Flare-ups: your pull-out action plan

Part 1

Discuss and agree your action plan with your health care professional
Name:
Date of birth:
GP:
GP phone number:
Other doctor/nurse:
Next of kin:
Relationship to you:
Telephone:



My symptoms	l will
My symptoms are normal for me	I will continue to take my usual medication as prescribed.
I am more breathless than normal but I have no fever, and there is no change in the colour and volume of my sputum.	I will use my reliever medication. This is:
l am much more breathless despite taking my reliever medication.	I will continue to use my medication as prescribed and also use my rescue pack. Steroid: I will tell my GP or health care professional within two days of starting this treatment, and arrange a review.
I am more breathless than normal and coughing up more sputum, or my sputum has changed colour.	I will continue to use my medication as prescribed and also use my rescue pack. Steroid: Antibiotic:
I am much more breathless despite taking my reliever medication.	I will tell my GP or health care professional within two days of starting this treatment, and arrange a review.
My breathing is much worse than normal despite treatment. I have chest pain or high fever.	I will call my GP the same day, as soon as my symptoms become this bad. If I can't call myself, I will ask someone to call for me.
	If I can't wait to see my doctor, I will call 999 straight away. If I'm too breathless, I'll ask someone to call for me.

Do I feel worse than usual? Symptoms may include:

Increased

chesty

cough

exercises



or nebuliser treatment Contact my

nurse or doctor or the community respiratory team



If you use your rescue pack drugs, tell your doctor or nurse as soon as you can so that you can replace them.



for managing a flare-up

- Eat healthy foods little and often, rather than having big meals.
- Use controlled breathing techniques (see page 28).
- If you produce more sputum than usual, try using chest clearing techniques to get rid of it (see page 31).
- Try some techniques to help you to relax and relieve anxiety.
- Drink plenty of fluid little and often is best.
- Change your plans to give yourself more time and pace yourself - plan in times to have a rest!

Remember:

- If you cough up blood during a flare-up or when you feel well – contact your GP as soon as you can.
- Let your health care professional know when you begin taking medication for a flare-up, so that you can get more rescue medication.
- If you have more than two flare-ups a year that require your rescue drugs, get a review with your GP or nurse.

Part 2

Use this section to record the details of a flare-up. This can be useful to look back on with your health care professional, to assess how effective your action plan is and whether you need to make any changes.

I noticed my symptoms changed on:
(Day and date if known)
I started my rescue pack medication on:
(Day and date if known)
Antibiotics I took:
(Dose, how often)
Steroids I took:
(Dose, how often)
Extra reliever inhaler I took:
(Dose, how often, when I started taking it)
I called my GP or health care professional on:
Advice I was given:

began flare-up Date started Date rescue pack my GP or nurse Date I saw to go to hospital? Did I need How long the flare-up lasted Extra notes

Flare-up tracker