



Dysfunctional Breathing Multi-disciplinary team virtual masterclass

**King's John Price Paediatric Respiratory
Conference**
Wednesday 10th April 2024
09:00 – 15:30 GMT
Online

Faculty:

Dr Nicki Barker, Advanced physiotherapist and principle clinical researcher, Sheffield Childrens NHS Foundation Trust
Clare-Louise Chadwick, Clinical specialist respiratory physiotherapist, Kings College Hospital and St Georges Hospital
Claire Hepworth, Clinical specialist respiratory physiotherapist, Alder Hey Childrens Hospital
Charlotte Wells, Clinical specialist, researcher and lecturer in paediatric respiratory physiotherapy, The Royal Brompton Hospital part of Guys and St Thomas' NHS Foundation Trust.

Target audience:

Multi-disciplinary professionals working within paediatric respiratory services in primary, secondary, or tertiary care, who are looking to widen their knowledge in identifying and managing dysfunctional breathing.

Workshop learning objectives:

- Identify what dysfunctional breathing is and recognise how this presents in children and young people.
- Recognise the theoretical underpinning of multi-disciplinary management for children with dysfunctional breathing.
- Implement an effective assessment in children and young people with suspected dysfunctional breathing with consideration to co-morbidities of; disproportionate breathlessness, nasal disuse, deconditioning, anxiety, and exercise induced symptoms.
- Differentiate symptoms to help support appropriate referrals and diagnosis of dysfunctional breathing.
- Summarise the role of nasal breathing and implement appropriate management of sinus issues.
- Apply basic practical treatment techniques when initiating breathing pattern retraining in busy clinic setting.

AGENDA

08:45 - 09:00	<i>Delegates to join virtual space and check technology ahead of session starting</i>
09:00 - 09:15	Welcome address
09:15 - 09:30	Dysfunctional breathing landscape and delegate experiences <i>Charlotte Wells</i>
09:30 - 10:00	An introduction to dysfunctional breathing <i>Nicki Barker</i>
10:00 - 10:45	Breathing pattern assessment and differential diagnosis <i>Claire Hepworth</i>
10:45 - 11:00	<i>Coffee break</i>
11:00 - 11:20	Introduction to the function of the nose in breathing pattern retraining and non-pharmacological management of symptoms <i>Clare Chadwick</i>
11:20 – 11:55	Interactive breakout rooms:
<i>Swap</i>	Room 1: Quick fixes or simple interventions for blocked noses. <i>Clare Chadwick</i> Room 2: Breathing pattern observations for screening patients in a clinic setting. <i>Charlotte Wells</i>
11:55 - 12:15	
12:15 - 12:30	Interactive problem solving using a case study assessment <i>Clare Chadwick</i>
12:30 - 13:15	<i>Lunch: Active lunch – with nose breathing challenge</i>
13:15 - 13:30	Multi-disciplinary team management and treatment approaches for dysfunctional breathing <i>Charlotte Wells</i>
13:30 - 14:45	Interactive break out rooms introducing treatment considerations for dysfunctional breathing: Room 1: Introduction to establishing diaphragmatic breathing. <i>Nicki Barker</i> Room 2: Considerations for restoring normal posture & movement. <i>Clare Chadwick</i> Room 3: Quick fixes for symptom management. <i>Charlotte Wells & Claire Hepworth</i>
<i>(25mins per break out room, rotate between all sessions)</i>	
14:45 - 15:15	Interactive complex case review and problem-solving real-life delegate case studies <i>Charlotte Wells</i>
15:15 - 15:30	Expert panel questions and answers. Session close. <i>Nicki Barker</i>