Smoking Cessation has been discussed: Yes No N/A		
Standby Medication discussed? Yes No		
GP to prescribe? Yes No		
Discussed referral to Pulmonary Rehab: Yes No Declined		
Respiratory Follow up Yes No		
With Nurse		
The respiratory nurse team will be		
contacting you by phone within a few		
days of going home to see how you are		
managing.		
Patient signature F		
Nurse signature		
Date		

Comments	<b>5</b> :
	Other Useful Numbers

### **British Lung foundation**

helpline open 10.00am - 6.00pm queries. Help Line number is - **08458 505020** 

<u>'Breathe Easy'</u> is a support group for people with lung disease. You can contact them on **0207 688 5594** to find your nearest group

<u>Teletext</u> weather pages have details of humidity, pollen and pollution levels

## Hertfordshire stop smoking services

**0800 389 3 998** Dec 2008

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

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Author: Respiratory CNS Team

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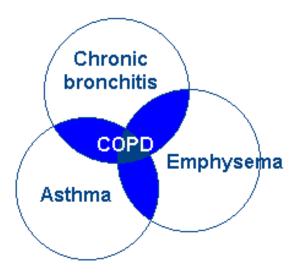
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# Department of Respiratory

## **COPD MANAGEMENT PLAN**





For further information contact the Respiratory Specialist Nurses 08.30 to 16.30

Lister Hospital: 01438 285621

### **Attach Patient Addressograph**

**Exacerbations of COPD** are frequent among patients with COPD at any stage. The majority of patients report two or more a year. An exacerbation is described as:

'a sustained worsening of your symptoms from your usual stable state, which is beyond normal day to day variations'

# Some triggers that can cause an exacerbation include:

- Weather changes e.g. cold spells, muggy or close.
- Viral epidemics in particular winter influenza epidemics
- Exposure to a smoky environment
- High pollen levels

### **How to prevent exacerbations**

- **Stop smoking** (if applicable)
- Eating a healthy diet aim to keep your weight within the healthy range for you height
- Keep as fit and active as possible ensure you have the flu jab each year and a 'one off' pneumovax
- See your Practice or Respiratory Nurse regularly to ensure your inhaler technique is correct and that you are on the most appropriate treatment.

#### **Symptoms include:**

- Worsening breathlessness
- Cough
- Increased sputum production
- Changes in sputum colour
- Changes in ability to carry out daily activities
- Wheeze

The change in these symptoms, usually necessitates a change in medication.

### **Prompt treatment is important!**

Action to be taken <i>during exacerbation</i> :  If not already doing so; increase your blue inhaler to:
Use your spacer to ensure maximum effect
Inhaler technique checked
Comments: If you have 'standby medication' at home start taking them at the dose agreed by your GP, Consultant or Respiratory nurse
Antibiotic:
Steroids:
If there is no improvement within 48 hours

## YOU MUST SEE YOUR GP OR GO TO HOSPITAL.

If you do not have standby medication, and increasing your blue inhaler does not improve symptoms –YOU MUST SEE YOUR GP AS SOON AS POSSIBLE.