

How do I keep well?

Stop smoking

The most important thing you can do is stop smoking. People who stop smoking get fewer exacerbations and are able to do more for longer.

Keep active

Try to do at least 30 minutes of exercise every day. Pulmonary rehabilitation is a programme of exercise and education for people with a long-term lung condition. Ask your healthcare provider about it.

Medication

Ensure you take your medication as prescribed and renew your prescription so you don't run out. Speak to your pharmacist or nurse about what your medicines are for and how to use your inhalers correctly.

Have a flu jab and a pneumonia jab

It is important to have a flu jab every October/November. You should also have a one off pneumonia vaccination. You can get both at your GP practice. Try to avoid close contact with people with colds and flu.

Keep warm in winter

In the winter your living room should be 21°C and your bedroom should be 18°C.

Keep cool in summer

In the summer stay out of the heat and keep cool. Drink plenty of fluids and exercise in the coolest part of the day.

More useful information

It can be useful to keep a record of how many times you require antibiotics and steroids.

Useful telephone numbers

British Lung Foundation

03000 030 555

A UK charity to support you via helpline and support groups.

Non-Emergency NHS Care - 111

24 hour health advice and information.

Winter Fuel Payments Helpline

0845 915 1515

For information on winter fuel payments.

Age UK - 0800 169 65 65

Free welfare rights service for older people, their relatives, carers and friends.

Stop Smoking information:

One You Leeds - 0800 169 4219

oneyouleeds.co.uk

Smokefree - smokefree.nhs.uk

Adult Social Care - 0113 222 4401

Welfare Rights - 0113 376 0452

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

www.leedscommunityhealthcare.nhs.uk

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Leeds Integrated
COPD Service



COPD Self-Management Plan

This COPD self-management plan is yours. We hope that you will use it to gain better control of your Chronic Obstructive Pulmonary Disease (COPD).



It will help you monitor your symptoms and will also tell you what to do if you are having an exacerbation (worsening of your symptoms). This may require a change in your treatment.

It is important that you recognise this early.

Name:

Date plan issued:

Completed by:

Contact phone number:

Leeds Integrated COPD Service is a partnership between:
Leeds Community Healthcare NHS Trust and
The Leeds Teaching Hospitals NHS Trust

When I feel WELL

My usual symptoms are:

I cough up sputum daily:

☐ Yes ☐ No

The colour is usually:

☐ White ☐ Yellow ☐ Grey ☐ Green

My oxygen levels should be:

On room air %

On oxygen at L/min

..... % Venturi Mask

Target SpO₂

My usual COPD medication is:

Medications/ inhalers	Inhaler colour	Dose and frequency
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When I feel ILL

Commence step 1 if:

- I am more breathless than usual
- I am coughing and wheezing more than usual
- I have no fever
- There is no change in my sputum colour or volume

Step 1 - I will increase my reliever inhaler

Reliever medication

Dosage and frequency

Commence step 2 if:

- I am feeling worse
- I am feeling more breathless despite using my reliever medication

Step 2 - I will start my steroids

Prednisolone dose

Duration

Commence step 3 if:

- I am feeling worse despite using my reliever medication and steroids **OR**

Commence steps 2 and 3 if:

- My sputum has increased in volume
- My sputum has changed colour

Step 3 - I will start my antibiotics

Antibiotic

Dose/frequency/duration

Inform your GP or nurse specialist if you commence steps 2 or 3

When I feel VERY ILL

If I have:

- Severe breathlessness, which is getting worse **OR**
- I have followed the amber zone and if I am not improving then:

CALL THE EMERGENCY SERVICES: 999

- Sit up and loosen tight clothing
- Try to keep calm
- Use a fan
- Relax my shoulders, arms and hands
- Try to feel more relaxed and calm each time I breathe out
- Take this plan with me to hospital

Information for emergency services personnel

I am at risk of type 2 respiratory failure with a raised CO₂ level.

Please use Venturi mask to achieve an oxygen saturation of

..... % to %
during exacerbations.

Use compressed air drive to drive nebulisers.

If compressed air is not available, limit oxygen driven nebulisers to 6 minutes at 4-6L/min.