

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.

COPD

SELF MANAGEMENT PLAN



Patient name:

NHS number:

Hospital number:

GP:

Respiratory consultant:

Case manager:

This leaflet was given to you by:

.....

Date given:

GREEN LIGHT

"I feel fine"

- 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/egg cups of phlegm a day
 - If I usually have phlegm - it is the following colour:_____
 - I sleep____hours and wake up____times with my breathing
 - Things that make my breathing worse are:_____
-

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 LIGHT

"I feel worse than usual"

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

AMBER PLAN

- 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

RED LIGHT

Danger signs

- 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

RED ACTION

DISCUSS WITH A GP URGENTLY OR CALL 999

Please bring all of your medication with you to hospital