

FOR FURTHER INFORMATION
AND SUPPORT CALL:

THE RESPIRATORY SUPPORT TEAM

0121 371 4805

BRITISH LUNG FOUNDATION

73-75 Goswell Road
London EC1V 7ER

Helpline: 08458 50 50 20
Email: enquiries@blf-uk.org
Website: www.lunguk.org

BREATH EASY

Telephone: 0116 249 5780
Email: midlands@blf-uk.org

NHS DIRECT: 0845 4647

AGE UK: 0800 169 6565

WEATHER CALL: 0871 200 3985

CROSSROADS (carers for carers): 0121 622 0571

OTHER: (free text)

COPD

GENERIC SELF MANAGEMENT PLAN



Patient name:

NHS number:

Hospital number:

GP:

Respiratory consultant:

Case manager:

This leaflet was given to you by:

Date given:

PI14/1254/03
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GREEN LIGHT "I feel fine"

- I can walk _____metres/yards on the flat before stopping
- I can walk _____minutes on a gentle incline before stopping
- I cough about _____teaspoons/tablespoons/egg cups of phlegm a day
- If I usually have phlegm - it is the following colour: _____
- I sleep _____hours and wake up _____times with my breathing
- Things that make my breathing worse are: _____

GREEN PLAN

- Allow enough time to do things
- Exercise appropriately, pacing myself
- Don't smoke
- Eat a balanced diet and drink plenty of fluids
- Avoid things that make me worse
- Take all my medicines and inhalers – don't let them run out!
- Have my 'flu jab' yearly and the pneumonia as a one-off

AMBER LIGHT "I feel worse than usual"

1. I feel more breathless sitting still
2. I feel more breathless doing routine things
3. I'm waking up more often short of breath
4. My inhalers and/or nebulisers don't work as well as usual
5. I'm coughing up more phlegm
6. The phlegm has changed colour to more yellow, yellow-green or green

IF YOU say YES to 2 or more from the above FOR MORE THAN 1 FULL DAY, THEN FOLLOW THE AMBER PLAN

AMBER PLAN

- Increase your medicines _____ Inhaler/nebuliser to _____
- If you agree with 1, 2 or 3 despite increasing your inhalers/ nebulisers, then you may need some steroid tablets
- If you agree with 6 then you may need some antibiotics

ARRANGE TO CONTACT YOUR PRACTICE NURSE, GP OR CASE MANAGER WITHIN 24 HOURS

- If using home oxygen, use as prescribed
- Eat small amounts often, drink plenty of fluids

RED LIGHT Danger signs

- Very short of breath even when sitting still
- Unable to talk because of shortness of breath
- Chest pain
- Unusual confusion or excessive drowsiness or agitation
- Worsening leg swelling
- High temperature

RED ACTION

**DISCUSS WITH A
GP URGENTLY
OR CALL 999**

Please bring all of your medication with you to hospital