

Chronic Obstructive Pulmonary Disease (COPD) Self-management plan

Respiratory

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Name:.....

DOB:.....

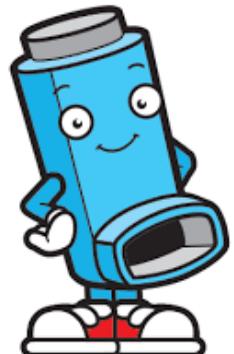
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This plan gives you information and advice on your COPD, your medication and how to use it. It is a personal guide to help you stay in control of your condition and stay as well as possible. This plan advises you on what to do when you become unwell.

COPD stands for **chronic obstructive pulmonary disease**. COPD is a condition where the airways become inflamed and the air sacs in your lungs are damaged. This causes your airways to become narrower, which makes it harder to breathe in and out.

Therefore, people with COPD have breathing difficulties and this can affect many aspects of your day-to-day life.

Unfortunately, there is no cure for COPD but there are lots of treatments available to help you manage your condition, improve your symptoms and live an active life.



Your usual medications for your lung condition:

Regular Medication

Your inhalers work in different ways, it is important you understand how they work and that you are taking them properly. This should be discussed with your nurse.

They are designed to help **REDUCE & RELIEVE** your symptoms.

When used regularly, some of these treatments can reduce the inflammation in the airways, allowing them to open up and let more air in and out.

They can reduce breathlessness and some can help to reduce the number of 'flare ups' you have.

They need to be taken regularly everyday as prescribed.

Your regular inhalers are

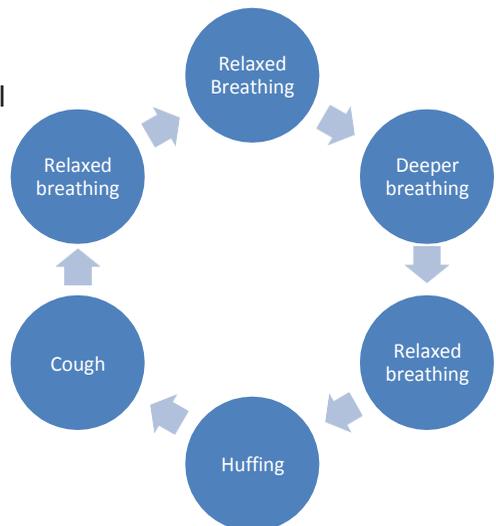
- | | |
|----------------------|-------------------|
| 1. Name | Dose |
| 2. Name | Dose |
| 3. Name | Dose |

Other Medications

- 1.....
- 2.....
- 3.....
- 4.....

Having COPD means you are more likely to suffer from chest infections. You may find it difficult to clear phlegm / mucus. If this is the case the **Active Cycle of Breathing Technique (ACBT)** can be helpful. A physiotherapist can guide you through this.

1. **Position** - Sit upright in a supportive chair, loosen tight clothing and lean forward slightly on your elbows.
2. **Relaxed breathing** - spend time relaxing your shoulders and upper chest, allow your breathing to slow down and become quieter & more gentle.
3. **Deeper breathing** - When your breathing is calm, take a slow and controlled, larger breath in through the nose. Allow the breath to sigh out gently through the mouth. Repeat 3 times.
4. **Relaxed breathing** - as above, avoid coughing. Repeat 2 & 3 until you feel the phlegm is loosened and you are ready to cough.
5. **Huffing** - Should be done before coughing, take a small breath in followed by a short fast breath out with your mouth wide open. Breathe gently then repeat up to 3 times.
6. **Cough** - To clear the throat only. If you happen to have a coughing 'fit' then it may be easier to clear your throat with your mouth closed.
7. **Relaxed breathing** - as above and repeat the whole process until you feel you have cleared all the phlegm.



When you are well you need to know:



- How much you can do each day
- What makes your breathing worse
- How much you cough each day
- How much phlegm you have and its colour
- How well you sleep
- Keep taking your regular medications
- Never run out of medications
- Exercise daily
- Eat a balanced diet and drink plenty of water
- Plan ahead to allow enough time to do things
- Stay up to date with your flu vaccination
- Have a pneumonia vaccination (1 x only)

Stopping smoking

It is never too late to quit smoking and giving up could help you to feel a lot better. By quitting, you can significantly slow down the speed at which you are losing lung function and improve your quality of life, and those around you.

Giving up smoking is the most important thing you can do to stop your condition getting worse.

What can I do during a flare up?



A flare up or 'exacerbation' should be recognised early to enable you to start treatment as soon as possible. You may not get all of these symptoms but 2 or more can indicate a flare up.

Worsening symptoms?

- More breathless or wheezy than usual
- Need to use preventer more frequently
- Coughing more or phlegm changes colour
- Reduced walking distance

What todo?

- Continue your usual preventer medication
- Use your reliever medication
- Clear sputum with the huff and cough techniques
- Drink extra fluids
- Eat small amounts regularly
- Reschedule your day to allow more time to rest

IF SYMPTOMS LAST 2 DAYS OR MORE:

Start Prednisolone 30mg once a day in all cases.

If your phlegm changes colour or the amount you cough up increases, if you can, submit a sample of this to your GP for testing to ensure you are on the appropriate antibiotic. Then start the antibiotics provided by your doctor. This is usually amoxicillin or doxycycline. **ONLY** take antibiotics if you notice these changes.

Contact your community matron the rapid response team' or GP when you start as you may need to be reviewed.

EMERGENCY SITUATION



In an emergency situation where you require immediate medical help you may experience the following:

- Very short of breath at rest
- A feeling of fear or agitation
- Drowsiness
- Chest pain
- High fever

WHAT TO DO:

Contact your GP and ask for an urgent
consultation OR

Call NHS Advice line **111**

OR

Out of hours – Furness General Patients should call
CHOC (Cumbria Health on Call) on **03000 247 247**

Out of hours – Royal Lancaster Infirmary Patients
should call BAYCALL on **111**

OR

In an emergency situation please call **999**

Other formats

If you would like to receive this information in an alternative format, then please contact : **01539 795497**

Travelling to our hospitals

For the best way to plan your journey visit our website: <http://www.uhmb.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): **01539 795497**

Useful Contact Details

NHS Direct (24 hour health advice): **111**

More information on your condition can be found at www.blf.org.uk

UHMBT Patient Advice and Liaison Service (PALS): 01539 795497

Your Information:

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.uhmb.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) **01539 795497**

References

Details of the references used in writing this leaflet are available on request from: Patient Information Officer **01524 512476**

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS: **01539 795497**



SMOKEFREE

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. Giving up smoking is the best thing you can do for your health.

Contact your local NHS stop smoking service:

NHS North Lancashire: **01524 845145**

NHS Cumbria: **01900 324222**

**A great place to
be cared for;
a great place
to work**

Approved by: PD & ILG

Date of Publication: 16/08/2017

Reference Number: UHMB-FT34/PIL063

Author: Claire Reynolds

Review Date: 01/08/2020

