



Bronchiectasis: personalised self management plan

Patient name:

Hospital number:

NHS number:

GP:

Respiratory consultant:

This leaflet was given to you by:

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Contact details:

Date given:

Building healthier lives

UHB is a no smoking Trust

Everyday care

- Analyse my usual symptoms daily – follow the traffic-light plan on the facing page
- Take my medications and inhalers as prescribed including my maintenance antibiotic if applicable:
- Complete my physiotherapy exercises every day, times:
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- Have my flu jab yearly and pneumonia as a one off
- Don't smoke/avoid smoke
- Avoid contact with others who are unwell with colds/flu
- Allow enough time for my usual activities

My usual symptoms are

- **Sputum colour:** Nil/clear/white/yellow/green/other (grade 1/2/3/4/5)
- **Sputum thickness:** Nil/watery/sticky liquid/semi-solid/solid
- **Sputum volume:** None/some (up to a teaspoonful)/ a little (tablespoonful)/moderate (egg cupful or more)/a lot (cupful or more)
- I cough rarely/sometimes/frequently/persistently
- My breathing usually limits my walking to yards/ metres on the flat/I am unlimited by my breathing on the flat
- Other things that make my breathing worse are:

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**Normal
symptoms**



**Continue
everyday care**

Change in symptoms:

- Darker sputum
- Thicker sputum
- More sputum
- Coughing more often
- More breathless



**If you have a change in
two or more symptoms,
follow this plan:**

- Send a sputum sample to your GP
- Start rescue medications (do not wait for the result of the sputum test)
- Do your chest physiotherapy more often

Very unwell:

- Coughing up lots of blood
- Confused/drowsy
- Severe chest pain or extremely breathless



**Call the emergency
GP or 999**

Handy hints to keep well

- Keep a rescue pack of appropriate antibiotics at home
- Never allow medications to run out
- If you have inhalers, make sure you take them effectively – you can ask your practice nurse to check your technique
- Drink plenty of fluids and eat a healthy diet
- Take regular exercise
- Wash hands carefully before eating/touching mouth and nose
- Keep a supply of sputum sample pots
- Sign up to MyHealth@UHB
- Use your bronchiectasis diary card

Your rescue medications

- Sputum culture results and dates:

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- Drug allergies:

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- Rescue antibiotics:

First choice:

Second choice:

Useful contacts

British Lung Foundation: 03000 030 555

Breathe Easy Group: Please contact British Lung Foundation for details of your local group.

NHS Direct: 111