

COPD SELF MANAGEMENT PLAN FOR EXACERBATION



(LUNG ATTACK/FLARE UP)

Name:

DOB:

Baseline Oxygen Sats:

Date Completed:

WARNING SIGNS:

- Phlegm: more of it and thicker/stickier than usual, change of colour to yellow, green or brown.
- Short of breath, wheezing, or coughing more than usual.
- Problems sleeping or a loss of appetite
- Taking more Blue (reliever) inhaler than usual.

GP surgery:

Contact No:

My usual COPD medication	Dose	Frequency

WHAT SHOULD I DO?

- Continue your usual medicines
- Use your **BLUE** inhaler regularly, **1-2 puffs every hour for 3-4 hours**, then **1-2 puffs every 2-4 hours**
- If your **phlegm** has changed colour, increased or is thicker for 2 days – start your prescribed antibiotics and /or contact your surgery if you do not have any available at home
- If you have been **more breathless** for 2 days and your BLUE inhaler is not helping – start your prescribed **steroid tablets** and/or contact your doctor if you do not have any available at home
- **If no better or feeling worse within 2- 3 days** of starting these tablets **contact the surgery that day**
- **Always complete the course of medicine unless your GP advises otherwise, even if you are feeling better.**
- If you have 2 or more flare ups a year, discuss this with your practice nurse/GP as to whether you need a rescue pack on standby in your home – this is called a **RESCUE PACK**
- **After completing your rescue pack:** make an appointment with the practice nurse within 2 weeks to review your COPD and try to prevent further flare ups. If appropriate a replacement rescue pack will be prescribed.
- **For advice, treatment of monitoring please contact Respiratory Support Team on 07740 041 040** (08.30 – 3pm weekdays and 09.00-12 noon weekends)

YOU MAY BE HAVING A SEVERE ATTACK IF:

- Your symptoms are getting worse **AND/OR**
- You are very short of breath and feel no relief from your inhalers
- You develop chest pains
- You have a high fever
- You have new ankle swelling
- You have a feeling of agitation, panic, drowsiness or confusion

AS SOON AS THIS HAPPENS SEEK REVIEW WITH YOUR GP OR OUT OF HOURS ON 111, IF THIS IS NOT POSSIBLE, CALL 999