

How can I help myself?

Stop smoking

The most important thing you can do is stop smoking. People who stop smoking get fewer flare ups and are able to do more for longer.

Have a flu jab and a pneumonia jab

To help reduce flare ups in the winter it is important to have a flu jab every October/November. You should also have a one off pneumonia jab. You can get both at your GP practice.

Keep warm indoors and out

In the winter your living room should be 21°C and your bedroom 18°C.

Sleep with your windows closed and wrap up warmly indoors or out. Wear warm clothes to bed, several layers of thin clothing will trap the heat.

Keep cool in summer

In the summer stay out of the heat and keep cool. Drink plenty of fluids and exercise in the coolest part of the day.

More useful information

The BLF provide lots of useful information. We would advise you to get the following leaflets:

- COPD: diagnosis and treatment
- COPD: living with chronic obstructive pulmonary disease

Keep active

Although you may feel breathless when doing things it is very important to keep as active as possible. Ask your doctor or nurse about the importance of keeping active and pulmonary rehabilitation, which can really make a difference to you.

How can I help myself?

Set yourself some clear achievable goals. You could do this together with your health care professional. This is a format to help you:

My goal is

My plan to achieve this is

My timescale is

The challenges are

How can I overcome them

The people who can help me are

Useful telephone numbers:

British Lung Foundation - 03000 030 555

A helpline for people who are at risk from respiratory illness and number for local support groups.

Non Emergency NHS Care - 111

24 hour health advice and information.

Winter Fuel Payments Help Line - 0845 915 1515

For information on winter fuel payments.

Pension Service - 0800 99 1234

Free benefits advice check to be sure you are receiving everything you are entitled to.

Age UK - 0800 169 65 65

for local numbers. Free welfare rights service for older people, their relatives, carers and friends.

Stop Smoking Information

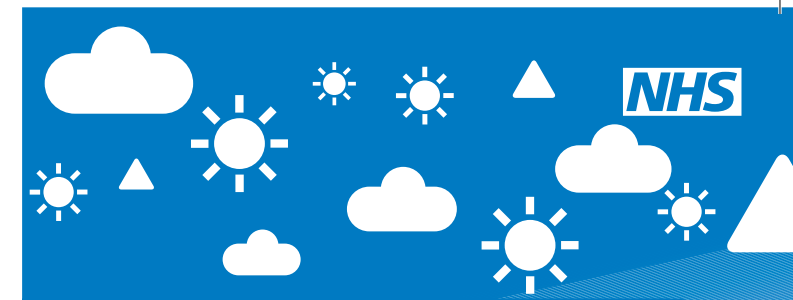
Smokefree: 0800 022 4 332

Mon to Fri 9am to 8pm, Sat and Sun 11am to 5pm

<http://smokefree.nhs.uk>

Local numbers:.....

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COPD

Self management plan



COPD (Chronic Obstructive Pulmonary Disease) is a lung disease which causes the tubes that take air into your lungs to become narrow. People with COPD often become breathless when they are walking and may have times when they have 'flare ups' of their symptoms. Doctors and nurses call these flare ups 'exacerbations'.

Your doctor or nurse has given you this plan to help you to keep well and to help you know when your breathing is getting worse so that you can do something to stop the flare up being too bad.

Name: _____

Date plan issued: _____

Completed by: _____

Contact phone number: _____

When you are well:

Make sure you know

- How far you can walk before you are out of breath.
- How much sputum you produce daily.
- What colour your sputum is.
- How your breathing is at rest and when you are doing something.
- What makes your breathing worse.
- How well you sleep, including the number of pillows.
- How to use your inhalers, and what they are for.
- What to do if your symptoms get worse.

Lifestyle tips

- Stop smoking and avoid smoky areas.
- Keep active everyday and ask your nurse or doctor about pulmonary rehabilitation.
- Ask your nurse or doctor for information about healthy eating.
- Drink plenty of fluids.
- Plan ahead and allow time to do things.
- Have regular check ups with your doctor or nurse.
- Be sure to wrap up if it is cold outside.

Your reliever is:

Other inhalers:

Signs of becoming unwell:

- Increased breathlessness – not able to do as much as usual OR taking much longer to recover.
- Change in sputum colour from normal for you, to yellow, green or brown.
- Increase in the amount of sputum.

If you have blood in your sputum you must let your GP know.

If you have two or more of the signs of becoming unwell:

- Continue your usual medication including your inhalers.
- Increase your reliever to:

You may have been given antibiotics and steroids called rescue medication.

- If you have been given antibiotics to keep at home and your sputum has changed colour and is yellow, green or brown you may have an infection.
Start taking:

- If you have been given steroids to keep at home start taking:

- If you have not been given 'rescue medication' contacttoday

Other advice

- Contact your GP/practice nurse or community matron before/when you start taking your rescue medication.
- Allow more time for rest in the day.
- Drink extra fluids.
- Eat small amounts regularly.

Severe symptoms

The following symptoms need urgent medical attention:

- Your symptoms get worse after starting your rescue medication OR you are no better after two days of taking your rescue medication.
- Too breathless to speak in sentences.
- Drowsy and/or confused.
- Not able to eat or drink.
- You have a high fever.
- Coughing up blood.

Contact your GP for an urgent review on:

This includes out of hours as they will redirect you.

What to do in an emergency

If you are short of breath at rest, feeling agitated, afraid, drowsy or confused you need to sit down and try to stay calm. Panicking will make your breathing worse.

Call 999

Take puffs of

Use a spacer if you have one while you are waiting for an ambulance.

Produced by the Cross Cluster Respiratory Group.
To download copies of the leaflet visit:

<http://ckw.wdpct.nhs.uk/documents/longtermconditions>.