

COPD SELF MANAGEMENT PLAN

Name	DOB
GP	GPs Tel.

Many people with COPD tend to experience exacerbations which is when your symptoms flare up for at least one or two days. It is important to recognise the symptoms early as good treatment taken promptly may help you to get better faster.

WARNING SIGNS: you may not experience all of these symptoms

- Increased production of phlegm, and/or stickier or thicker than normal
- Change of colour of phlegm to yellow, green or brown for more than 12 hours
- Increased breathlessness, wheeziness or cough
- Sleep disturbance or loss of appetite
- Taking more 'reliever' medication in blue inhaler than normal



WHAT SHOULD I DO?

- If you have increased breathlessness, wheeze and/or cough but no change in production or colour of phlegm, **use your reliever inhaler regularly every 4 hours**. This should make you feel less breathless by opening up your airways.
- If no improvement in 24 hours or feeling more breathless or wheezy, start steroid tablets and oral antibiotics:
 Dose of **steroids to be taken** mg of **Once daily for.....days**
AND
 Dose of **antibiotics to be taken**mg of.....**times daily fordays**
- Do not stop any of your usual medicines
- Contact your GP/Nurse within 2-3 days of starting this treatment
- Contact your GP/Nurse on completion of antibiotics and steroids for post exacerbation review



YOU MAY BE HAVING A SEVERE ATTACK IF:

If your symptoms are getting worse **AND**

- You are very short of breath with no relief from your inhalers
- You develop chest pains
- You have a high fever
- You have a feeling of agitation, panic, drowsiness or confusion

CALL GP OR 999

Things to bear in mind when you are well.....

Try to stop smoking, eat a healthy diet, and take regular exercise
 Take your medication every day. Carry your reliever (blue) inhaler at all times
 Make sure you have an annual flu jab and have had a pneumonia vaccination



COPD SELF MANAGEMENT PLAN

Observe weather forecasts as extreme heat and cold conditions may trigger a flare up of your condition and cause breathlessness. Maintain your living room at 21degrees C (70F) and your bedroom at 18 degrees C (64F)
Try not to go out if temperature is less than 5 degrees C (41F)
If a rescue pack (Antibiotics and Steroids) is used ring the surgery to get another prescription