

## Shortness of Breath Scale

### 1 MILD

Noticeable to you but not to others.

### 2 MILD, SOME DIFFICULTY

Noticeable to others.

### 3 MODERATE DIFFICULTY

But can continue activities.

### 4 SEVERE DIFFICULTY

You cannot continue activities

## KEEP ACTIVE

- People with COPD can feel short of breath with activity even when well.
- Regular exercise makes breathing easier and helps keep you well.
- Learn to walk/move at a slower pace to avoid regular stops to catch your breath.

## TIPS TO HELP WITH BREATHING

- Breathe in through the nose.
- Breathe out with pursed or puckered lips (as if you are whistling).
- Try to keep your shoulders relaxed and lean forward with your arms supported on a hard surface.

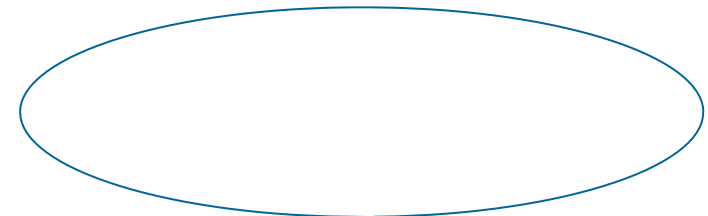
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# COPD (A chronic lung disease) Management Plan

Every October please see  
your Doctor for a flu  
vaccination.

**This COPD Management Plan Belongs To:**



**TRIGGER FACTORS:**

Empty box for listing trigger factors.

# COPD Management Plan

## SYMPTOMS

### WHEN YOU ARE WELL—KNOW

- How much you can do each day.
- How your breathing is at rest and during activity
- What makes your breathing worse.
- What your appetite is like.
- How well you sleep.
- How much sputum you have, and its colour.

## ACTION

### LIFESTYLE TIPS

- Stop smoking and avoid smoky environments.
- Have something to look forward to each day.
- Exercise every day.
- Plan ahead and allow enough time to do things.
- Eat a balanced diet.
- Drink plenty of fluids.
- Avoid things that make you worse.
- Never run out of medicines.

## USUAL MEDICATIONS

Reliever  @  puffs  times a day

Preventer  @  puffs

Other  @  puffs  times a day

Other  @  puffs  times a day

@  times a day

### WORSENING SYMPTOMS

- More breathless or wheezy than usual.
- Change in amount and/or colour of sputum.
- Fever.
- Need to use inhalers/nebuliser more than usual.
- Reduced energy for daily activities.
- Loss of appetite.
- Increasing tiredness and/or poor sleep.
- Cough—new or increased.

### WHAT TO DO

- If you have an infection (fever and/or yellow/green sputum), start antibiotics.
- Increase your medications.
- Re-schedule your day to allow more time for rest.
- Use relaxation techniques.
- Clear sputum with huff and cough techniques.
- Eat small amounts regularly.
- Drink extra fluids.

Continue your usual medications.  
Increase or start the following medications:

@  puffs  times a day.

@  puffs  times a day.

@  puffs  times a day.

Antibiotics

### SEVERE SYMPTOMS

If no better in  days.

Contact the doctor for an urgent review

Daytime tel:

Continue your usual medications. Start the following medications

times a day

### EMERGENCY

- Very short of breath at rest.
- A feeling of agitation, fear, drowsiness or confusion.
- Chest pains.
- High fever.
- No relief from medication.

**Dial 999  
for an ambulance**

Patient Name:.....

Doctor: ..... Tel:.....

Date Plan Agreed: ..... By:.....

Review Date: ..... By:.....

No Symptoms

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Severe