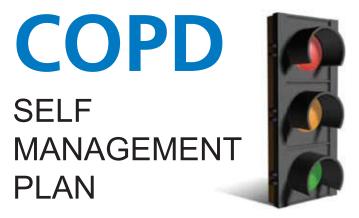
FOR FURTHER INFORMATION AND SUPPORT CALL:

7 STEPS TO GOOD COPD CARE		
1	DIAGNOSIS	
	My COPD has been confirmed by breathing tests (spirometry)	
2	MY COPD	
	I have been given information about COPD and the treatments available to help me manage my condition	
3	STOPPING SMOKING	
	I am aware that smoking damages my lungs and I have been offered assistance to help me quit (if appropriate)	
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 - PULMONARY REHABILITATION (if appropriate)	
5	INHALERS	
	I feel able to use my inhalers correctly and have had my technique checked	
6	SELF MANAGEMENT PLAN	
	If my COPD symptoms change to the red or amber light in my self management plan, I know what action to take	
7	COPD REVIEW	
	I attend my COPD review at my surgery and understand the 7 Steps To Good COPD Care	

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **patientexperience@uhb.nhs.uk**.





Patient name:		
NHS number:		
Hospital number:		
GP:		
Respiratory consultant:		
Case manager:		
This leaflet was given to you by:		
Date given:		

· I can walk	metres/yards on the flat before stopping		
· I can walk	minutes on a gentle incline before stopping		
I cough about	_teaspoons/tablespoons/eggcups of phlegm a day		
If I usually have phlegm - it is the following colour:			
I sleephours	and wake uptimes with my breathing		
Things that make my breathing worse are:			

1. I feel more breathless sitting still

- 2. I feel more breathless doing routine things
- 3. I'm waking 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 changed colour to more yellow, yellow-green or green

IF YOU say YES to 2 or more from the above FOR MORE THAN 1 FULL DAY, THEN FOLLOW THE AMBER PLAN

- Very short of breath even when sitting still
- Unable to talk because of shortness of breath
- Chest pain
- Unusual confusion or excessive drowsiness or agitation
- Worsening leg swelling
- High temperature

GREEN PLAN

- 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

AMBER PLAN

RED ACTION

- Increase your medicines _____ Inhaler/nebuliser to
- If you agree with 1, 2 or 3 despite increasing your inhalers/ nebulisers, then you may need some steroid tablets
- If you agree with 6 then you may need some antibiotics

ARRANGE TO CONTACT YOUR PRACTICE NURSE, GP OR **CASE MANAGER WITHIN 24 HOURS**

- If using home oxygen, use as prescribed
- Eat small amounts often, drink plenty of fluids

DISCUSS WITH A GP URGENTLY OR CALL 999

Please bring all of your medication with you to hospital