

COPD SELF MANAGEMENT PLAN FOR EXACERBATION (LUNG ATTACK)

Name: _____ DOB: _____ Baseline Oxygen Saturations: _____ %
 GP Surgery: _____ Tel Contact: _____

My usual COPD medication	Dose	Frequency

WARNING SIGNS:

- Phlegm- More of it, and/or stickier or thicker than normal
Change of colour to yellow, green or brown
- Short of breath, wheezing or coughing more than normal
- Problems sleeping or loss of appetite
- Taking more blue inhaler than normal



WHAT SHOULD I DO?

- Continue to take your usual medicines
- Use your **blue inhaler** regularly, **2-6 puffs at least every 4 hours**
- If your **phlegm** has changed colour, increased or is thicker for 2 days- start your prescribed **antibiotics** and / or contact doctor if you do not have these at home.
- If you have been **more breathless** for 2 days and your blue inhaler is not helping- start your prescribed **steroid tablets** and / or contact doctor if you do not have these at home.
- If **no better within 2-3 days** of starting any of these tablets- **contact the doctor that day**
- Always complete the course of medicine unless your doctor advises otherwise, even if you are feeling better.
- If you have 2 or more flare ups a year, discuss with your doctor or COPD nurse whether you need a prescription to keep these medicines at home, this is called a rescue pack.

After completing your rescue pack: Make an appointment to see the practice nurse within 2 weeks to review your COPD and to try and prevent further flare ups. You will also get a replacement rescue pack at this appointment if appropriate.



YOU MAY BE HAVING A SEVERE ATTACK IF:

- Your symptoms are getting worse **AND/OR**
- You are very short of breath with no relief from your inhalers
- You develop chest pains
- You have a high fever
- You have new ankle swelling
- You have a feeling of agitation, panic drowsiness or confusion

As soon as your symptoms get this bad:

PHONE: THE ON-CALL GP in surgery hours on

If it is OUT OF HOURS phone - 111

If you cannot wait to see a doctor, call 999 immediately.

Useful every day tips for staying healthy with COPD

- If you smoke, quitting (or at least trying to cut down), is the biggest single thing you can do to help yourself. Contact the Smoke Free Life Somerset Stop Smoking Service Helpline on 01823 356222.
- If you are breathless when you eat, try eating little but often to maintain your normal weight.
- Drink plenty of fluids, (at least 1 litre / day if you are eating well, but increase this amount if you are not).
- Have your flu vaccine every year (around October), and your once only Pneumococcal vaccine.
- Exercise as much as you can. Getting breathless helps improve your fitness. A daily brisk walk will help to keep your muscles toned, making you less short of breath. Talk to us about pulmonary rehabilitation.
- Plan ahead, and allow yourself time to do things, rather than trying to rush everything.
- Use fans to keep you cool in hot weather, wrap up in winter – a scarf over the nose and mouth will make breathing more comfortable when going out in cold weather.
- It may be helpful to use sputum clearance and breathing techniques, please ask your Practice Nurse or refer to this useful website: <https://www.blf.org.uk/support-for-you/copd/treatment/breathing-control-techniques>
- Always inform your Doctor if you are having problems
- See your Practice Nurse, GP or Specialist regularly, or as suggested
- Attend your local Breathe Easy group

Taunton: 3rd Wednesday of every month, 2pm - 4pm

Taunton Baptist Church, Silver Street, Taunton, TA1 3DH. **Tel:** 0300 303 0253

To find your local group: <https://www.blf.org.uk/support-for-you/breathe-easy>