

COPD Management Plan Level 2 – Intermediate 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.

DRUG TREATMENT

There are many different types of treatments available to help you. The medications you are prescribed depends on how severe your COPD is and how much your COPD is affecting your daily life. You may need to try a medication for some weeks before you see an improvement.

BREATHING MEDICINES			
Date	Name of inhaler	Colour	Dose

PHYSICAL ACTIVITY

You should always try to keep as active as possible. Try not to avoid activities that normally make you breathless. You should try to do some exercise 4 to 5 times per week.

Breathlessness is a NORMAL response to exercise and you should only stop if it becomes uncomfortable.

Pulmonary rehabilitation may be available for some people. Please discuss with your practice nurse, GP or COPD nurse.

DIET

Eating well can make a big difference to how you feel. Being overweight makes your lungs work harder and this may make you more breathless. Try to do more activity and check your portion size. Being too thin is also not advised, so try to have a diet high in calories, protein and fat.

VACCINATIONS

It is advisable that people with COPD have their flu vaccination every year. You will also be offered a vaccine to protect you against pneumonia.

WEATHER

Very hot, cold or foggy weather may affect your breathing. Make sure you wrap up warm in the cold weather. Avoid going out in the hottest part of the day, wear loose fitting clothes and drink plenty of water.

GETTING OUT AND ABOUT

Although you may need to plan ahead when doing social activities there is no need for your COPD to stop you enjoying outings or holidays.

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.

MY NORMAL SYMPTOMS ARE:

- Sputum: colour.....
amount.....
- Exercise tolerance.....yards
- Cough/wheeze:
- Specific symptoms:

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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