

COPD Management Plan

This is your plan to help you manage your COPD, as agreed with your Doctor / Nurse

Name :

Date :

What is COPD ?

Chronic Obstructive Pulmonary Disease (COPD for short) is a lung condition causing narrowing of the breathing tubes, which lead to the lungs. Most people with COPD have damage caused by smoking, whilst others may have suffered some permanent damage due to longstanding or severe asthma or work related lung damage.

If you smoke giving up is the most important thing you can do to help yourself - it will stop further lung damage

How Can I Help Myself ?

Stop Smoking (If you still smoke)

This is the most important thing you can do to stop your COPD getting worse - it is never too late to stop smoking. There has never been a better time to stop, as there is a lot of help available. See back page for further details.

Exercise

- Keep as active as possible by a daily walk or climbing the stairs. This can improve your general fitness, don't worry if this causes slight breathlessness, it is not dangerous
- Ask you doctor or nurse about exercise you can do whilst sitting if you cannot move around
- Speak to your nurse or doctor about pulmonary rehabilitation, which is an exercise and education programme run over a six-week period. It can really make a difference to you, even if your COPD is severe.

Diet

- Eat a well balanced diet with plenty of fresh fruit, vegetables and oily fish. If you are overweight you will be more breathless. Losing weight may help you feel better.
- If you are underweight or losing weight and are worried speak to your doctor or nurse.

Vaccinations

As you have COPD you are more likely to get chest infections.

- You should have your flu jab every year. This is available from your practice nurse every October / November.
- You should also have a pneumonia jab, which is given just once for most people.

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Reliever Inhalers - These inhalers are to relieve your breathlessness and may help you be more active. They may also help if you have a wheeze, chest tightness and cough.

Your Reliever is :

YOUR RELIEVER	COLOUR	DEVICE	DOSE	HOW OFTEN

(or nebuliser if applicable)

Preventer Inhalers - Some People with COPD get lots of chest infections. Preventer inhalers may help. Always rinse your mouth after using your preventer inhaler.

Your preventer Inhaler is :

YOUR PREVENTER	COLOUR	DEVICE	DOSE	HOW OFTEN

Other Treatment

Some people do need more treatment for their COPD

Drug
●
●
●
Oxygen therapy (if applicable)

Keep your reliever inhalers with you at all times - Do not let any of your inhalers run out

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Relaxed Breathing Control

Sometimes you may feel more breathless. This may cause you to feel anxious. Practicing the following breathing exercise will help you to breathe more easily.

- Sit in a comfortable and relaxed position
- Let your shoulders drop and relax the upper chest
- Place your hands on your tummy
- As you breathe in, let your tummy gently rise under your hand
- You will have a feeling of breathing around your waist or 'tummy breathing'
- Breathe out gently, letting the air come out naturally. Do not force the air out
- Try making your breath out longer than your breath in
- Concentrate on the action of breathing
- Breathe at your own rate and depth
- Allow the muscles to relax more and more with each breath
- Do not worry about breathing through your mouth or nose, what feels easiest
- Repeat this technique several times a day

This will help you breath more easily.

Signs of becoming unwell

People with COPD often feel worse during chest infections. Starting treatment early when you start to feel unwell will help.

- Coughing up more phlegm than usual, with a change in its colour from clear or white to yellow or green. If you ever cough blood up it is important to contact your GP.
- Feeling more breathless than usual or your reliever is not helping.
- Raised temperature, feeling feverish or generally unwell.

Treatment Plan :

If you experience 2 or more of the above take the following action :

- Antibiotic

- Steroid tablets

- Increase you reliever inhaler to :

If you have needed these treatments more than two times in a year then see your doctor or nurse for a check up.

Remember - Once you have used your treatment, ask your doctor or nurse for another supply to keep at home.

Contact your GP or nurse to let them know that you are unwell.

An increase in ankle swelling or new ankle swelling should be reported to your doctor.

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What to do in a severe attack of breathlessness

- Sit down
- Try to relax and keep calm although this is not easy, as panicking will make your breathlessness worse. Do your relaxed breathing exercises, if possible.
- Take puffs of your reliever inhaler (or your nebuliser).
- Try to take steady breaths in and out through your mouth, to help get your breathing under control

If this has not worked after 15 minutes

- Send for help : Either contact your doctor or ring for transport to the hospital
- You may need to repeat the dose of your reliever inhaler whilst waiting for help.

For help to stop smoking contact your GP or Practice Nurse

or (Salford's Smoking Cessation Service) Local Advisor

For further information contact :

British Lung Foundation :

Telephone : 0207 717704

Smoking Quit Line :

Telephone : 0800 002200

Breathe Easy Support Group :

Please ask your GP or Nurse

For further advice about COPD do not hesitate to contact your

GP

Practice Nurse

Respiratory Nurse Specialist

This leaflet is available in other formats (including other languages on request)

Hope Hospital operates a smoke-free policy. To find out what this means for you, pick up the leaflet available at the hospital. For advice on stopping smoking contact 0161 212 4050.