

<b>Personal information:</b>
<b>First Name:</b>
<b>Surname:</b>
<b>Date of Birth:</b>
<b>Age:</b>
<b>Hospital No:</b>
<b>Address:</b>
<b>Address 2:</b>
<b>Address 3:</b>
<b>Next of Kin Details:</b>
<b>Name:</b>
Telephone Number:
<b>Your Doctors Details:</b>
<b>GP Name:</b>
<b>GP Practice:</b>
<b>Telephone No:</b>
<b>Last spirometry Report:</b>
Fev/FVC ratio:
FVC (L/M):
FVC % Predicted:
FEV1 (L/M):
FEV1 % Predicted:
Date undertaken:

<b>YOUR COPD MEDICATION</b>
1.
2.
3.
4:
5:
6:
<b>OTHER CONDITIONS</b>
Anaemia
Cancer
Heart Disease
Osteoporosis
Anxiety / Panic/ Depression
High / Low blood Pressure
<b>ADVANCED CARE</b>
<b>Oxygen Therapy:</b> Yes    X    No <input type="checkbox"/>
If Yes: Prescription:
LTOT:
Amb:
Nebuliser Therapy:



# COPD Patient Action Plan



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This is what I need to do to manage my COPD



**WHEN YOU ARE FEELING WELL**

- You know how much you can do each day
- You know how your breathing is whilst at rest
- You know how your breathing is when active
- You know what makes your breathing worse
- You know what your appetite is like
- You know how well you sleep
- You know How much sputum you usually have, and its usual colour

**ACTIONS - YOU MUST ENSURE THAT YOU**

- Avoid things that make you worse (Heat, Fumes, dust)
- Try to keep yourself as active as possible by doing some exercise every day.
- Plan ahead, leave time to do the thing you need to do
- Try to eat a well balanced diet
- Ensure you take your medication as prescribed
- Ensure you have enough medication and don't run out
- Ensure you drink enough fluids
- Ensure you have your Flu Vaccine annually and have had a pneumonia vaccine
- Avoid family/friends who have colds or chest symptoms
- Undertake taught breathing exercises daily

My COPD is getting worse if



**WHEN YOUR COPD SYMPTOMS INCREASE**

- You feel more Breathless and wheezy than usual
- You need to use your reliever inhalers more regularly
- You feel warm, clammy and feverish
- You have a change in the amount and colour of sputum
- You are starting to cough, or have increased coughing
- You are not feeling hungry / Loss of appetite
- You are tired, lethargic and no energy

**ACTIONS - YOU MUST ENSURE THAT YOU**

- Increase your inhalers as required and instructed or start your nebuliser if you have one for 48hrs :
- If you remain more Short of breath or more wheezy:-
  - Start to take your Steroids as instructed
- If your sputum is increased and is thick sticky and changed colour:-
  - Start to take your Antibiotics as instructed
- Allow more time to rest in your day
- Use your relaxation and breathing control exercises
- Clear your sputum with previously taught techniques
- Try and eat small amounts of food regularly
- Ensure that you drink plenty of fluids

I am very unwell if:



**WHEN YOUR SYMPTOMS FEEL A LOT WORSE**

- You are feeling very short of breath at rest
- You have new symptoms
- You are feeling agitated or Fearful
- Your inhalers or nebuliser are not relieving your breathlessness
- You feel drowsy or confused

**ACTIONS- YOU MUST ENSURE THAT YOU**

**CONTACT YOUR HEALTH PROFESSIONAL FOR ADVICE**

**IF VERY UNWELL RING AMBULANCE:**

Whilst waiting for the ambulance:-

- Use your reliever inhaler 2 puffs every 2 minutes
- Use your nebuliser if available

**Health Professionals for advice:**

GP:

LTCT:

Specialist Nurse Team:

I have access to my records:

Website:

Pin/Password