

Appendix A

Oxygen

Use your oxygen as advised – either long-term or supplementary during exertion – know when to increase this and be aware of the importance of early morning confusion or headaches which might suggest that you are retaining your exhaust gas (carbon dioxide).

If you have been given a COPD Alert Card (because you have previously had Type II Respiratory failure) make sure that you show this to any doctor you see and to Ambulance Personnel.

Further Information

If you want further information about your condition do ask your doctor or nurse, or you can contact -

British Lung Foundation

73-75 Goswell Road

London EC1V 7ER

Tel: 020 7688 5555

www.lunguk.org

Department of Respiratory Medicine Charing Cross Hospital



C.O.P.D. Self-management Card

Name:

Hospital No.:

Chest Consultant:

Respiratory Health Worker:

General Practitioner.....

Self-management Plan

Lifestyle changes

1. Stop smoking (and avoid smoky environments).
2. Use nicotine replacement therapies as appropriate as advised.
3. Use effective breathing methods.
4. Use effective coughing methods.
5. Undertake your exercise programme as advised during your pulmonary rehabilitation course. Remember: Getting 'puffed' isn't bad for you.
6. Eat a balanced diet: include plenty of fresh fruit and vegetables and drink plenty of fluids to help keep mucus thin. Avoid gas-forming foods such as broccoli, cabbage, onions, beans and sauerkraut. It is often best to eat little and often.
If eating makes you breathless, use supplementary oxygen whilst chewing or liquidise solids. Try high energy foods if you are underweight.
7. Adjust daily activities of living. Sit down to do personal tasks such as washing or shaving or doing household tasks such as washing up or preparing meals.
8. Use a stool in the shower and use a hairdryer to dry feet or back.
9. Have flu vaccination every year and pneumovax every 5 to 10 years.

Treatment changes

1. Take your Inhaler (.....) in the dose of puffs, times every day.
2. Take your Inhaler (.....) in the dose of puffs,times every day.
3. Take yourInhaler(.....) in the dose of puffs, a day.
4. Take your..... Inhaler (.....) in the dose of puffs times a day.
5. If you feel any more breathless, you may take your ...**BLUE**..... inhaler 2 puffs, every 3 to 4 hours to relieve symptoms.
6. If despite this you are becoming increasingly breathless and you are having to use your Blue imhaler very often you should start a course of steroid tablets by taking 6 tablets (5mg strength) immediately and repeat this dose every morning for 7 days before stopping the tablets (or (or reducing them according to individualised advice)
7. If you notice more than two of the following situations then you should start your reserve supply of antibiotics and complete the whole course –
 - Increasingly short of breath
 - increasing quantities of phlegm/sputum
 - phlegm or sputum has turned persistently green
8. If your ankles are more swollen than normal you should see your doctor.

If despite all of these measures you still feel your symptoms are worse then you should ring your doctor on

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If you contact your Doctor because of worsening symptoms could you also inform the Respiratory Nurses (Renay Taylor and Simonne Dawson on: 020 8846 1356)