Calderdale and Huddersfield
NHS Foundation Trust

Community Specialist Team

Chronic Obstructive Pulmonary Disease (COPD) Your self management plan

The purpose of this booklet is to help you manage your COPD.

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If an ambulance/paramedic needs to attend to you in an emergency please show them pages 3 and 9 of this booklet.

Your healthcare professional will assist completing all other sections as relevant.

Below is some information that may help you to prevent further deterioration of your condition.

Smoking

Giving up smoking is the most effective way to help your health. By stopping smoking you will slow down or even stop the progression of your COPD. By continuing to smoke you may get more frequent infections (exacerbations) and your symptoms may get worse more quickly than those who have given up. There is help and advice available to help you stop. Either contact you GP surgery or discuss with your Respiratory Specialist Nurse.

Drug Treatment

There are many different types of treatments available to help you. What you are prescribed depends on how severe your COPD is and how much you're COPD is affecting your daily life. Not every treatment suits everybody. You may need to try a medication for some weeks before you notice any improvement in your symptoms. Some medications are to try to prevent further deterioration, while others try to relieve symptoms.

compassionate care

Physical Activity

You should always try to keep as active as possible. Try not to avoid activities that normally make you breathless. You should try to do some exercise 4-5 times a week. Walking is a good exercise to do. Don't forget, breathlessness is a normal response to exercise.

Pulmonary Rehabilitation is a programme of exercise and education designed specifically for people with a respiratory condition, following the programme people comment that they feel more in control of their illness and their level of activity increases. Ask your GP surgery or Respiratory specialist nurse for further information.

Diet

Eating well can make a big difference to how you feel. If you are very overweight your lungs have to work harder and this may make you even more breathless. Try to do more activity to burn energy and check your portion sizes. Being too thin is also not advised as your body may start to burn up muscle for energy if there is no fat available. If you have lost weight a healthy diet is one high in calories, protein and fat. Try to drink plenty of fluids too as this will keep your sputum thin so you can get rid of it easier.

Vaccines

It is recommended that all people with COPD have a flu vaccine annually. It is also recommended that you have a vaccine for Pneumonia; this is a 'one off' vaccine.

Getting Out

Although you may need to plan a little more there is no need for your COPD to stop enjoying social acitivities such as outings and holidays.
Remember you may be entitled to a disabled parking badge.

Weather

Very hot, cold or foggy weather may affect your breathing. Wrap up warm in the cold weather. It is better to wear layers of clothing's and to cover your mouth and nose with a thin scarf to stop you breathing in cold air. In warm weather avoid going out in the hottest part of the day, wear loose fitting clothes and drink plenty of water.

British Lung Foundation

This organisation can provide further education and help. They can also tell you of your nearest 'Breath Easy' group which is a support group specifically for people with breathing problems. You can contact them on 03000 030 555 or www.blf.org.uk

Normal Condition and Observations

It is important for yourself and all medical staff to know what your normal condition and observations are when you are as well as you can be, so we can detect if your condition is deteriorating.
If you need to phone the ambulance crew please show them the next page when they get to your house.

This needs updating at least every year so please remind your doctor or nurse to do this and to document the results on the next page.

Normal Condition and Observations

	Date	Date	Date	Date
I can normally walk without stopping				
The colour of my sputum is normally				
B/P - sitting				
Pulse in one minute				
Respirations in one minute				
Oxygen saturations on air				
Uses purse lip breathing?				
Oxygen saturations on Oxygen - state literage used				
Cyanosis?				
Peripheral oedema				

Observation Chart This needs to be completed by your health care professional at least annually.

	Date	Date	Date	Date
FEVI				
FVC				
FEVI/FVC				
Weight				
Height				
BMI				
MRC Dyspnoea Scale				
Smoking Status				
Exacerbations in last 12 months				
Attended Pulmonary Rehabilitation				
Flu Vaccine				
Pneumonia Vaccine				
Nebuliser Last Serviced				

Goal Setting

Setting clear and achievable goals can help you manage your COPD.

Make sure your goals are:
Specific – What exactly do you want to achieve? For example 'I am going to get fit enough to walk to the post box and back.'
Measurable – Put a number to your goal. Say 'I am going to walk to the post box and back in 20 minutes.'
Achievable – Don't aim too high too soon or you may not succeed. Small stages are best.
Realistic – Your goals must make sense. Don't say you will climb Mount Everest if you struggle going up the stairs.
Timed – Set a deadline for when you want to reach your goal.

Tips

- Discuss your goals with your health care professional.
- Stay motivated by thinking what the benefits will be.
- Be aware of the challenges involved in reaching your goals and think how you can tackle them.
- Ask for help to achieve your goal. Friends, family, colleagues and health care professionals can all help.
- Once you have achieved your goal give yourself a big treat.

Use the space below to set your goals. If you need more paper you will find some at the end of this leaflet.

