

# **DANGER SIGNS!!**

**IF YOU START TO EXPERIENCE THE FOLLOWING GET URGENT HELP BY CALLING 999**

- ! VERY SHORT OF BREATH, EVEN WHEN RESTING
- ! UNABLE TO TALK IN SENTENCES AS YOU ARE TOO SHORT OF BREATH
- ! NO RELIEF FROM INHALER OR NEBULISER
- ! CHEST PAIN
- ! DROWSINESS, CONFUSION AND/OR AGITATION.

# **WHAT ACTIONS TO TAKE AFTER CALLING 999**

- ! TRY TO SIT UPRIGHT
- ! ADOPT A FORWARD LEANING POSITION AS SHOWN TO YOU BY YOUR NURSE
- ! USE A FAN TO HELP YOUR BREATHLESSNESS
- ! TRY TO STAY CALM AND THINK ABOUT THE CONTROLLED BREATHING TECHNIQUE YOU HAVE BEEN SHOWN

- **Make sure you take your self-management plan to your COPD review appointments.**
- **Keep your self-management plan in a safe accessible place and refer to it if you start to feel unwell.**

## **Helpful resources**

- Take a look at [www.rightbreathe.com](http://www.rightbreathe.com) to check your inhaler technique. Breathing exercises will make you feel better too: seek advice from your practice nurse – they might be able to arrange pulmonary rehabilitation for you.

- Breathe Easy is a support group for patients, carers and families. It provides support, friendship and information.

[www.blf.org.uk/BreatheEasy](http://www.blf.org.uk/BreatheEasy)

**This management plan has been devised for use in Staffordshire**



# **COPD Self Management Plan**

**Name:**

**Date of birth:**

**Issue date:**

**GP practice name:**

**GP contact number:**

**Date of last annual review:**

**Date of last Flu vaccination:**

**Date of last Pneumonia vaccination:**

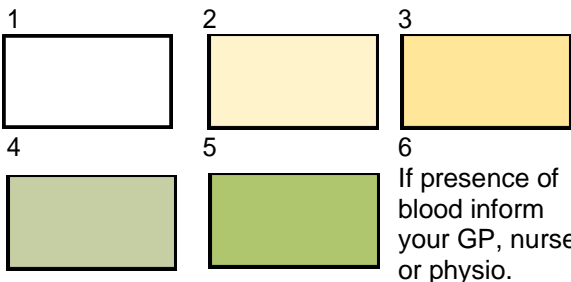
# To help you stay well:

- DO NOT SMOKE; consider quitting if you do (ask for help)
- Take medications as prescribed
- Continue with day-to-day activities
- Eat a healthy diet and keep hydrated
- Monitor your sputum colour
- Clear the sputum from your chest regularly
- Have an annual 'flu vaccine
- Have a once in a lifetime pneumonia vaccine
- Attend pulmonary rehabilitation when invited
- Make sure your inhaler technique is correct.

My normal oxygen saturations % on air/oxygen is:  
 .....

## Sputum colour score

Look at your sputum everyday against a white background, for example a white tissue— compare it to the colour chart.



Symptoms	Feeling Well	Caution	Action
Breathing	Breathing no worse than normal	Slightly worse than normal	Breathing much worse than normal
Cough	No worse than normal	Slightly more than normal	Much more than normal
Sputum (amount & colour)	Normal amount & colour	Slightly increased amount or changed in colour	Definite change in colour and amount
Physical activity	No change	Feeling more tired than usual	Reduced activity & or mobility

If all your symptoms are **GREEN** then continue with your normal treatment.

If any of your symptoms are **AMBER** increase your reliever medication to the maximum dose. Keep a close eye on your symptoms and if they improve in 2 days, go back to your normal treatment.

If any of your symptoms are **RED** take your maximum reliever treatment and try to contact your health professional TODAY. If you have experienced at least 2 exacerbations in the last 12 months then commence your rescue pack.

## My personal self-management plan

### Regular medication with dose

1.....

2.....

3.....

### Reliever medication with dose

.....

### Rescue medication

If your symptoms are in the 'Action' column, then commence your rescue medication as instructed and tell your health professional WITHIN 48 hours. Please note this is **only** required if you have had 2 or more exacerbations in the last 12 months.

**Antibiotics** (only take if sputum colour is green or brown):

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**Steroids:**

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**List number of flare ups requiring antibiotic and/or oral steroids in last twelve months; or hospital admissions for COPD exacerbations:**

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### Pulmonary rehabilitation

When did you last attend a pulmonary rehabilitation programme:

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