



Self-Management Plan

Chronic Obstructive Pulmonary Disease (COPD)

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. To learn more about using this self care plan, call the free COPD Adviceline on 1800 832146 to make an appointment to speak with a Respiratory Nurse Specialist.

SYMPTOMS		ADVICE
 Feeling Well	<ul style="list-style-type: none"> • I am able to carry out my usual activities • My phlegm is a normal colour and amount for me 	<ul style="list-style-type: none"> • Continue with my medication as prescribed and continue my day as normal • Keep as active as possible
 Bad Day	<ul style="list-style-type: none"> • My COPD may be bothering me. For example, I am more breathless than usual 	<ul style="list-style-type: none"> • Use chest clearance techniques • Use my reliever inhaler • Use breathing control exercises • If no relief I may be unwell. Move onto "feeling unwell" section for guidance
 Feeling Unwell	<ul style="list-style-type: none"> • I am more wheezy, breathless • I have more phlegm which is yellow or green in colour 	<ul style="list-style-type: none"> • Take my normal medications and inhalers • Take my reliever medication every 4 to 6 hours • Start rescue antibiotics and steroids • Call GP or GP out of hours service for advice • Call my COPD Outreach team or COPD Adviceline on 1800 832146
 Very Unwell	<ul style="list-style-type: none"> • My reliever and rescue prescription are not helpful or I feel worse 	<ul style="list-style-type: none"> • I should urgently contact my GP or Out-of-Hours GP service. • Go to the Hospital Emergency Department if GP is not available. • 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

