

Self-Management Plan for COPD

This is **your** personal management plan.

The aim of this plan is to help you have better control of your chronic obstructive pulmonary disease (COPD). It will enable you to monitor your symptoms and to know what to do if you have an exacerbation. An exacerbation is a rapid and sustained worsening of your symptoms that may warrant a change to your regular treatment.

This plan includes sections for recording medication, monitoring symptoms and treating exacerbations.

Name: _____

Date of birth: _____ CHI: _____

Diagnosis/diagnoses: _____

GP practice contact number (Mon to Fri, 8am to 6pm)

Outside these hours, phone NHS 24 on **08454 24 24 24**

Community/nurse
respiratory service _____

Date for review

____/____/____



Usual COPD symptoms when WELL

Breathlessness score

Please record the MRC breathlessness score (see below) that describes your symptoms when you are well.

Date: _____ **Score:** _____

Medical Research Council (MRC) breathlessness scale

Grade	Degree of breathlessness related to activities
1	Not troubled by breathlessness except on strenuous exercise
2	Short of breath when hurrying or walking up a slight hill
3	Walks slower than contemporaries on level ground because of breathlessness or has to stop for breath when walking at own pace
4	Stops for breath after walking about 100m or after a few minutes on level ground
5	Too breathless to leave the house, or breathless when dressing or undressing

Sputum production

The normal colour of your sputum is _____

How much sputum do you produce each day? _____

Cough

Do you normally have a cough? _____

Swollen ankles

Do you normally have ankle swelling? _____

Usual respiratory medications

Inhaler/tablet name	Preparation	Dose and frequency
1		
2		
3		
4		
5		
6		

How do I keep well...

- Take daily exercise
- Eat a good balanced diet
- Drink plenty of liquids
- Do not smoke, and avoid smoky environments
- Plan ahead and have things to look forward to
- Always have enough medications. Never run out
- Take all medication regularly as prescribed whether you think they help at the time or not
- Make sure you get your annual "flu" vaccination.



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

- More breathless than usual
- An increase in the amount or change in colour of your sputum
- A new or increased cough
- New or increased ankle swelling
- More frequent use of reliever medication
- Less able to do your normal activities or they are taking longer because of shortness of breath.

What action to take if your COPD symptoms are getting worse:

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

Continue to monitor your symptoms closely.

- If your symptoms improve within two days, continue your usual medication
- If they are no better or getting worse, continue with the increased dose of reliever medication (see page 4).



What to do if you have an **EXACERBATION?**

You are having an exacerbation if you have **two** of the following three signs:

- 1) Are much more breathless than usual
- 2) Have an increase in the amount of sputum
- 3) Have a change in colour of sputum

What to do if you have an exacerbation of your COPD:

- Contact your GP or your practice nurse
- Contact the community/nurse respiratory service
- Start taking your standby supply of steroids and/or antibiotics
- Other _____

Standby exacerbation medication (see also page 5)

Steroids (prednisolone)

If you are much more breathless than normal, and your daily living activities are affected, continue with increased reliever medication and start taking **prednisolone**.

Dose of prednisolone – 30mg once a day for seven days

Antibiotics

If the colour of your sputum changes from your normal colour start your antibiotics.

Preparation: _____

Dose: _____

If you experience an exacerbation of COPD, and start prednisolone and/or antibiotics, ALWAYS advise your GP or practice nurse as soon as possible.

For further information contact:

NHS Inform: www.nhsinform.co.uk

British Lung Foundation: www.lunguk.org

Chest, Heart & Stroke Scotland: www.chss.org.uk

Long Term Conditions Alliance

Scotland Self Management: www.myconditionmylife.org

Smokeline: www.canstopsmoking.com

Carer organisations

Edinburgh: www.edinburghcarers.co.uk

East Lothian: www.coel.org.uk

West Lothian: www.carers-westlothian.com

Midlothian: www.midlothiancarers.co.uk

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