

COPD Self Management Plan

Name: _____

Symptoms

Advice

FEELING WELL	<ul style="list-style-type: none"> • I can walk before becoming short of breath. • I sleep hours at night • Appetite • Colour of spit/ phlegm • Amount of spit/ phlegm..... 	<ul style="list-style-type: none"> • Avoid things that make your symptoms worse. • If smoking, try to stop. • Plan your day's activity in advance. • Take medication as prescribed. • Eat a healthy diet as advised. • Take regular exercise as advised by the Physio or Nurse.
FEELING SLIGHTLY UNWELL	<p>More breathless than usual. Coughing up more spit/ phlegm or developing a wheeze.</p> <p>This could be due to a change in the weather or you may feel stressed.</p>	<ul style="list-style-type: none"> • Use breathing control techniques and positions of ease to aid relaxation. • Use chest clearance techniques as you have been taught. • Take • • Avoid or reduce exposure to things that irritate your chest. • If no relief, contact your COPD Team, GP, or practice nurse
FEELING POORLY	<p>If your symptoms persist or you have 2 of those listed below:</p> <ul style="list-style-type: none"> • Increased shortness of breath • Increased amount of spit/ phlegm • Yellow or green spit/ phlegm 	<ul style="list-style-type: none"> • Take • • Contact your COPD Team, GP, or Practice Nurse for review. • Take antibiotics and steroids (Prednisolone) as recommended/ provided • If your ankles are more swollen than normal, you should contact your doctor.
VERY UNWELL	<p>No improvement after starting above treatment. Continued increased amount of spit/ phlegm.</p> <p>-----</p> <p>Severe increase in shortness of breath at rest. Very breathless at rest, chest pain, or confusion</p>	<p>Attend/ contact GP urgently. If not able to see GP, visit the ED Dept (A&E Dept).</p> <p>-----</p> <p>This is an emergency, call 999/112. Use oxygen and nebuliser if available until ambulance arrives.</p>



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National COPD Clinical Care Programme, 2014

COPD Medications Management Section

Quick acting Reliever

A reliever is a quick acting inhaler which works fast to relieve your breathlessness, wheeziness and/or cough by relaxing tightened airways. It can also be called a bronchodilator/ rescue inhaler.

Your quick acting reliever inhaler is:

Long Acting Reliever

Long acting relievers reduce symptoms and work by keeping the airways open and relaxed. These should be taken once a day and should not be used for quick relief of breathlessness.

Your long acting reliever is/are:

Preventer

A preventer is an inhaler which reduces swelling/ inflammation in your airways that may occur in COPD. These should not be used to relieve sudden attacks of wheeze and breathlessness. As this is a steroid inhaler, it is important to rinse your mouth after using it.

Your preventer inhaler is:

Combined Inhaler

Your Doctor may find it appropriate to prescribe a combination inhaler which can include a long acting reliever and preventer in one inhaler. **It should be taken twice a day**

Your combination inhaler is:

Daily tablets to help your breathing:

Tablets to help you when you have a flare up of your COPD as discussed



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