

For further information about this service contact:

Community Respiratory Services
Luton Treatment Centre
Vestry Close
Luton LU1 1AR

Tel: 0333 405 3159

Email (non-urgent): CCS-TR.LutonRespiratory@nhs.net

GP Surgery:

Out of Hours:

Consultant:

MyCare:

Social Services: 01582 547659

Keech Palliative Care Centre: 01582 492339

Experts in symptom management following a referral from a health care professional the patient is offered a nurse assessment.

Pharmacy Technicians: Tel: 0333 405 3000

British Lung Foundation: Website: www.blf.org.uk

Disability Resource Centre: Tel: 01582 470900

BreathEasy Group: Tel: 0300 303 0253 2nd Thursday every month, 2-4pm

COPD Self-Management Plan

Community Respiratory Services

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



What is normal for me?

I usually cough:

- Every day
- Most days
- Occasionally
- When I have a flare up
- Amount: _____

I usually cough up sputum:

- Every day
- Most days
- Occasionally
- When I have a flare up
- Amount: _____

My sputum is usually:

- Thick Thin Sticky
- Clear
- White
- Light yellow /green
- Dark green / brown

I normally get breathless when:

- Walk around the house
- Walk on the level
- Walk up stairs
- Exercise
- With a chest infection
- I never get breathless

O2 Therapy if applicable:

- LTOT SBOT Ambulatory

Respiratory Medication

Tablet Inhaler Nebuliser	Dose – What strength is it?	Frequency – How often to you take it?	Notes – Colour of inhaler? With spacer? Inhaler type?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Drug Allergies:

Rescue/ Standby Medication: