

Patient Name:

Hospital ID:

DOB:



University Hospitals Birmingham
NHS Foundation Trust

7 Steps to good COPD care – from hospital to home

The aim of these 7 steps is to ensure that you receive the best possible information to help you manage your chronic obstructive pulmonary disease (COPD), especially when going home from hospital. While you were an inpatient the Respiratory Support Team (RST) will have explained the key aspects of good COPD care.

1	Diagnosis		
	My COPD has been confirmed by breathing tests (spirometry).	Yes	No
2	My COPD		
	I have been given information about COPD and the treatments available to help me manage my condition.	Yes	No
3	Stopping smoking		
	I am aware that smoking damages my lungs and I have been offered assistance to help me quit (if appropriate).		
	Referred for stop smoking support	Yes	No
4	Pulmonary rehabilitation		
	The benefits 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 called Pulmonary Rehabilitation (if appropriate).		
	Referred to pulmonary rehabilitation	Yes	No
5	Inhalers		
	I am able to use my inhalers correctly.		
	I have had my inhaler technique checked.	Yes	No
6	Self-management plan		
	If my COPD symptoms change to the amber or red light on my self-management plan, I know what action to take.		
	I have a COPD self-management plan	Yes	No
	I have a rescue pack of steroids and/or antibiotics	Yes	No
RST Name		Signature	
		Date completed	

In order to complete the 7 steps to good COPD care I am aware to arrange a follow up appointment with my surgery or case manager within two weeks of my discharge

7	Follow-up appointment		
	I have been seen following my discharge from hospital and I am happy with all the 7 steps to good COPD care.	Yes	No