

Your Daily Medication

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Your Personal Goal

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Use of Rescue Medication

please tick if used

DATE	ANTIBIOTICS	STEROIDS
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
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NAME

Surgery



.....

How this Management Plan can help you

The aim of this leaflet is to help you manage your COPD. It contains information which you, and your family, will find useful. This booklet will help you identify whether your symptoms are worsening, and what to do if you have a flare-up. A flare-up is sometimes called an 'acute exacerbation'. It is a time when your symptoms are getting worse. A flare-up CAN be prevented, knowing how to prevent a flare-up is a very important part of managing your COPD.

What is COPD?

COPD (Chronic Obstructive Pulmonary Disease) is a name used to describe a condition where people have difficulty breathing because of long-term damage to their lungs.

USEFUL ADVICE

- **If you smoke, try to stop**

The NHS provide free help and support to people who want to stop smoking. You can see your GP, local pharmacist or attend a stop smoking group (home visits can be arranged if necessary).

- **Try to eat a healthy diet. Include plenty of fruit and vegetables.**

- **Try to take regular exercise**

Try and stay as active as possible. If you are unsure about exercising, a referral to the Pulmonary Rehabilitation exercise sessions or attending a community exercise session may be really beneficial for you (again speak to your GP about a referral).

- **Take your daily medication**

- **Make sure you get an annual flu jab and have had the pneumonia jab.**

- **Watch out for early signs of a flare-up of your condition** (see next page).

Dudley Respiratory Group www.dudleyrespiratorygroup.org.uk

Dudley Stop Smoking Service **0800 0845 652**
www.dudleystopsmoking.co.uk

Dudley Respiratory Assessment Service **01384 244 383**

British Lung Foundation **08458 50 50 20**
www.lunguk.org

The Benefit Shop **0800 88 22 00**

Contact your GP if you ever experience any of the following symptoms:

Severe shortness of breath, chest pain, feeling agitated, anxious, drowsy or confused, high fever.

If you are feeling very ill dial 999 for an ambulance.

WHAT TO DO WHEN A FLARE-UP HAPPENS

You can spot a flare-up coming if your usual symptoms get worse for at least one or two days.

Symptoms:

(**Two** or more of these symptoms may suggest a flare-up)

- Increased breathlessness (from what's 'normal' for you)
- Change in phlegm (sputum) colour (from what's 'normal' for you)
- Increased amount of phlegm (from what's 'normal' for you)
- New or increased /worse cough that doesn't bring anything up
- Runny nose, sore throat or watering eyes
- New or increased wheeze and/or chest tightness
- Swollen ankles and legs (when normally not swollen)
- Increased/unexplained tiredness
- Reduced ability to walk distances that you are used to walking

What to do when you have a flare-up

tick boxes as appropriate

Increase reliever (blue) inhaler (SALBUTAMOL)

2 - 10 Puffs through a spacer (up to 4 times daily)

Relievers work quickly. They open up your airways and help you feel less breathless.

If you do not have any rescue medication contact your GP

Rescue Medication

Antibiotics

If your phlegm changes colour, take your antibiotics as prescribed by your GP.

Steroids

If you're more breathless or wheezy, take a course of steroids

PREDNISILONE mg for days

When you start your emergency medication you must contact your GP Surgery on the next working day to tell them that you have COPD and have started your emergency medication. Order a replacement prescription.