

How can I help myself?

Know how to use your inhalers

Inhaler technique videos can be seen, along with lots of other information at the following British Lung Foundation link (<https://www.blf.org.uk/support-for-you/copd/health-care-professionals>)

Stop smoking

The most important thing you can do is stop smoking. People who stop smoking get fewer flare ups and are able to do more for longer.

Have a flu jab and a pneumonia jab

To help reduce flare ups in the winter it is important to have a flu jab every October/November. You should also have a one off pneumonia jab. You can get both at your GP practice.

Keep warm indoors and out

In the winter your living room should be 21°C and your bedroom 18°C.

Sleep with your windows closed and wrap up warmly indoors or out. Wear warm clothes to bed, several layers of thin clothing will trap the heat.

Keep cool in summer

In the summer stay out of the heat and keep cool. Drink plenty of fluids and exercise in the coolest part of the day.

Keep active

Although you may feel breathless when doing things it is very important to keep as active as possible. Ask your doctor or nurse about the importance of keeping active and pulmonary rehabilitation, which can really make a difference to you.

To obtain the free BLF Stay Active; Stay Well' DVD go to <http://shop.blf.org.uk/collections/self-management/products/exercise-dvd>.

More useful information

The British Lung Foundation provides lots of useful information. www.blf.org.uk/support-for-you/copd

How can I help myself?

Set yourself some clear achievable goals. You could do this together with your health care professional. This is a format to help you:

My goal is

My plan to achieve this is

My timescale is

The challenges are

How can I overcome them

The people who can help me are

Useful telephone numbers:

British Lung Foundation - 03000 030 555

A helpline for people who are at risk from respiratory illness and number for local support groups.

Non Emergency NHS Care - 111

24 hour health advice and information.

Winter Fuel Payments Help Line - 0845 915 1515

For information on winter fuel payments.

Pension Service - 0800 99 1234

Free benefits advice check to be sure you are receiving everything you are entitled to.

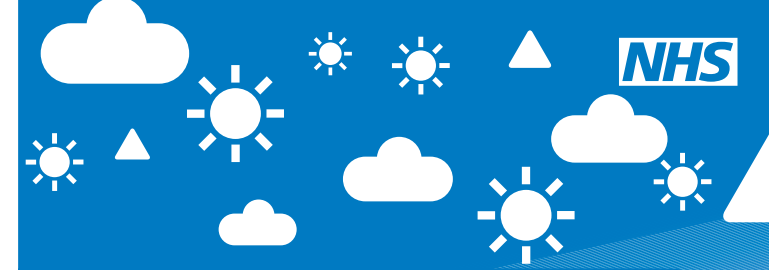
Age UK - 0800 169 65 65

For local numbers. Free welfare rights service for older people, their relatives, carers and friends.

Stop Smoking Information

Smokefree: 0800 612 0011
or mobile 0330 660 1166

Mon to Fri 9am to 8pm, Sat and Sun 11am to 5pm
<http://smokefree.nhs.uk>



COPD

Self management plan



COPD (Chronic Obstructive Pulmonary Disease) is a lung disease which causes the tubes that take air into your lungs to become narrow. People with COPD often become breathless when they are walking and may have times when they have 'flare ups' of their symptoms. Doctors and nurses call these flare ups 'exacerbations'.

Your doctor or nurse has given you this plan to help you to keep well and to help you know when your breathing is getting worse so that you can do something to stop the flare up being too bad.

Name: _____

Date plan issued: _____

Completed by: _____

Contact phone number: _____

When you are well:

Make sure you know

- How far you can walk before you are out of breath.
- How much sputum you produce daily.
- What colour your sputum is.
- How your breathing is at rest and when you are doing something.
- What makes your breathing worse- avoid triggers like cigarette smoke, BUT, don't avoid activity when you are well as getting a bit breathless will help make you fitter!
- How well you sleep, including the number of pillows.
- How to use your inhalers, and what they are for.
- What to do if your symptoms get worse.

Lifestyle tips

- Stop smoking and avoid smoky areas.
- Keep active every day and ask your nurse or doctor about pulmonary rehabilitation.
- Ask your nurse or doctor for information about healthy eating.
- Drink plenty of fluids.
- Plan ahead and allow time to do things.
- Be sure to wrap up if it is cold outside.

Your reliever is:

Other inhalers:

Signs of becoming unwell:

- Increased breathlessness – not able to do as much as usual OR taking much longer to recover.
- Change in sputum colour from normal for you, to yellow, green or brown.
- Increase in the amount of sputum.

If you have two or more of the above signs of becoming unwell or have blood in your sputum:

- Continue your usual medication including your inhalers.
- Increase your reliever to:

Contact.....today to discuss any more treatment you may need

Other advice

- Allow more time for rest in the day.
- Drink extra fluids.
- Eat small amounts regularly.

Additional Information specifically for you For example if you have been given additional medication to keep at home:

Severe symptoms

The following symptoms need urgent medical attention:

- Too breathless to speak in sentences.
- Feel drowsy
- Not able to eat or drink.
- You have a high fever.
- Coughing up blood.
- Your symptoms get worse after starting your rescue medication **OR** you are no better after two days of taking your rescue medication.

Contact your GP for an urgent review on:

This includes out of hours as they will redirect you.

If you are short of breath at rest, feeling agitated, afraid or drowsy you need to sit down and try to stay calm. Panicking will make your breathing worse.

Call 999 if you experience any of the following:

- Confusion
- Severe central chest pain
- Feel exceptionally drowsy
- Symptoms come on rapidly
- Blue lips, fingers or toes

Take puffs of

Use a large volume spacer if you have one while you are waiting for an ambulance.

Produced by the Cross Cluster Respiratory Group.

To obtain more copies please speak to the Communications Team at NHS Wakefield CCG or visit Skyline to download