

Emergency Care Plans for Long Term Conditions: COPD Inhaled Therapy

Patient Details

Name:
(forename/surname)

NHS no:

DOB:

GP:
(registered GP address)

Hospital No:

Next of Kin:

Next of kin tel no:

Name of Community Practitioner

Tel:

Mobile:

Action Plan: signs of deterioration

Signs & Symptoms to look out for: any two or more of these may indicate an infection

- More short of breath than usual, reduced ability to walk or be generally active
- Your reliever inhaler is not as effective, or having to use it more often
- Change in colour of phlegm, darker than normal- dark yellow, green or brown
- Increased cough
- More or less phlegm than normal
- New or worse cough that doesn't bring anything up
- Runny nose, sore throat, watery eyes or fever
- New or worse wheeze and/or chest tightness

What to do for above symptoms: Take usual medication and inhalers as prescribed

- Rest/pace activity/controlled breathing
- Check inhaler technique, use reliever inhaler with spacer
- Increase reliever to 2 puffs four times daily
- Take 2 puffs of reliever prior to activity
- Increase fluid intake and take paracetamol for fever/aches and pains
- If increased cough and breathlessness does not respond to increasing reliever, start prescribed "rescue" course of oral steroids
- If increased cough with change of colour of phlegm start prescribed "rescue course of antibiotics
- Inform your Community Practitioner or GP that you are unwell and have started your "rescue medication"

Indications for urgent medical attention

If symptoms continue to worsen after starting treatment
 Unable to speak in sentences
 Drowsy/confused or unable to eat or drink
 Swollen ankles/legs
 Chest pain, coughing up blood

Information for emergency services

Allergies

Ensure any Oxygen therapy titrated to keep saturations between 88-92%

Respiratory Medications

Reliever: Spacer:
 Combination Inhaler:
 Long Acting Reliever:
 Mucolytic:
 Rescue Antibiotic:
 Rescue Oral Steroid:
 If giving nebulised therapy use compressor or limit high flow O2 to 6 mins

Past medical history

Normal baseline observations

Target Oxygen saturation: 88-92%

Blood pressure:	Heart Rate:	Respiratory Rate:
Oxygen saturations:	MRC (dyspnoea scale):	Temperature:

Professional network

Name	Address	Phone no	Relationship to patient

Name:

Signature:

Designation:

Date: