

Chronic Obstructive Pulmonary Disease (COPD) Self – Management Plan

Bring this document with you every time you see anyone about your chest complaint

<i>For health care professional to complete:</i>		
Patient Name:		
NHS No:	Date of Birth:	Date of issue:
GP:	Plan completed by:	
Name of Respiratory Nurse / Doctor:		
Date of next COPD review:		

Date of pneumonia vaccine:		Date of last flu vaccine:	
Smoking cessation history e.g. still smoking / stopped / referred / declined (<i>if relevant</i>):			
Pulmonary rehabilitation history e.g. discussed / referred / completed / declined:			
MRC score:		Date:	
FEV₁ % predicted		Date:	
		CAT score:	
		Date:	
		On oxygen therapy?	<input type="checkbox"/> Yes / No <input type="checkbox"/>
Oxygen type	LTOT:	Ambulatory:	Short burst:
	<input type="checkbox"/> Yes / No <input type="checkbox"/>	<input type="checkbox"/> Yes / No <input type="checkbox"/>	<input type="checkbox"/> Yes / No <input type="checkbox"/>
Information for emergency staff : oxygen target saturations 88 – 92%			
Other relevant info:			

REGULAR medication used to treat your COPD and <i>prevent</i> exacerbations (flare ups)		
Name of inhaler	Colour	Instructions and reason for using
Other <i>regular</i> medication	Instructions and reason for using	

**SOS medication to add or increase only when your symptoms are worse
(for an exacerbation / flare up)**

Name of medication	Type e.g. antibiotic	Instructions and reason for using

Please contact the nurse or doctor you usually see concerning your chest problem, as soon as is practicably possible but at least within 72 hours of starting any of the medication listed above.





**GP Surgery telephone number:
Out of Hours (OOH) telephone number: 111**

Exacerbation (chest infection / flare up) record

Please complete below when you have an exacerbation and you start standby antibiotics and / or steroids (prednisolone) as per the instructions above.

Date	Antibiotic	Prednisolone	Date and which Nurse / Doctor did you inform within 72 hours of starting them?
	Please tick below if you take either or both of these		

COPD Action Plan – put this somewhere in your house where you can easily see it e.g. on the fridge

When you are well, be aware of the following:	Action:
 <p>How much activity you can do each day. What your breathing is like when you are resting and when you are active. How much phlegm you cough up and what colour it is. Things that make your breathing worse. What your appetite is like. How well you are sleeping</p>	<p>Have something to look forward to each day. Plan ahead – pace yourself and allow enough time to do things Exercise every day. Take your medication as directed by your doctor. Never allow your medications to run out. Avoid things that make your condition worse. Eat a balanced diet and drink plenty of fluids.</p>
The following are signs that your symptoms are getting worse:	Action:
 <p>More breathless or wheezy than usual. Reduced energy for daily activities. Increased cough + / - increased amount of phlegm Change in colour of phlegm. Poor sleep and/or symptoms waking you in the night.</p>	<p>Consider taking your SOS medicines. If you are in any doubt as to what action to take, please contact your GP /nurse or OOH 111 service for advice. If you start your SOS medicines contact your usual nurse or doctor as soon as is practicably possible, but at least within 72 hours Allow more time for things. Get plenty of rest. Use relaxation and controlled breathing techniques Eat small amounts more often and drink enough fluids</p>
The following are signs of a severe attack:	Action:
 <p>Breathlessness and cough getting worse. You are not able to carry out your normal daily activities Your medications are not working</p>	<p>YOUR SURGERY NUMBER IS: <input data-bbox="1677 1007 2051 1067" type="text"/></p> <p>During surgery hours phone your doctor or nurse for advice After 6.30pm and weekends ring 111; please tell them you have COPD and a self-management plan, ask them to put you through to a nurse or doctor if you do not think you need an ambulance</p>
The following are danger signs:	Action:
 <p>Very short of breath at rest with no relief from medication. Chest pains. High fever. A feeling of agitation, fear, drowsiness or confusion</p>	<p>Dial 999 for an ambulance</p>