

# 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	I will...
My symptoms are normal for me	<b>I will</b> 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.	<b>I will</b> use my reliever medication. This is: _____ _____
I am much more breathless despite taking my reliever medication.	<b>I will</b> continue to use my medication as prescribed and also use my rescue pack. <b>Steroid:</b> _____ <b>I will</b> 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.	<b>I will</b> continue to use my medication as prescribed and also use my rescue pack. <b>Steroid:</b> _____ <b>Antibiotic:</b> _____
I am much more breathless despite taking my reliever medication.	<b>I will</b> 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.	<b>I will</b> 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.  <b>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.</b>

# Do I feel worse than usual?

Symptoms may include:

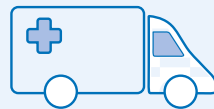


## I must remember...

Contact my nurse or doctor or the community respiratory team



**If symptoms are severe, call 999**



**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.

