

Your Usual Symptoms day to day when stable (not during a chest infection) please tick or answer.

Cough

- You normally cough most days of the week
- You normally cough one or two days of the week
- You normally cough a few days per month
- You normally cough only with chest infections

Sputum

- You normally cough up sputum most days of the week
- You normally cough up sputum one or two days of the week
- You normally cough up sputum a few days per month
- You normally cough up sputum only with chest infections

What colour is your sputum?

- clear white light yellow or green dark yellow or green

How much do you cough day to day?

- 1 teaspoon 1 tablespoonful half a sputum pot
 1 sputum pot

Is your sputum?

- watery sticky

Breathlessness

- You normally get breathless walking around the home
- You normally get breathless walking outside on the level
- You normally get breathless walking up a flight of stairs
- You normally get breathless playing sports
- You only get breathless with chest infections
- You never get breathless

Other usual symptoms e.g. wheezing, tiredness, fatigue:

Signs (you may have some or all of these)

- Feeling generally unwell
- Coughing up more sputum or sputum more sticky
- Worsening colour to your sputum (clear to light or dark yellow or green Or light to dark yellow or green)
- Worsening breathlessness

Action

- Clear your chest more often (at least twice daily).
- Take your medication and inhalers.
- Drink plenty of fluids.
- Collect sputum sample and hand to GP as soon as possible (if cannot get to surgery that day, keep the sample in fridge overnight).
- Some colds get better without needing antibiotics. If there is no change in the amount or colour of your sputum do not start your antibiotics.

Recommended chest treatment day to day

- 1.
- 2.
- 3.
- 4.
- 5.

Recommended treatment for chest infections

- 1.
- 2.
- 3.
- 4.
- 5.

Your Individual Goal(s)

Day to day

- Clear your chest as advised by your physiotherapist.
- Take your medication and inhalers, if on them, as prescribed.
- Never allow medicines to run out.
- Keep a rescue antibiotic course at home.
- Drink plenty of fluids, eat a healthy diet and take regular exercise.
- Don't smoke. Ask for help from your practice nurse if needed.
- Get your annual flu vaccination.
- Avoid visiting anyone who is unwell with a cold, flu or chest infection.
- Keep a supply of sputum pots in the house.
- Know how much sputum you have and its colour.

Contact Numbers

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Bronchiectasis Specialist Nurse, Andrew Booth. Reviewed by Respiratory Medicine. V2 August 2013 DRAFT.

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Bronchiectasis Self Management Plan

Name

Date of Birth

Hospital Number

Date

Routine GP

- When? If you feel your bronchiectasis is worse but no change in the amount or stickiness or colour of your sputum and no improvement within 48 hours, make appointment to see your GP
- **Action, Take sputum sample to your GP, do not start antibiotics until you have seen your GP**

Urgent GP

- When? All chest infections where you feel unwell with coughing up more sputum and worsening colour to your sputum or worsening breathlessness OR
- If coughing up blood OR
- If chest pain breathing in
- **Action. Collect sputum sample and then start the antibiotics recommended immediately without waiting for the sputum result**

Emergency GP or 999

- When? You are confused or drowsy OR
- Coughing up large amounts of blood OR
- Severe breathlessness or breathless whilst talking
- **Action. Call the emergency GP first**
- **Collect sputum sample if feasible and then start the antibiotics recommended immediately without waiting for the sputum result**