



ENO Breathe

Award-winning online breathing and wellbeing programme

**Royal Philharmonic Society Impact Award 2021
AATS COVID-19 Response Award**

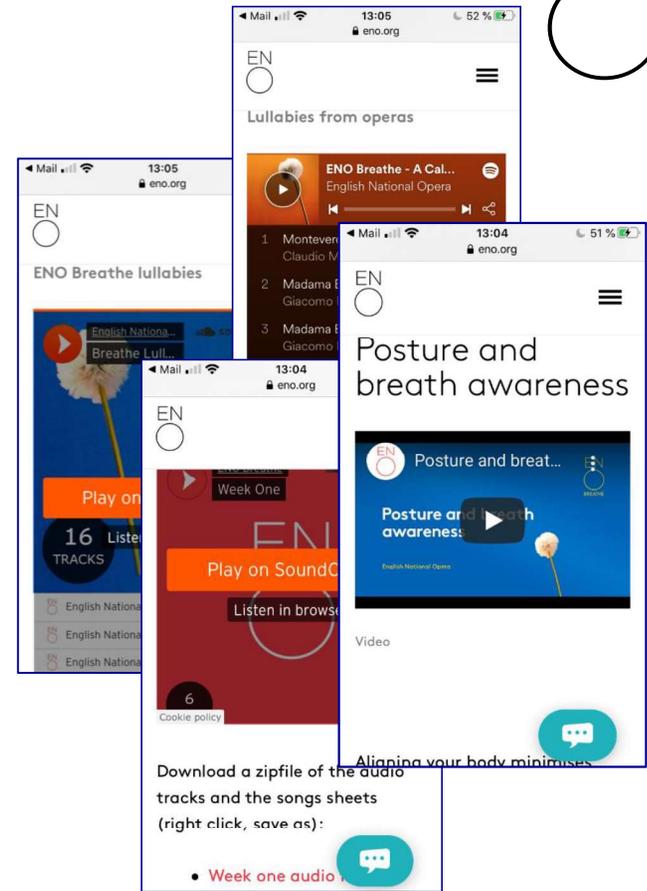
ITV News - How long Covid sufferers are learning breathing techniques used by opera singers to recover

What is ENO Breathe?

Aim: *To empower patients in the management of breathlessness and anxiety post COVID-19 infection, by equipping them with the tools they need for self-management.*

The programme offers:

- an initial one-to-one session
- six weekly group online workshop sessions
- access to online digital resources
- access to weekly Twilight sessions following completion of the core programme
- optional additional creative opportunities



Project structure & governance - current stakeholders



Freelance Session Leaders

- Professional singers & facilitators trained to deliver content of sessions

Freelance Group Coordinators

- Pastoral support
- Administrative coordination

NHS long COVID clinics (86)

- Patient referrals
- Session observations
- Monthly updates

Project Management Team (ENO)

- Overall strategic direction & development
- Ongoing management of programme

Participants (long COVID patients)

- Pre & post programme surveys
- Mid-point focus groups
- Session observations

Imperial College NHS Trust

- Co-designed programme
- Ongoing medical advisors (medical criteria and referral checks)
- Health Psychologist support
- Support in NHS partnership building
- Lead on Randomised Control Trial

Independent evaluator

- Evaluation methodology
- Data analysis & reports
- Recommendations

Steering Committee

- Specialists from medical / arts sector
- Participant representatives
- Analysis of the evaluation evidence
- Advice and recommendations to project management team

ENO Breathe: Participant reach and Impact (as of end of June 2023)



- **2,588** people have completed the programme
- **182** people are currently participating in the programme
- **270** people are currently on the waiting list - 500 by July 2023

73% - Improvement in anxiety
79% - Positive impact on anxiety

80% - Improvement in breathlessness
86% - Positive impact on breathlessness

80% - Improvement in general wellbeing
87% - Positive impact on general wellbeing



85 NHS Partner clinics across England



92% said they would have **no alternative provision** to offer patients if ENO Breathe is no longer available.

“Much more cost effective than other options within the health service.”

“This service provided to support NHS users has lifted a weight off NHS providers increasing our capacity for service users who need 1:1 support, or have outstanding medical concerns.”

Randomised Controlled Trial



- Led by academics at Imperial College London in Summer 2021
- Results published in *The Lancet Respiratory Medicine* journal in April 2022
- Trial involved 150 participants, randomised, parallel-group (comparing ENO Breathe to Usual Care), single-blind, mixed-methods
- Diagnosed with long-COVID & breathlessness
- Primary outcome: Health Related Quality of Life (Mental Health and Physical Health Composite Scores)
- Secondary outcomes: Respiratory symptoms, Breathlessness, Anxiety

Randomised Controlled Trial

Results



Quantitative results

- Can improve the mental component of health related quality of life, and aspects of breathlessness, for people with long COVID
 - **10.48 point** (out of 100) reduction in breathlessness while running
 - **2.42 point** improvement in the mental component of quality of life
- Does not cause harm
- People who attended all the sessions had larger impacts in more outcome measures

Qualitative results - 3 main themes:

- Improvement in symptoms
“It has given me the confidence outside of these sessions to remember that I can breathe and rely on the techniques that we’re taught”
- Programme was complementary to standard care
“There has been so little treatment for so many of us, and I really like that it’s a programme designed for us.... I’m so glad that someone cares that I have long COVID”
- Particular suitability of singing and music
“The singing helps – its like you’re breathing without thinking”



Questions

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