**COPD SELF MANAGEMENT PLAN FOR EXACERBATION (LUNG ATTACK)**

Name: DOB: Baseline Oxygen Saturations: %

GP Surgery: Tel Contact:

**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.

**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

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| **My Usual COPD Medication** | **Dose** | **Frequency** |
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**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 0133 856050**

 **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 “Quit Ready, Leicestershire and Rutland” via [www.quitready.co.uk](http://www.quitready.co.uk), call 0345 646 66 66 or text ‘ready’ to 66777

* 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.

Try the Castle Donington Easy Movers **seated** exercise class. See <http://www.cdvc.org.uk/easy-movers-gentle-exercise-group/>

* 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/managing-my-copd>
* 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:
* **Loughborough Breath Easy Group :**  3rd Thursday of every month, 2pm - 4pm,

Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ

**Call:** 0300 222 5800

* **Ilkeston A+LUK Support Group: 3rd Wednesday of every month, 1.30pm - 3.30pm**

**Nottingham Road Methodist Church, Nottingham Road, Ilkeston, DE7 5BB**

**Call: 0300 222 5800**

**Email:****supportgroups@asthmaandlung.org.uk**

* **Nottingham Breathe Easy group affiliated to A+LUK:** 1st Wednesday of every month**,** 12.30pm - 2.30pm

Welbeck Hall, Welbeck Road, West Bridgford, Nottingham NG2 7QW

**Call:** 0300 222 5800

**Email:** nottsbreatheeasy@gmail.com

If you need help with transport to attend any medical appointments, please visit <http://www.cdvc.org.uk/communitytransport/activity> or ring the Castle Donington Volunteer Centre on 01332 850526