

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

1	MY CONDITION
	I have been diagnosed with COPD by breathing tests (spirometry) and have been given information about COPD and the treatments available to help me.
2	STOPPING SMOKING
	I am aware that smoking damages my lungs and I have been offered assistance to help me quit (if appropriate)
3	“BREATH BETTER, DO MORE GROUP” PULMONARY REHABILITATION
	The importance of staying active have been explained to me and I have been offered the opportunity to attend a course to improve my strength and fitness - “BREATH BETTER, DO MORE GROUP” (if appropriate)
4	INHALERS
	I have been taught on how to use my inhalers correctly and have been given inhaler and spacer leaflet.
5	SELF MANAGEMENT PLAN
	If my COPD symptoms change to the red or amber in my self management plan, I will follow the self-management plan instructions
6	COPD REVIEW
	I attend my COPD review at my surgery and understand steps to a good COPD care.

COPD

SELF MANAGEMENT PLAN

Patient name:

GP:

Respiratory consultant:

Case manager:

Contact information:

Date given:



Twitter.com/WhitHealth
 Facebook.com/WhittingtonHealth
 Whittington Health NHS Trust
 Magdala Avenue
 London
 N19 5NF
 Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 10/07/2019
 Review date: 10/07/2021
 Ref: ACS/CORE/COPDSMP/01

© Whittington Health
 Please recycle

NORMAL

- Allow enough time to do things
- Exercise appropriately, pacing myself
- Don't smoke
- Eat a balanced diet and drink plenty of fluids
- Avoid things that make me worse
- Take all my medicines and inhalers – don't let them run out!
- Have my 'flu jab' yearly and the pneumonia as a one-off

CONCERN

- Increase your Reliever inhaler/nebuliser (Contact your Respiratory Nurse/GP)

Medicine	Dose & Frequency

- If you do not respond to increasing your inhalers/ nebuliser and still affected by 1,2,3, then you may need some Prednisolone (steroid tablets)

Prednisolone dose: for days

- If you agree with 6 then you may need some antibiotics

Antibiotics Name:	
Dose :	for days

If you have 3 or more of these symptoms for 2 days ring your GP /Respiratory Nurse_____ for advice about taking your standby medication below

ACT

Now!

DISCUSS WITH THE RESPIRATORY NURSE/PHYSIO BETWEEN 09:00-17:00.

IF OUT OF HOURS CONTACT EMERGENCY SERVICES 999

NORMAL

"My usual Symptoms"

- I can walk _____ meters/yards on the flat before stopping
- I can walk _____ minutes on a gentle incline before stopping
- I cough sputum daily ____ yes/no
- My sputum amount daily is _____
- My normal sputum colour is: _____
- I sleep ___ hours and wake up ___ times with my breathing
- My breathing is worsened by: _____
- My Oxygen saturations % on air : _____
- My Oxygen Saturations % on oxygen _____ at _____litres/minute
- My I Inhaled Medication

Inhaler	Inhaler Colour	Dose & Frequency

CONCERN

"I feel worse than usual"

1. I feel more breathless sitting still
2. feel more breathless doing routine things
3. I'm walking up more often short of breath
4. My inhalers and/or nebulisers don't work as well as usual
5. I'm coughing up more phlegm
6. The phlegm has changes colour to more yellow, yellow-green or green

DANGER

SIGNS

- Followed the amber zone and still no improvement
- Very breathless even at rest
- Unable to talk because of shortness of breath
- Unusual confusion or excessive drowsiness
- Worsening leg swelling
- High temperature