











COPD

# Self-Care Plan

## Chronic Obstructive Pulmonary Disease (COPD)

This is a guide to managing your symptoms. It's important to look after your own health and wellbeing, with support from your team of health professionals.

SYMPTOMS		ADVICE
<b>FEELING WELL</b> 	<ul style="list-style-type: none"><li>I am able to carry out my usual activities</li><li>My phlegm is a normal colour and amount for me</li></ul>	<ul style="list-style-type: none"><li>Continue with my medication as prescribed and continue my day as normal</li><li>Keep as active as possible</li></ul> 
<b>BAD DAY</b> 	<ul style="list-style-type: none"><li>My COPD may be bothering me. For example, I am more breathless than usual</li></ul>	<ul style="list-style-type: none"><li>Use chest clearance techniques</li><li>Use my reliever inhaler</li><li>Use breathing control exercises</li><li>If no relief I may be unwell. Move onto "feeling unwell" section for guidance</li></ul> 
<b>FEELING UNWELL</b> 	<ul style="list-style-type: none"><li>I am more wheezy, breathless</li><li>I have more phlegm which is yellow or green in colour</li></ul>	<ul style="list-style-type: none"><li>Take my normal medications and inhalers</li><li>Take my reliever medication every 4 to 6 hours</li><li><b>Start rescue antibiotics and steroids</b></li><li>Call GP or GP out of hours service for advice</li><li>Call my COPD Outreach team or COPD Ireland support advice line</li></ul> 
<b>VERY UNWELL</b> 	<ul style="list-style-type: none"><li>My reliever and rescue prescription are not helpful or I feel worse</li></ul>	<ul style="list-style-type: none"><li><b>I should urgently contact my GP or Out-of-Hours GP service.</b></li><li><b>Go to the Hospital Emergency Department if GP is not available.</b></li><li><b>If I am short of breath at rest, have chest pain or confusion this is an emergency. CALL 112 or 999 and ask for an ambulance</b></li></ul> 

--	--	--