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Royal Brompton & Harefield **NHS**  
NHS Foundation Trust

Royal Brompton Hospital  
**Conserving your  
energy**

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercumesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.



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*This leaflet gives you general information on ways to conserve your energy. It does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.*

This leaflet tells you about some techniques that can help you to conserve your energy for use later. "Conserve" means to save, or use something wisely.

### What do we mean by conserving your energy?

When you are ill, it is likely that you have less energy than usual. Your medical condition may cause you to feel tired, or you may be recovering from an illness, or surgery. At this time, you may find that it takes more energy to do a simple task, such as putting your shoes and socks on. If you save some of your energy as you do your daily activities, you will have more to use throughout the day.

### Where does energy come from?

We get energy from eating food, breathing air and resting. We use energy to carry out daily activities.

### Learning how to conserve your energy

To do all the day-to-day activities you need to, it is important to conserve or save as much energy as you can. Sometimes, this means making small changes to what you are already doing. In some cases, you will need to learn new ways of thinking about, planning and doing your daily activities.

### Do the techniques work?

Studies of people with chronic obstructive pulmonary disease, such as emphysema, found using these techniques helped reduce their breathlessness during some activities. In a survey of people with long-term conditions, most said that they used the techniques to conserve energy and help manage their tiredness.

## The three Ps: pace, plan and prioritise

Learning to pace, plan and prioritise your daily activities will help you to save energy.

### Pace

“Pacing” is a key part of conserving energy. Taking part in an activity until you are tired, but not exhausted, will allow you to recover more quickly. However, doing something until you are exhausted, or going for the “big push”, means that you will need longer to recover.

For example, climbing a staircase:

#### The “big push” approach:

Climb the whole staircase, and have to rest for 10 minutes at the top, and feel achey and tired the next day.

#### The pacing approach:

Climb five steps at a time and rest for 30 seconds. This means that you will not need a long rest at the top and you should feel less tired the next day.

As well as building rests into your activities, remember to plan periods of rest between 30 and 40 minutes, between

activities, throughout the day. Rest is vital to recharge your energy.

#### Top tips:

- Sit and rest wherever possible
- Break activities up into smaller tasks that can be spread throughout the day

### Plan

Planning your activities hour by hour, day by day and week by week will help to conserve your energy.

If there are some activities that make you especially breathless, spread these throughout the day. For example, think about changing your daily bath or shower to the evening, so there is less to do in the morning.

Try to spread weekly activities such as gardening, laundry and food shopping through the week, with rest days in between.

Think about other factors, such as the weather, when planning your weekly activities. For example, you may not get as much done on days that are hot and humid, or cold and windy.

#### Top tips:

- Collect all the items you need for a task before you start.
- Use specially-adapted equipment to make tasks easier. Ask your occupational therapist for further advice and support.
- You may be able to get more done when family or friends are able to visit and help you.

## Some general tips

The following general tips will also help:

- Push or slide items as much as possible, rather than lifting them
- Bend with your knees rather than from your waist
- Do not hold your breath during any task
- Blow as you go – always breathe out as you bend
- Try to avoid pulling, lifting, bending, reaching and twisting, where possible, as these activities affect your breathing

### Prioritise

Some daily activities are necessary, but others are not. Ask yourself:

- What do I need to do today?
- What do I want to do today?
- What can be put off until another day?
- What can I ask someone else to do for me?

## Top tips by activity – remember the three Ps

Washing and grooming		
Pace	Plan	Prioritise
<ul style="list-style-type: none"> <li>• Sit to wash your face, brush your teeth and dry your hair.</li> <li>• Pat yourself dry rather than rubbing.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep all the things you will need in the same place.</li> <li>• Put a mirror at face level when sitting.</li> <li>• Liquid soap lathers more quickly than a bar.</li> <li>• Use long-handled equipment, such as shoe horns.</li> </ul>	<ul style="list-style-type: none"> <li>• Scented products can affect your breathing. Please try to avoid them if possible.</li> <li>• Use electrical items, such as a toothbrush, a razor etc.</li> <li>• Think about getting your hair washed at the local hairdresser.</li> </ul>
Bathing and showering		
<ul style="list-style-type: none"> <li>• Allow plenty of time to have a shower or bath.</li> <li>• Sit in the shower if possible.</li> </ul>	<ul style="list-style-type: none"> <li>• Open an inside door instead of a window to allow good ventilation. A breeze from an open window can make you breathless</li> <li>• Use long-handled equipment.</li> <li>• Use equipment to help you get in and out of the bath or shower, such as a rail or chair.</li> </ul>	<ul style="list-style-type: none"> <li>• Is bathing an activity you enjoy and are willing to spend a lot of your energy on?</li> <li>• Is a daily bath or shower necessary?</li> <li>• Can you have a wash at the sink instead?</li> </ul>

