

My COPD Self-Management Plan

Information and advice for patients

Respiratory

When I am Well

My normal Sputum Colour is:

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My normal sputum volume is:

- teaspoon(s)
- tablespoon(s)
- eggcup(s)
- or more

I can walk metres on the flat before I have to stop and catch my breath

I have a cough every day: Y N

My breathlessness triggers are:

My inhalers are name/colour:

.....

Things I need to do to keep well are:

- Do not smoke
- Exercise/Movement Daily
- Drink plenty of fluids
- Have my flu, pneumonia and Covid Vaccines
- Avoid breathlessness triggers
- Take all of my medications and inhalers
- I have attended Pulmonary rehabilitation

When my COPD is getting worse

- I am More Breathless or wheezy than Usual
- My Sputum has increased or changed colour
- I have a new or increased cough
- I need to use my reliever medication more
- My daily activities are limited by shortness of breath

Actions to take when my symptoms are getting worse:

Increase my reliever medication to:

.....

- Rest plenty
- Eat little and often
- Drink plenty of fluids

Follow these steps if my symptoms do not improve after two days:

- If I still have increased cough, breathlessness, wheeze, more sputum - Start my rescue steroids or call my GP if I don't have rescue steroids to get started on them.
- If I still have increased cough, breathlessness, wheeze, more sputum, sputum has changed colour to yellow, green, brown - Start my rescue steroids and antibiotics if I have them. If I don't have them, then call my GP to get started on them.
- I need to inform my GP, Practice Nurse or Community COPD Team when I am having a flare up so they can assess my symptoms.
- Keep taking my medications as prescribed
- Keep taking my reliever inhaler regularly

What to do in an Emergency

In an emergency, I could have:

- New or Worsening leg swelling
- Be too breathless to walk or talk
- Be confused, agitated, panicky or drowsy
- Have chest pain
- Have a high temperature

IF I HAVE ANY OF THESE I NEED TO: URGENTLY CONTACT GP OR DIAL 999

Contact information

Sandwell Community Respiratory Team

0121 507 2664

Birmingham Community Respiratory Team

0121 466 3705

Hospital Respiratory Nurses

0121 507 5953

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