## COPD

### SELF MANAGEMENT PLAN

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<thead>
<tr>
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<tbody>
<tr>
<td><strong>1. MY CONDITION</strong></td>
<td>I have been diagnosed with COPD by breathing tests (spirometry) and have been given information about COPD and the treatments available to help me.</td>
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<tr>
<td><strong>2. STOPPING SMOKING</strong></td>
<td>I am aware that smoking damages my lungs and I have been offered assistance to help me quit (if appropriate)</td>
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<td><strong>3. “BREATH BETTER, DO MORE GROUP” PULMONARY REHABILITATION</strong></td>
<td>The importance of staying active have been explained to me and I have been offered the opportunity to attend a course to improve my strength and fitness - “BREATH BETTER, DO MORE GROUP” (if appropriate)</td>
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<tr>
<td><strong>4. INHALERS</strong></td>
<td>I have been taught on how to use my inhalers correctly and have been given inhaler and spacer leaflet.</td>
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<td><strong>5. SELF MANAGEMENT PLAN</strong></td>
<td>If my COPD symptoms change to the red or amber in my self management plan, I will follow the self-management plan instructions</td>
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<tr>
<td><strong>6. COPD REVIEW</strong></td>
<td>I attend my COPD review at my surgery and understand steps to a good COPD care.</td>
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NORMAL

- Allow enough time to do things
- Exercise appropriately, pacing myself
- Don’t smoke
- Eat a balanced diet and drink plenty of fluids
- Avoid things that make me worse
- Take all my medicines and inhalers – don’t let them run out!
- Have my ‘flu jab’ yearly and the pneumonia as a one-off

CONCERN

- Increase your Reliever inhaler/nebuliser (Contact your Respiratory Nurse/GP)

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose &amp; Frequency</th>
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- If you do not respond to increasing your inhalers/ nebuliser and still affected by 1,2,3, then you may need some Prednisolone (steroid tablets)

Prednisolone dose: for days

- If you agree with 6 then you may need some antibiotics

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<thead>
<tr>
<th>Antibiotics Name:</th>
<th>Dose:</th>
<th>for days</th>
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If you have 3 or more of these symptoms for 2 days ring your GP/Respiratory Nurse for advice about taking your standby medication below

ACT Now!

DISCUSS WITH THE RESPIRATORY NURSE/PHYSIO BETWEEN 09:00-17:00.

IF OUT OF HOURS CONTACT EMERGENCY SERVICES 999

NORMAL

“Normal Symptoms”

- I can walk _______ meters/yards on the flat before stopping
- I can walk _______ minutes on a gentle incline before stopping
- I cough sputum _______yes/no
- My sputum amount daily is_________
- My normal sputum colour is: _______
- I sleep _____ hours and wake up _____ times with my breathing
- My breathing is worsened by: ___________
- My Oxygen saturations % on air: __________
- My Oxygen Saturations % on oxygen _______ at _____ litres/minute
- My l Inhaled Medication

<table>
<thead>
<tr>
<th>Inhaler</th>
<th>Inhaler Colour</th>
<th>Dose &amp; Frequency</th>
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CONCERN

“I feel worse than usual”

1. I feel more breathless sitting still
2. I feel more breathless doing routine things
3. I’m walking up more often short of breath
4. My inhalers and/or nebulisers don’t work as well as usual
5. I’m coughing up more phlegm
6. The phlegm has changes colour to more yellow, yellow-green or green

DANGER SIGNS

- Followed the amber zone and still no improvement
- Very breathless even at rest
- Unable to talk because of shortness of breath
- Unusual confusion or excessive drowsiness
- Worsening leg swelling
- High temperature