



Association for  
Palliative Medicine

# Article of the Month

June 2016

[A Mixed-Methods, Randomized, Controlled Feasibility Trial to Inform the Design of a Phase III Trial to Test the Effect of the Handheld Fan on Physical Activity and Carer Anxiety in Patients With Refractory Breathlessness](#)

Miriam Johnson, Sara Booth, David C. Currow, Lawrence T. Lam, Jane L. Phillips  
– JPSM 2016; 51:807-815

A multisite, international, parallel, nonblinded, mixed-methods randomised controlled trial where patients were randomised to breathlessness self-management/exercise advice +/- fan. 43 completed the study and interviews showed patients found fans useful. They conclude that a definitive, multisite trial is feasible BUT it's not going to happen – 'the value of information for changing practice or policy is unlikely to justify the expense of such a trial, given perceived benefits, the minimal costs, and an absence of harms demonstrated in this study.'

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[Improving confidence and competence of healthcare professionals in end-of-life care: an evaluation of the 'Transforming End of Life Care' course at an acute hospital trust](#)

Lucy Selman, Vicky Robinson, Lara Klass, Shaheen Khan, Rob George, Kate Shepherd, Rachel Burman, Jonathan Koffman  
– BMJ Support Palliat Care 2016;6:231-236

This is a before and after evaluation of a 2-day End of Life Care course for hospital and community staff – 236 staff completed the course over 2 years. Quantitative and qualitative results showed participants valued the course. Further research is planned to optimise the intervention and determine the optimum trial methodology to evaluate its impact on patient, family carer and staff outcomes and cost-effectiveness.

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*Prepared by Paul Perkins, on behalf of the APM Science Committee*