](#)

Provide this information by Cancer Council NSW to cancer patients experiencing dyspnoea that gives practical strategies to improve symptoms at home

Listen to this podcast

[Managing breathlessness when cancer is advanced \(18 min\)](#)

Access this podcast by Cancer Council NSW for tips on managing breathlessness for clinicians, families or patients with dyspnoea

Watch this video

[Managing my breathing \(3 min\)](#)

Recommend this video by Asthma + Lung UK to palliative care patients and their families for techniques to help manage breathing when physically moving or lifting

Complete this tool

[Respiratory Disease Observation Scale \(RDOS\) \(115kb pdf\)](#)

A scale by Campbell to observe the intensity and related distress of dyspnoea symptoms in people receiving palliative care