Dressing		
Pace	Plan	Prioritise
<ul style="list-style-type: none"> <li>• Sit to dress.</li> <li>• Break up tiring tasks (such as reaching to put on a cardigan) with easy ones (such as doing up buttons).</li> <li>• Dress your lower half first, when you have the most energy.</li> </ul>	<ul style="list-style-type: none"> <li>• Collect all the clothes you need before you start.</li> <li>• Buy clothes that fasten at the front.</li> <li>• Loose clothes will not restrict your breathing and are easier to put on.</li> <li>• Put pants and trousers / shorts on at the same time and then pull them up together.</li> <li>• Put skirts on over your head.</li> <li>• Sit down to put on shoes and socks – lift and cross one leg onto your knee to bring your foot closer.</li> </ul>	<ul style="list-style-type: none"> <li>• Can you re-arrange your cupboards and drawers so that all your clothes are close together?</li> </ul>
Making the bed		
<ul style="list-style-type: none"> <li>• Sit for some of the task, such as doing the pillows.</li> </ul>	<ul style="list-style-type: none"> <li>• Have your bed positioned so that you can walk all the way around it.</li> <li>• Start and finish one side and then move to the other side, so you only circle the bed once.</li> </ul>	<ul style="list-style-type: none"> <li>• Can you take turns with someone you live with to make the bed or can they make the bed instead of you?</li> </ul>

## Cooking

Pace	Plan	Prioritise
<ul style="list-style-type: none"> <li>• Spread the preparation throughout the day. For example, peel vegetables in the morning, cook in the afternoon and reheat in the evening.</li> <li>• Sit to prepare the vegetables or when waiting to stir the food.</li> </ul>	<ul style="list-style-type: none"> <li>• Cook large amounts and freeze, or put extra portions in the fridge.</li> <li>• Collect all your utensils and food together in one place before you start.</li> <li>• Find recipes with a short preparation time, ideally one-pot meals.</li> <li>• Use a trolley to move cooking equipment around, or when laying the table.</li> </ul>	<ul style="list-style-type: none"> <li>• Buy ready meals for the freezer for days when you are very tired.</li> <li>• If you have guests over, ask them to help or to bring part of the meal.</li> </ul>

## Daily shopping

<ul style="list-style-type: none"> <li>• Buy one heavy item each day.</li> <li>• Use a trolley to push your shopping home rather than carrying a bag.</li> </ul>	<ul style="list-style-type: none"> <li>• Make a list that means you only need to visit one or two shops.</li> <li>• Shop at quieter times.</li> <li>• Avoid large / deep trolleys to reduce bending when you put your shopping in / take it out.</li> </ul>	<ul style="list-style-type: none"> <li>• Are you expecting a visitor who could help with your shopping?</li> <li>• Can a member of your family help?</li> </ul>
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## Weekly shopping

Pace	Plan	Prioritise
<ul style="list-style-type: none"> <li>• Put the heavy items into different bags.</li> </ul>	<ul style="list-style-type: none"> <li>• Make a list that follows the aisles in the shop.</li> <li>• Pack items that will go in the same cupboard together so it is easier to unpack.</li> <li>• Pack fridge or freezer items together.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask supermarket staff to help you pack your bags and load your car or trolley.</li> </ul>

## Laundry

<ul style="list-style-type: none"> <li>• Spread the tasks throughout the day. For example, load the machine in the morning and empty in the afternoon.</li> <li>• Sit down to iron.</li> <li>• Use a low clothes horse and sit to hang out washing.</li> </ul>	<ul style="list-style-type: none"> <li>• Buy clothes that wash, dry and iron easily.</li> <li>• Do smaller loads a couple of times a week, rather than one large wash.</li> <li>• Make sure everything you need, such as powder and pegs, are to hand.</li> <li>• Use equipment, such as a laundry basket, on wheels.</li> <li>• Put your dryer at chest height.</li> </ul>	<ul style="list-style-type: none"> <li>• Is it necessary to iron all of your clothes?</li> <li>• Can someone help you fold large or heavy items, such as sheets and towels?</li> </ul>
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## Housework

Pace	Plan	Prioritise
<ul style="list-style-type: none"> <li>• Spread heavy activities throughout the week.</li> <li>• Mix heavy activities (e.g. vacuuming) with light activities (e.g. dusting).</li> <li>• Spread one heavy activity throughout the week. For example, vacuuming one room a day.</li> <li>• Sit down for tasks like polishing ornaments or washing up.</li> </ul>	<ul style="list-style-type: none"> <li>• Collect all the items you will need together before you start.</li> <li>• Use long-handled equipment where possible.</li> <li>• Use a mop to clean up floor spills rather than bending down to wipe them.</li> <li>• Allow washing-up to air dry.</li> <li>• Take rubbish to the dustbin in small quantities rather than lifting one heavy bag.</li> </ul>	<ul style="list-style-type: none"> <li>• Can someone else do any of the heavy activities for you?</li> </ul>

## Do you need more information or further advice?

Contact your occupational therapist \_\_\_\_\_

on telephone number \_\_\_\_\_ extension \_\_\_\_\_

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If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call PALS on 020 7349 7715 or email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.