

FOR FURTHER INFORMATION  
AND SUPPORT CALL:



## 7 STEPS TO GOOD COPD CARE

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

### Accessibility

To view this information in a different language or use text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk)



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# 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**