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

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.

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Website: www.cambscommunityservices.nhs.uk

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Luton Children & Adults Community Health Services

NHS

COPD Self-Management Plan

Community Respiratory Services

Cambridgeshire Community Services NHS Trust: delivering excellence in children and adults' community health services across Luton

This is YOUR Self-Management Plan

Its aim is to help you to monitor your symptoms so you can recognise any changes and treat appropriately. (Please bring to your appointments).

This booklet contains…

Usual symptoms and medication
Monitoring Symptoms
Treating an exacerbation

Name: .....

DOB: .....

Diagnosis: .....

To Stay Well I Need to:

- Eat a balanced diet.
- Drink plenty of fluids.
- Take my medication as prescribed.
- Avoid smoking or smoky environments.
- Have my annual flu vaccination.
- Keep my chest clear, regular chest clearance.

My Action Plan for an exacerbation / flare up

If this is more than a bad day and your symptoms are not improving:

- If you have a rescue pack at home start it and let your GP know that you have it.
- If you do not have a rescue pack contact your GP for an urgent appointment.
- if you do not start to feel better after starting treatment contact your GP/Respiratory Nurse.
- Increase your chest clearance.
- Rest and take plenty of fluids.

My Exacerbation Diary

Date	Used Rescue Pack: Yes/No	Supported at home by: Nurse/ GP	Admission to hospital: Yes/No

I have noticed a change in my usual symptoms?

- Are your more breathless than usual?
- Are you needing to use your reliever inhaler more than usual?
- Have you noticed a change in the amount of sputum?
- Have you noticed a change in colour of your sputum?
- Is your sputum thicker than normal? Sticky?
- Are you coughing more than usual?
- Are you more wheezy?
- Are you more tired?
- Has your appetite changed?

My condition may be getting worse

- If you have answered YES to two more of the questions above on two or more days.
- Increase your reliever medication.
- Eat little and often, drink plenty of fluids.
- Balance activity with plenty of rest.
- If your symptoms do not improve continue as below.

If your symptoms improve within two days, continue your usual medication

If my symptoms do not improve?

Emergency Plan

If you are extremely short of breath with no relief from your reliever inhalers; if you have any chest pains, panic or confusion; if you have a high fever.

Contact your GP surgery immediately. If the surgery has closed call the Out of Hours GP service on 111.

In an extreme emergency call 999 and ask for an ambulance.

Health Coaching Goals

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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: