

## Healthy Living Tips

### Still Smoking?

Stopping smoking is the single best thing you could do for your health, and the only treatment that can stop your breathing getting worse. Call the NHS Smoking Hotline **0800 1690169** or contact your GP / local pharmacist for more information.

### Medication?

It is important to take medicines as prescribed every day, even when you feel well. Medicines help to protect your lungs and control your COPD. Make sure your **inhaler technique** is reviewed regularly. It is important to see your GP regularly to review your breathing and medication.

### Keep Active

If possible try and get up and move around to do some exercise. How about going for a walk? Have you ever been referred for **Pulmonary Rehabilitation**? This is very important in teaching you how to be less breathless, increases your physical functioning and improves quality of life. Ask your GP, nurse or specialist for more information.

### Vaccines

Is it time for your **flu vaccine** yet? Have you had your pneumonia vaccine?

### Eat well / Keep hydrated

Have you had your 5 portions of fruit and vegetables today? Eating little and often may be better for you if you get breathless eating. Make sure you have plenty to drink - water is best – 2 litres (4 pints) a day especially in hot weather.

### Have you lost interest or pleasure in doing things? Do you have panic attacks?

Depression and anxiety are common. Help is available so ask your GP or specialist for more advice.

### Avoid infections/smoky + polluted environments

Try and stay away from people with coughs and colds, and smoky or polluted places

### Do not get too hot

Keep cool during the summer months. Look for shade when you are out and feel uncomfortable. You may find it useful to carry a small fan.

### Further useful information

The British Lung Foundation have lots of detailed patient information which you can access via their website: [www.blf.org.uk](http://www.blf.org.uk). They also offer individual support via a helpline, and information on local support groups.



Hillingdon Clinical Commissioning Group

## COPD

# Self Management Plan

Name:

DOB:

Address:

For Further Advice, please contact

GP:

Specialist Nurse:

Community Matron:

Current Medications:

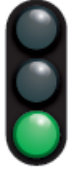
Your RESCUE PACK contains:

**Antibiotics: Doxycycline 100mgs once daily**

**Steroids: Prednisolone 30mg once daily**

**Last spirometry result:**

# Your Action Plan



## Usual COPD symptoms when WELL

Make a record of the following when you are well:

1. Your normal sputum colour?
2. How much sputum do you produce?
3. How breathless you feel at rest?



Nothing at all

Maximal



## Your COPD may be GETTING WORSE if you have any of the following symptoms...

- More breathless than usual
- Change in sputum
- A new or increased cough
- New or increased ankle swelling
- Less able to do usual activities

Increase reliever medication  
Balance activity with plenty of rest  
Eat little and often  
Drink plenty of fluids



## What to do if you have an EXACERBATION?

You are having an exacerbation if you have 2 of the following:

- Much more breathless than usual
- Increase in the amount of sputum
- A change in the colour of your sputum
- More cough than usual

## START YOUR RESCUE PACK

Contact your GP or Community / Respiratory Nurse to inform them that you have started treatment and may need a review.



## EMERGENCY symptoms of COPD

- Extreme shortness of breath without relief from inhalers
- Chest pain
- High fever
- Feeling of agitation, drowsiness, panic or confusion

## CALL EMERGENCY SERVICES 999