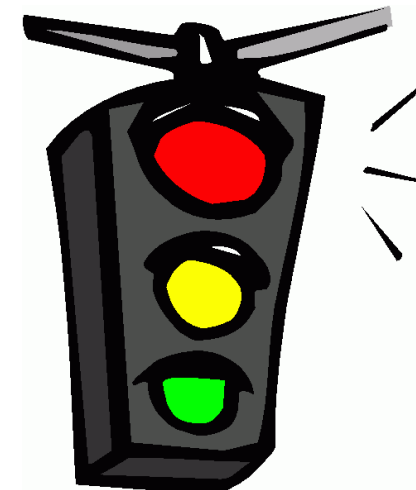


COPD Self Management Plan

7 Steps to Good COPD Care	
1	DIAGNOSIS My COPD has been confirmed by breathing tests (spirometry).
2	MY COPD I have been given information about COPD and the treatments available to help me manage my condition.
3	STOPPING SMOKING I am aware that smoking damages my lungs and I have been offered assistance to help me quit (if appropriate).
4	PULMONARY REHABILITATION The benefits of staying active have been explained to me and I have been offered the opportunity to attend a course to improve my strength and fitness—PULMONARY REHABILITATION (if appropriate).
5	INHALERS I feel able to use my inhalers correctly and have had my technique checked.
6	SELF MANAGEMENT PLAN If my COPD symptoms change to the red or amber light in my self management plan, I know what action to take.
7	COPD REVIEW I attend my COPD review at my surgery and understand the 7 steps to Good COPD care.



Hall Green Health

www.hallgreenhealth.co.uk

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PLEASE FILL IN THIS SECTION

- I can walk _____ metres/yards on the flat before stopping.
- I can walk _____ minutes on a gentle incline before stopping.
- I cough about _____ teaspoons/tablespoons/egg cups of phlegm a day.
- If I usually have phlegm—it is the following colour: _____
- I sleep _____ hours and wake up _____ times with my breathing.
- Things that make my breathing worse are: _____

“I feel fine”
GREEN LIGHT

1. I feel more breathless sitting still.
2. I feel more breathless doing routine things.
3. I'm waking up more often short of breath/
4. My inhalers and/or nebulisers don't work as well as usual.
5. I'm coughing up more phlegm.
6. The phlegm has changed colour to more yellow, yellow-green or green.

“I feel worse than normal”
AMBER LIGHT

IF YOU say YES to 2 or more from the above FOR MORE THAN 1 FULL DAY, THEN FOLLOW THE AMBER PLAN.

- Very short of breath even when sitting still.
- Unable to talk because of shortness of breath.
- Chest Pain.
- Unusual confusion or excessive drowsiness or agitation.
- Worsening leg swelling.
- High temperature.

Danger signs
RED LIGHT

- Allow enough time to do things.
- Exercise appropriately, pacing myself.
- Don't smoke.
- Eat a balanced diet and drink plenty of fluids.
- Take all my medicines and inhalers—don't let them run out!
- Have my 'flu jab' yearly and the pneumonia as a one off.

GREEN PLAN

- Increase your medication as advised during my annual review.
- If you agree with 1, 2 or 3 despite increasing your inhalers/nebulisers, then you may need some steroid tablets.
- If you agree with 6 then you may need some anti-biotics.

AMBER PLAN

ARRANGE TO CONTACT YOUR PRACTICE NURSE, GP OR CASE MANAGER WITHIN 24 HOURS

- If using home oxygen, use as prescribed.
- Eat small amounts often, drink plenty of fluids.

DISCUSS WITH A GP URGENTLY OR CALL 999

RED PLAN

Please bring all of your medication with you to hospital.