

Your self-management plan

Information and advice for patients with chronic obstructive pulmonary disease

Community Respiratory Service

Your details

Name:

D.O.B:

NHS No:

GP Name & No:

.....

Next of kin:

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Your self-management plan

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What is a self-management plan?

A self-management plan is a plan to help you:

- keep yourself well
- monitor your symptoms
- know what to do to manage a flare-up of your illness (acute exacerbation of your symptoms)

When you are well and stable

When you are well and your condition is stable, the following actions will help you to stay healthy and reduce the risk of developing a flare up:

Action

Practice breathing control daily

Practicing your breathing control daily will help you when you are active and getting breathless and will help you manage a sudden onset of breathlessness:

1. Relax your upper chest and shoulders, breathe in through your nose and you should feel your stomach move out
2. Breathe out through your mouth and you should feel your stomach move in

I practice breathing control for ____ minutes ____ times a day.

Healthy eating will maintain a healthy weight, you also need to drink plenty of fluids to help keep you hydrated and thin your mucus.

Keep active

Being active will give you more energy and reduce shortness of breath. You need to pace yourself to save energy and rest after meals. Plan your day and rest during or in-between activities.

I completed a Pulmonary Rehabilitation course on: _____

Or

I am carrying out a Home Exercise Programme: ☐ Yes ☐ No

(You will be given a booklet with instructions of the exercises you should be doing.)

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Keep up-to-date with vaccinations

Making sure you have had the vaccinations you need will help to keep flare-ups at a minimum.

Annual Flu vaccination date: _____

Once only Pneumonia vaccination date: _____

Check the weather forecast

The weather can also affect your illness. Keep an eye on the forecast and follow the advice given in the 'My COPD' booklet.

Take your inhalers as prescribed

Taking your inhalers is the most effective treatment for the prevention and relief of COPD symptoms. Ensure you take these daily as prescribed.

Record your inhalers and your dose prescribed in the following table:

Name of inhaler	Puffs	Times per day

My inhaler technique was last checked on: _____

My most recent breathing test (spirometry) was on: _____

Result (if known): _____

If you use oxygen therapy, use it as prescribed

Oxygen set at ____ L/min for ____ hours per day

Stop smoking

I am (please tick): ☐ a current smoker ☐ an ex-smoker

I have been referred to stop smoking services:

☐ Yes ☐ No

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Take all other medications as prescribed

Make sure you take all other medications you have been prescribed in the correct way to help prevent further illness. Record your other medications in the table below:

Name of medication	Dose	Number of times to take per day	Symptoms/illness this medication is for:

Please record details of any known allergies or adverse reactions to any medications:

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Flare-up

A flare up is a rapid & sustained worsening of your symptoms that may require a change to your regular treatment. The flare up may be an infective exacerbation requiring antibiotic treatment or a non-infective exacerbation.

Symptoms of a flare-up

- Increased breathlessness
- Changes in sputum (phlegm) colour, amount or consistency
- A new or increased cough
- A new or increased wheeze or chest tightness
- Increased tiredness or loss of appetite
- Reduced walking distance or energy for daily activities
- Swollen feet or legs
- Less relief from your inhaler

Action

If you have 2 or more of the above symptoms for a day or more do the following:

- Eat small amounts and often
- Drink plenty of fluids
- Practice breathing control and relaxation techniques
- Reschedule any activities; allow yourself more time to do tasks
- Contact the Community Respiratory Service to discuss your symptoms (Monday to Friday 8.00am – 6.00pm Dial 0121 507 2664 and select option 4
Monday - Friday 6pm – 8pm, Saturday, Sunday and Bank Holidays 8.30am - 4.30pm Dial mobile 07866360145)
- Increase your ventolin/salbutamol inhaler to 4 puffs, 4 times daily as required or if you have a nebuliser increase your salbutamol nebules to 6 times daily as required

If you have a rescue pack: contact the Community Respiratory Service before taking:

- the antibiotics as prescribed
- the prednisolone as directed, usually 30mg (6 tablets) daily for 7 days

The Community Respiratory Service will arrange a follow-up appointment to monitor your symptoms and progress

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Danger signs

The following danger signs are signs that your condition is becoming worse and requires immediate medical attention:

- Very breathless at rest and unable to talk in full sentences
- Chest pains or severe tightness
- Feverish
- Feeling drowsy, confused or agitated
- Legs more swollen than normal
- Lips or finger nails turning grey or blue
- Medication only helps for a short time or not at all

Action

If you experience any of the danger signs DIAL 999 FOR AN AMBULANCE IMMEDIATELY. You will need emergency treatment in hospital which will be decided by the hospital doctor. Take this booklet with you for the medical staff to view your current medication

If you become severely unwell, you may wish to discuss your options for future care with the Community Respiratory Service following this, and record details of this in the space below:

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Flare-up record

[illegible]

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Contact details

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Further information

British Lung Foundation

For information about living with your lung condition
www.lunguk.org

Sandwell stop smoking services

For advice and support on giving up smoking
www.sandwell.nhs.uk/quit

Sandwell and West Birmingham Hospitals NHS Trust

For more information about our hospitals and services
www.swbh.nhs.uk

Sources used for the information in this leaflet

- Department of Health, 'Consultation on a Strategy for Services for Chronic Obstructive Pulmonary Disease (COPD) in England', 2010
- National Institute for Health and Clinical Excellence, 'Management of chronic obstructive pulmonary disease in adults in primary care and secondary care', 2010

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



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