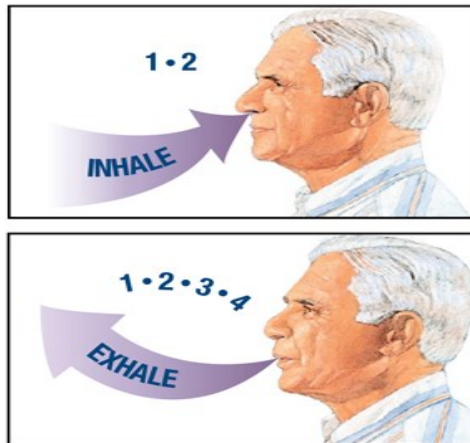


Breathing technique

If you feel short of breath, try using this breathing technique



To stay healthy:

- Don't smoke
- Attend pulmonary rehabilitation
- Use your inhalers regularly
- Keep active

Further information

For further information contact the Respiratory Specialist Nurses at the Lister Hospital:

☎ 01438 285621

Useful telephone numbers

British Lung Foundation

Helpline ☎ 03000 030 555


Monday to Friday, 9am - 5pm.

www.blf.org.uk

Breathe Easy Support Group

To find your nearest support group contact the British Lung Foundation on the number above.

Hertfordshire Stop Smoking Service

 You can refer yourself to the service

☎ 0800 389 3998 or

Text `Smokefree` to 80818 or

online via www.hertsdirect.org/stopsmoking

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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Department of Respiratory Medicine

COPD Action Plan



I feel okay

- ◆ I can carry out my normal activities
- ◆ Taking my medication as usual

What's my normal?

Cough

- yes no
- a lot a little

Sputum (mucus)

- yes
- no
- thick Y / N

My normal sputum colour: _____

What makes me short of breath?

What daily activities can I usually carry out?

- Shopping
- Washing and dressing
- Gardening
- Walk a few yards
- 1/2 hour walk or more
- Limited with daily activities

Baseline oxygen saturations:

Not feeling great

Do you have two or more of the following symptoms?

- ◆ More coughing ◆ Wheezy
- ◆ Tight chest ◆ Increase in sputum
- ◆ Unable to perform daily tasks due to increase in shortness of breath

If yes, start your standby steroids.

Rest, relax, use breathing techniques, use a fan. Try steam inhalation to help clear sputum.

Medication name	Dose	How often
Prednisolone	As per GP	As per GP
Salbutamol	Regularly (max 16 puffs a day)	4 times a day
Salbutamol Neb	N/A	4 times a day

A change in colour of **sputum** and/or fever?
Start your standby antibiotics for 7 days.

Seek review from your GP

Not feeling well at all

- ◆ Confused / drowsy
- ◆ Unable to speak in full sentences
- ◆ Excessive shortness of breath

ACTION 

Dial 999

Inhaler via volumatic spacer

If you have a home nebuliser
take it now