

My inhalers and nebulisers are:							Additional instructions
Name	Spacer	Dose	Number of puffs/ampules	Number of times a day	Type of drug		
					Broncho-dilator	Steroid	Combination

Medicines I take for my chest are:


**Emergency**

If you are:

- very short of breath at rest;
- experiencing chest pains;
- experiencing a high fever; or
- feeling agitated, drowsy or confused

**call 999 for an ambulance.**

Take extra puffs of your reliever inhaler/nebuliser while you are waiting for the ambulance to arrive.

**Oxygen Alert**

I am at risk of Type 2 respiratory failure with a raised CO<sub>2</sub> level.

Please use my .....% Venturi mask or nasal cannulae to achieve an oxygen saturation between .....% and .....% during exacerbations.

Use compressed air to drive a nebuliser (with nasal oxygen 2L/min). If compressed air is not available, limit the oxygen driven nebuliser to six minutes.

Signature: .....

Date: ..... / ..... / .....

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# COPD

# Action Plan

Information for patients

Name: .....

NHS no: .....

Next of kin: .....

GP: .....

GP telephone: .....

Out of hours number: **111**

**Websites:**  
[www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease/](http://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease/)  
[www.blf.org.uk/Page/chronic-obstructive-pulmonary-disease-COPD](http://www.blf.org.uk/Page/chronic-obstructive-pulmonary-disease-COPD)

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## Your symptoms

## Management plan

## Next steps

### When you are well

Be aware which symptoms are normal for you.

### When you are well

Take your medication as prescribed. Drink plenty of fluids and eat a balanced diet. Take regular exercise. Don't smoke.

### When you are well

Take your medications as prescribed. Remember your inhaler technique. Make sure you don't run out of inhalers.

### Mild deterioration

More breathless than usual.  
Cough – new or increased.  
Waking in the night due to your chest.  
Reduced energy levels/inability to do usual activities of daily living.

### Mild deterioration

Use your reliever medication more frequently. This is salbutamol (blue inhaler).

### Mild deterioration

Relax, keep warm, plan activities ahead. Consider using a fan to help circulate cool air. Eat little and often, avoiding big meals.

### Moderate deterioration

Breathlessness and cough getting worse.  
Coughing up more sputum, or it changes colour.  
Chest more wheezy.  
Cannot carry out normal daily activities.  
Medication is not helping.

### Moderate deterioration

Use your reliever medication more frequently.  
If your sputum is worse and darker in colour start taking your rescue antibiotics. Finish the course.  
If you continue to be more breathless or wheezy than usual start your rescue steroids. Take Prednisolone 30 mg (six tablets) a day for ..... days, with food.

### Moderate deterioration

If you do not have rescue medication please phone your GP or 111 for an urgent appointment or home visit. Let your GP know when you start your tablets, and if you are not feeling better in 48 hours.

### Severe deterioration

Very short of breath at rest.  
Chest pain.  
High fever.  
Feeling agitated, scared, sleepy or confused.

### Severe deterioration

Call your GP to be seen the same day.  
**or**  
Dial 999 for an ambulance.

### Severe deterioration

Use your reliever medication while waiting.  
Take one puff through a spacer and repeat at intervals of a minute for up to 10 puffs in total.

