Scientific Title: FAN Facial Airflow Recovery from Exercise Patient (FanFARE-P) trial

Lay summary of results:

We recruited 10 participants and 8 participants were included in the results (1 withdrawn and 1 excluded). Facial airflow from a fan improved breathlessness recovery after exercise and reduced facial skin temperature compared with control. A fan speed of 4.91 m/s had the greatest cooling effect, but not the quickest recovery and participants stated they found this speed unpleasant. The results showed the best airflow speed from the fan to improve breathlessness recovery was 2.85 m/s. Participants also found the airflow of 2.85 m/s to be the most pleasant of the four experienced. Though facial airflow had no effect on heart rate and oxygen saturation recovery after exercise.