

THE MULTI DISCIPLINARY TEAM

A TO Z OF SYMPTOM MANAGEMENT



-  Wednesdays throughout the year
-  Virtual Session via Zoom

BOOK ONLINE

stfrancis.org.uk/

Topic	Date
A to B Anxiety & depression, agitation, breathlessness & respiratory secretions	26 th May 09:30-13:00
C to F Continence, constipation, diarrhoea, delirium, energy loss & fatigue	14 th July 09:30-13:00
H to K Healthy lifestyle, independence & self management, just in case meds, keep exercising	29 th September 09:30-13:00
L to Q Lymphoedema, mobility, neuropathy, occupational performance, pain & quality of life	17 th November 09:30-13:00
R to U Rest, relaxation, sleep, spiritual support, touch and talking therapies, us	26 th January 2022 09:30-13:00
V to Z Voice, language & swallowing, vomiting, nausea, weight loss & poor appetite, xerostomia/oral, yoga & mind/body therapies and zest for life	16 th March 2022 09:30-13:00

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