

# SCO NHS LAN COPD Breathlessness, Pulse Ox, Cough and Sputum TEC – for GP and Primary Care

**FLU JAB REMINDER, ONCE ONLY @ 11:00**  
Remember to make an appointment for your flu vaccination.  
This can help prevent chest flare-ups. Keep your rescue medication pack filled if you have one.

**COUGH AND SPUTUM QUESTION, MON-FRI @ 10:56**  
Hi, Flo here. Text C1 if your spit is dirtier or thicker than usual, or if there is more of it. Text C2 if your spit is the same as usual.

**1 HOUR LATER IF NO REPLY**  
Hi, Flo again. Text C1 if your spit is dirtier or thicker than usual, or if there is more of it. Text C2 if your spit is the same as usual.

**PATIENT REPLIES "C2"**  
Hi, Flo here. Looks like your sputum is the same as usual. Drinking plenty of water and keeping active will help keep your chest clear.

**PATIENT REPLIES "C1" - ALERT TRIGGERED**  
Hi, Flo here. Looks like your sputum is worse than usual. Follow your management plan if you have one. Your health professional will call you.

**OXYGEN READING, MON-FRI @ 10:58**  
Hi, Flo here. Please text your oxygen reading. For example, Ox98.

**1 HOUR LATER IF NO REPLY**  
Hi, Flo again. We have not received your oxygen reading. Please text your oxygen reading. For example, Ox98.

**READING WITHIN DESIRABLE RANGE**  
Hi, Flo here. Looks like your oxygen reading is in your normal range. Click on the link to find out more about your condition <http://mylungsmylife.org>

**READING BELOW DESIRABLE RANGE - ALERT TRIGGERED**  
Hi, Flo here. Looks like your oxygen level is a little low. Record and send one more reading. Your health professional will call you if it remains low.

**BREATHLESSNESS READING, MON-FRI @ 11:00**  
Hi, Flo here. Text B1 if your breathing is worse than usual. Text B2 if your breathing is the same as usual.

**1 HOUR LATER IF NO REPLY**  
Hi, Flo again. Text B1 if your breathing is worse than usual. Text B2 if your breathing is the same as usual.

**PATIENT REPLIES "B2"**  
Hi, Flo here. Looks like your breathing is stable. Remember to take your inhalers as prescribed.

**PATIENT REPLIES "B1" - ALERT TRIGGERED BY READING FALLING FROM "B2" TO "B1" OVER CONSECUTIVE DAYS, OR 2 "B1" READINGS OVER 2 DAYS**  
Hi, Flo here. Looks like your oxygen level is a little low. Record and send one more reading. Your health professional will call you if it remains low.