

Chronic Obstructive Pulmonary Disease - COPD

Action Plan



positive
about community services

Patient Details

Name: _____

DOB: _____

Further Advice

For further advice contact:

GP: _____

Nurse: _____

Practice contact number: _____

Introduction

This is your plan to help you manage your COPD better especially if you have exacerbations or flare ups. The nurse or doctor will go through this with you.

What is an exacerbation?

An exacerbation or a flare up is when your lung condition worsens, this can be due to infection. You can reduce exacerbations by taking your medication regularly and treating it promptly. This plan will help you to recognise flare ups and if suitable to start treatment sooner rather than waiting to see the nurse or GP.

What to do in an exacerbation

ALWAYS LOOK OUT FOR WARNING SYMPTOMS

WARNING SYMPTOMS ARE:

- **Severe breathlessness**
 - **Chest pain**
 - **Feeling agitation, drowsiness, confusion**
- ... Call emergency services 999 ...**

If you have a flare up your cough may worsen, you may become more breathless and also your sputum may change colour or increase in amount. You may also have a fever and feel tired. If you think you may be having an exacerbation, but you're not getting the warning symptoms listed in red above, follow these two steps :

STEP 1: LOOK AT YOUR SPUTUM

STEP 2: HOW IS YOUR BREATHING?

STEP 1: LOOK AT YOUR SPUTUM

Cough up some sputum in a white tissue

- If your sputum has changed from clear or pale to a darker shade e.g. yellow or green
- and / or
- Your sputum has increased in volume and thickness

START ANTIBIOTICS

Your antibiotic is _____

Dose _____

How is your breathing: **GO TO STEP 2**

STEP 2: BREATHLESSNESS: how is your breathing?

Breathlessness
THE SAME as usual



OK

Carry on with your usual treatment

Breathlessness
WORSE than usual



CAUTION

1. Increase your reliever inhaler:
2. Keep a close eye on yourself, if no improvement after 24 hours then start the steroid tablets:

Prednisolone: take 30 mg once daily (6 x 5 mg tablets for 7 days)

3. Call the GP surgery to arrange a telephone consultation and arrange review

Breathlessness
MUCH WORSE than usual



WARNING

1. Take the Prednisolone tablets
2. Call the doctor for an urgent appointment especially if your symptoms are worsening

WARNING SYMPTOMS if you have:

- Severe breathlessness
- Chest pain
- Feeling of agitation, drowsiness, confusion

Call emergency services 999

Support Groups and Useful Contacts

Breathe Easy Nottingham Branches

- West Bridgford • Clifton • Gedling • Eastwood • Mansfield

Meetings monthly, patients, carers and friend welcome. Contact your COPD/Respiratory Nurse for details of meetings in your area.

British Lung Foundation (BLF)

73-75 Goswell Road, London, EC17 7ER

Tel: 08458 50 50 20

Website: www.lunguk.org

Email: enquiries@blf-uk.org

BLF Helpline: Open Monday-Friday 10am-6 pm 08458 50 50 20

Midlands Regional Office: Telephone 0116 249 5780

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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

