
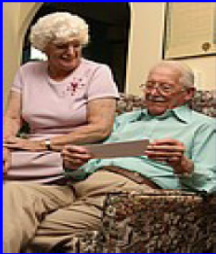


COPD shared management plan devised by Stoke-on-Trent Community Respiratory Team

| | | |
|---|--|---|
| <p><u>DANGER SIGNS !!</u></p> <p>IF YOU START TO EXPERIENCE THE FOLLOWING SYMPTOMS GET URGENT HELP BY CALLING 999</p> <ul style="list-style-type: none">! VERY SHORT OF BREATH, EVEN WHEN RESTING! UNABLE TO TALK IN SENTENCES AS YOU ARE TOO SHORT OF BREATH! NO RELIEF FROM INHALER OR NEBULISER! CHEST PAIN! FEELING FEARFUL, DROWSINESS, CONFUSION OR AGITATION. <p><u>WHAT ACTION TO TAKE</u></p> <p>CONTACT URGENT ASSISTANCE BY</p> <p>CALLING 999</p> <ul style="list-style-type: none">! TRY TO SIT UP RIGHT! A FORWARD LEANING POSITION AS SHOWN TO YOU BY YOUR PHYSIOTHERAPIST OR NURSE! USE A FAN TO HELP YOUR BREATHLESSNESS! TRY TO STAY CALM AND THINK ABOUT THE CONTROLLED BREATHING TECHNIQUE YOU HAVE BEEN SHOWN | <p>CONTACT DETAILS:</p> <p>General Practitioner:</p> <p>.....</p> <p>Useful Numbers:</p> <p></p> | <p></p> <p>COPD Self Management Plan</p> <p>Name: _____</p> <p>Issue Date: _____</p> <p></p> <p><small>Version 1— Primary Care 07/11</small></p> |
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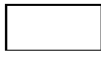
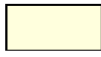
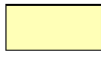
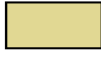

I Feel Well

To help you stay well:

- DO NOT SMOKE
- Take medications as prescribed
- Continue with my day to day activities
- Eat a healthy diet & drink plenty
- Monitor my sputum colour
- Clear the sputum from my chest regularly
- Have my 'flu jab'

Sputum colour score

Look at your sputum everyday against a white background, for example a white tissue—compare it to the colour chart

| | | |
|--|--|--|
| 1  | 2  | 3  |
| 4  | 5  | Presence of blood please advise your GP, Nurse or physio. |

My sputum is normally

| Symptoms | Feeling Well | Caution | Action |
|--------------------------|--------------------------------|--|--------------------------------------|
| Breathing | Breathing no worse than normal | Slightly worse than normal | Breathing much worse than normal |
| Cough | No worse than normal | Slightly more than normal | Much more than normal |
| Sputum (Amount & colour) | Normal Amount & Colour | Slightly increased amount or changed in colour | Definite change in colour and amount |
| Physical Activity | No change | Feeling more tired than usual | Reduced activity & or mobility |

If all your symptoms are GREEN continue with your normal treatment.

If any of your symptoms are AMBER increase your reliever medication to maximum dose. Keep a close eye on your symptoms and if they improve in 2 days, go back to your normal treatment.

If any of your symptoms are RED take your maximum reliever treatment and contact your health professional **TODAY**. Start your RESCUE MEDICATION as shown

Personal Self Management

Plan

Reliever Treatment

1).....
Maximum Dose / Times per day
2).....
Maximum Dose / Times per day

Rescue Medication

If your symptoms are in the 'Action' column, then commence your rescue medication as instructed and tell your health professional WITHIN 48 Hours

Antibiotics

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.....
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Steroids

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.....
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