

Working Together for a Healthier Future

Management of your Chronic Obstructive Pulmonary Disease (COPD)

Your personal COPD self management plan

(Please bring this plan with you at each review)

Name: _____

NHS Number: _____

Date of Birth: _____

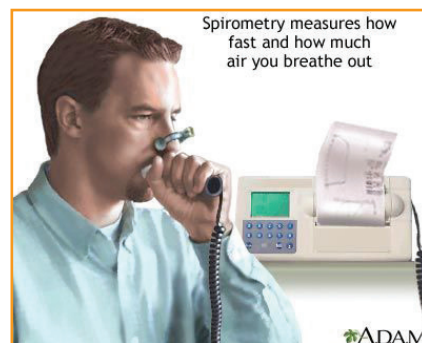
GP Name: _____

GP Practice: _____

GP Practice Contact Number: _____

Practice Nurse/Community Matron/ COPD Nurse:

GP Out of hours: Monday – Friday 6.30pm-8am.
Saturday, Sunday and Bank Holidays 24 hours
Telephone: **0151 678 8496**



Important hand held Records:

Please take your COPD Record with you to your GP, Nurse or consultant appointment. If admitted to hospital please carry this plan with you, along with your medication and inhalers.

What is COPD?

COPD (Chronic obstructive pulmonary disease) is a name used to describe various conditions when people have difficulty breathing because of long-term damage to their lungs this includes chronic bronchitis and emphysema.

In COPD the airways in the lungs are damaged, causing them to become narrower and making it harder for air to get in and out of the lungs. Cough, phlegm (sputum) and shortness of breath can be symptoms of COPD.

Stopping smoking is the single most important thing you can do if you have COPD.

It can slow down worsening of your COPD. It is never too late to stop. Speak to local services such as your GP, Practice Nurse, Pharmacist, Community Matron, COPD Nurse or local stop smoking service for further advice and support.

Stop Smoking Service – Livewell Programme – Tel: 0151 630 8383.

Email: wcnt.livewell@nhs.net or visit www.wirralct.nhs.uk or for advice and support go to www.nhs.uk/smokefree or call Smokefree 0800 1690 169

General Health – look after yourself.

Vaccinations – Ensure you have had your pneumonia vaccine (one off injection) and ensure you have your flu vaccine yearly.

Diet –

- Eat a balanced diet.
- Drink plenty of fluids.
- Monitor your weight. If you are overweight this can make your breathing worse. If you are losing weight, without trying, inform your GP.

Exercise – Pulmonary rehabilitation is an important part of your treatment. Please ask your GP/Nurse for further information about attending a programme local to you.

If you are unable to attend a pulmonary rehabilitation programme keep as active as you can. If you can improve your general fitness you could improve your quality of life.

Breathing exercises – It is important to use breathing techniques that will help you use the least amount of effort when breathing.

This will help you when you are short of breath, during flare ups and generally on a day to day basis. If you attend a pulmonary rehabilitation course, specialist physiotherapists will give you the techniques in order to do this. If not ask your GP/Nurse for further information.

Feeling down? It is common for people with COPD to feel anxious and/or depressed. Please share any feelings with your GP/Nurse as there may be medication or therapy sessions that could help.

Cold Weather – Be aware of weather warnings and follow cold weather advice.

Benefits – If COPD affects your normal day to day activities you may be entitled to government support. Please seek advice from your local Citizens Advice Bureau to ensure you are receiving the correct entitlements relative to your stage of COPD.

Most Importantly –

The information in this self management plan is only in brief. Please ask your GP/Nurse for more information on any of the topics mentioned. There is a lot more information available to help you manage your COPD as best you can.

Your Inhaled Medication

Quick acting reliever – opens your airways

Your reliever is:

Dose:

Colour:

Device:

Technique:

Spacer:

Take:

Long acting treatment – helps to keep your airways open

Your inhaler is:

Dose:

Colour:

Device:

Technique:

Spacer:

Take:

Preventer/Combined Inhaler – helps to prevent flare ups (exacerbations) of your COPD

Your preventer is:

Dose:

Colour:

Device:

Technique:

Spacer:

Take:

Take your medication every day, even if you are feeling well.

Rinse your mouth or gargle with water and spit after taking your preventer / combined inhaler to prevent oral thrush or a sore mouth.

You are likely to experience shortness of breath, particularly on exertion and can expect to have good days and bad days.

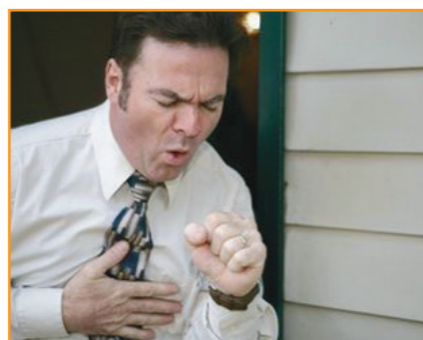
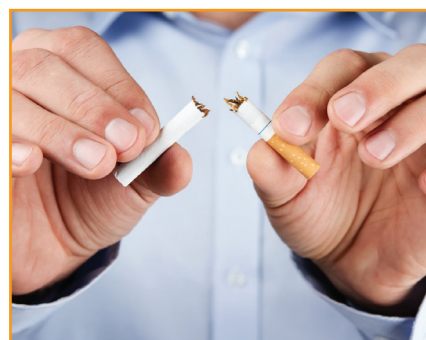
It is important to understand what your normal day to day symptoms are and to know the difference between a bad day and if you are having a 'flare up' / 'exacerbation of your COPD'.

If you use a nebuliser when well

Take:	Nebuliser	Times/Day

Other treatment for COPD

Drug Allergies



What is an Exacerbation of COPD?

An exacerbation (or flare up) of COPD is a worsening of day to day symptoms that requires changes to your treatment.

YOUR USUAL SYMPTOMS

- How breathless are you normally?
- How far can you normally walk / climb stairs?
- How much sputum do you normally bring up?
- What colour is your sputum usually?

ACTION – Continue your usual medication

- Exercise is good for your overall condition
- Remember to pace yourself and don't overdo it
- Be aware of your normal day to day symptoms
- Avoid things that make you worse
- Avoid running out of medication

INCREASE IN SYMPTOMS – FLARE UP?

- Increase in breathlessness?
- Can't walk as far as normal?
- New or increased cough?
- Changes in the amount, thickness and/or colour of your sputum?
- New or increased wheeze?
- Feeling generally unwell?

ACTION

Increase your reliever medication.

Reliever _____
 Dose _____ puffs
 up to _____ times/day

If you improve over 24–48 hours go back to your usual medication.

HAVING A FLARE UP?

If your symptoms are not improving after a maximum of 48 hours
 OR your symptoms are becoming worse
 OR you are concerned about your breathing

ACTION

Refer to your self management treatment plan on the opposite page and start taking your standby/rescue medication or **please see your GP now.**

DANGER/WARNING SIGNS

- Unable to talk due to breathlessness
- You are feeling drowsy
- You are agitated or confused
- You have a high fever
- You have increased ankle/leg swelling
- You have chest pain

ACTION

CONTACT YOUR GP AND ASK FOR AN URGENT CONSULTATION
 OR
 DIAL **999** FOR AN AMBULANCE IN AN EMERGENCY

