

COPD Management Plan Level 1 – Basic Plan

Name:.....

Date of birth:.....

COPD

COPD stands for chronic obstructive pulmonary disease. COPD affects your breathing because of the long term damage caused to the lungs usually this has been caused by inhaling irritants such as tobacco smoke but can occasionally be caused by inhaling fumes or dust. It can sometimes be hereditary and run in families.

SMOKING CESSATION

Giving up smoking is the most effective way to help your health. By stopping smoking you will slow down or even stop the progression of your COPD. You can be referred for smoking cessation by your GP or practice nurse.

BRITISH LUNG FOUNDATION

This organisation will provide further education to help both you and your family. Contact them on: 0300030555. Website: www.blf.org.uk.

| BREATHING MEDICINES | | | |
|---------------------|-----------------|--------|------|
| Date | Name of Inhaler | Colour | Dose |
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SIGNS OF WORSENING COPD

- Increased breathlessness which interferes with daily activities
- New or increased chest tightness
- Change in sputum (phlegm) quantity and/or colour
- Cough – new or increased

WHAT TO DO IF YOU GET WORSE

- Take your inhalers as prescribed
- Ensure regular chest clearance if secretions problematic
- Increase your Salbutamol/Terbutaline inhaler (blue) to.....
- Contact your GP, Practice Nurse or Respiratory Nurse
- If you become very sleepy, agitated or confused ring 999

OTHER INFORMATION /ADVICE GIVEN

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