

# The Paediatric Breathing Clinic

## Information for parents

**This leaflet will give you an overview of what to expect if your child is referred to the Breathing Clinic service. If you have any further questions or concerns, please speak to a doctor or nurse caring for your child.**

## What are breathing problems?

Breathing occurs automatically and often without us even noticing. However, many children and young people breathe incorrectly especially if they have a respiratory disorder such as asthma. Some children develop a habit of breathing too fast, too shallow or breathing through their mouth instead of their nose. This can result in over-breathing or developing an unhelpful breathing pattern.

Over-breathing can also occur from physical or emotional stress which causes the body to over-breathe when it does not need to do so. It can sometimes become difficult to return to a normal breathing pattern without help.

Over-breathing can lead to other problems such as:

- Regularly yawning, feeling the need to take in air or gasping for air
- Tightness, pressure or discomfort in the chest
- Heart palpitations or irregular breathing patterns
- Snoring and/or sleep apnoea
- Feeling more stressed, anxious or worried.

## **The Paediatric Breathing Clinic**

The Breathing Clinic was designed for children and young people whose breathing problems are affecting their ability to perform at their best. The aim of the clinic is to help children and young people gain better control of their breathing and to enable them to achieve their full potential.

The clinic is run by two members of the Paediatric Respiratory Service at St George's Hospital:

- Caitlin Muldoon, Highly Specialised Paediatric Physiotherapist
- Jo Blundell, Paediatric Clinical Psychologist.

## **How can we help?**

The Breathing Clinic can help children and young people to manage their symptoms and to gain better control of their breathing.

Sessions may include:

- Assessment of breathing
- Breathing techniques and exercises
- Strategies to manage stress and worry
- Relaxation strategies and exercises.

Other physiotherapy techniques might include airway clearance techniques, nasal rinsing, advice about posture and safe exercise.

## **What will happen at the first appointment?**

Your first appointment will usually last roughly 90 minutes and when you arrive for your appointment, you and your child may be asked to fill in some questionnaires.

During the first session we will talk about the current difficulties, as you and your child see them. We also want to know about your family in general and may ask questions about your family's history,

your child's early development and about school. This will help us to better understand your child and how we may be able to help.

As well as being asked questions, you and your child can also ask any questions if there is anything about which you are unsure.

At the end of the first session, we will try to plan the next steps to help manage the problems. We may also ask your child to practise exercises in between sessions.

### **How does my child get referred to the Breathing Clinic?**

A member of your child's paediatric respiratory team may ask you if you would like to be referred or you can request a referral for your child by asking a member of the paediatric respiratory team directly.

If you would like to speak to us before an appointment is made, you can contact us on 020 8725 1890 Monday to Friday 9.00am to 4.30pm.

### **Clinic times**

The Breathing Clinic is run on Wednesday afternoons between 1.00pm and 5.00pm.

**For more information leaflets on conditions, procedures, treatments, and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

---

## **Additional services**

### **Patient Advice and Liaison Service (PALS)**

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

## AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



Reference: PAE\_PBC\_LP\_02 Published: May 2022 Review date: May 2024