My goal is

My plan to achieve this is

In what time span do you plan to achieve this

This goal is important to me because

The potential challenges are

These challenges can be overcome by

The people who can help me are

Record of Medication

The most popular way of treating COPD is by using inhalers. It is important that you are shown exactly how and when to use your inhalers. If you are not using it correctly the medicine will not get into your lungs. Please ask your health professional to check your inhaler technique every time you are reviewed.

There are two main types of treatment for COPD: bronchodilators and inhaled corticosteroids.

Bronchodilators – there are two types of these: short-acting or long-acting. They are both used to open up your airways.

Corticosteroids – these are used by people who are having frequent exacerbations (flare ups) to try to reduce the amount they are having.

Occasionally, some people with COPD struggle to cough up their phlegm (sputum). If this is the case medication may be prescribed to make it easier for you.

There is other medication available that may help in relieving your breathlessness. This can be discussed further with your health care professional.

Oxygen may be prescribed if your Oxygen levels are low.

Nebulisers are another type of drug delivery system. It is rare for a nebuliser to be more effective than an inhaler that is being used effectively, but sometimes it can be of benefit if you find other inhalers difficult to use or it is necessary to inhale large doses of aerosol medication quickly, usually during an exacerbation (flare up).

Record of my Medication

Allergies -

Name	Device: Tablets (T) Inhaler (I) Nebuliser (N)	How much (Dose)?	How Often

Managing your Exacerbation (flare up's)

This is an important part of looking after yourself.

An exacerbation is worsening of your symptoms that doesn't go away and lasts at least 2 days. It is different to your normal day to day change in symptoms. It is therefore important that you are aware of what is 'normal' for you. By knowing this you will easily recognise when you are getting worse.

Treating these exacerbations quickly will prevent you getting too ill and will also be more likely to prevent further damage occurring in your lungs and airways.

Exacerbations can be caused by bacterial infections, viral infections, common pollutants, change in weather, high pollen etc.

It can take a long time to recover from an exacerbation so it is important to try not to get them in the first place. Sensible precautions such as avoiding people who have colds, making sure you get your annual flu vaccine, eating well, keeping warm, exercise, and avoiding changes to the environment such as smoky atmospheres, dust, and heavy smells such as paint, perfumes etc have all shown to be beneficial in reducing the amount of exacerbations you may have.
Your health professional may supply you with a prescription for antibiotics and steroids or arrange this through you GP. You will need to go to your Chemist to get these tablets and they then need to be put some were safe until you need to take them.

When to take my antibiotics

If you suffer from two of the three symptoms below for more than 24 hours:

- Change in sputum colour especially if it goes a dark yellow, green or brown colour.
- The amount of sputum you are producing increases.
- New or an increased cough.

The antibiotics you have been prescribed are: _____

_____

And they need to be taken: _____

_____

When to take my steroids

If you suffer one of the four symptoms below for more than 24 hours:

- Increased breathlessness that is more than normal for you.
- Becoming more wheezy than is normal for you.
- Your chest feels very tight.
- You cannot walk as far as normal without having to stop.

The Steroids you have been prescribed are: _____

_____

And they need to be taken: _____

_____

Remember to inform your health care professional that you have started your medication so she/he can monitor your progress and also she/he can send you out a further prescription to replace the medicines you have just used.

Your health care professional is: _____

And can be contacted on: _____

It is important to increase the amount you use your short acting bronchodilator if you have increasing breathlessness.

Your short acting bronchodilator is: _____

And you should take it: _____

You should let your GP or health care professional know if:

- There is no improvement following 3 days of taking your medication.
- If you continue to cough up coloured sputum after finishing your course of antibiotics. No antibiotic is capable of killing all known bugs so it may be that this time you will need a further course of a different antibiotic.

You should see your GP on the same day if:

- Your ankles and legs are swelling much more than is normal for you.
- You are breathing much faster than normal.
- You have a high temperature.

You need to be in hospital if:

- You are confused.
- Exceptionally drowsy.
- Blue lips, fingers or toes.
- Severe central chest pain.
- Symptoms come on rapidly.

How do I get urgent medical attention?

- **Contact 111**

OR

- **If it is life threatening then call for an ambulance**

Telephone No: 999

It is essential that when you are having an exacerbation that you do not receive too much or too little oxygen.

It is therefore vital that you show this to the doctors or ambulance teams who are looking after you.

Please note that I have COPD and I am at risk if you give me too much oxygen.

Please keep my oxygen saturations between 88% and 92%.

The safest oxygen therapy for me (pending blood gas results) is:

……% Via venturimask

or

…… Litres/ min via nasal cannulae.

Record of my Exacerbations

Date	Antibiotics Taken Y/N	Steroids Taken Y/N	Hospital Admission	Nurse/Doctor Informed

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If you have any comments about this leaflet or the service you have received you can contact :

Respiratory Specialist Nurses
Allen House
Station Road
Sowerby Bridge
Halifax
HX6 3AD

Telephone No: 01422 835193

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ میربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"