

Self-management plan for your lung condition: bronchiectasis

Department of Respiratory

Information for Patients

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Introduction

Bronchiectasis is a long-term condition. The airways of the lungs become abnormally widened. This leads to a build-up of excess mucus that can make the lungs more vulnerable to infection.

The information in this leaflet is your personal self-management plan. The aim of this plan is to help you have better control of your bronchiectasis. It will support you to check your symptoms and guide you to know what to do if you have a chest infection.

Your details

Name: _____

Date of birth: _____

Respiratory Consultant: _____

GP practice contact number: _____

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Your regular medication:

Your allergies:

Symptoms

My usual symptoms are (tick below):

I normally cough:

- ☐ Most days of the week
- ☐ 1 or 2 days of the week
- ☐ A few days per month
- ☐ Only with chest infections

I normally cough up phlegm (sputum):

- ☐ Most days of the week
- ☐ 1 or 2 days of the week
- ☐ A few days per month
- ☐ Only with chest infections

The colour of my phlegm (sputum) is:

- ☐ Clear
- ☐ White
- ☐ Light yellow or green
- ☐ Dark yellow or green

The amount of phlegm (sputum) per day is:

- ☐ 1 teaspoon
- ☐ 1 tablespoon
- ☐ Half a sputum pot
- ☐ 1 sputum pot or more

I normally get breathless:

- | | |
|---|--|
| <input type="checkbox"/> Walking around my home | <input type="checkbox"/> Playing sports |
| <input type="checkbox"/> Walking outside on flat ground | <input type="checkbox"/> When I have a chest infection |
| <input type="checkbox"/> Walking up a flight of stairs | <input type="checkbox"/> I never get breathless |

List any other usual symptoms e.g. wheezing, tiredness:

Day to day advice for treating your condition

- Clear your chest as advised by your physiotherapist
- Take your medication as prescribed, and any prescribed inhalers.
- Never let your medicines run out.
- Keep a rescue antibiotic course at home for any chest infections.
- Drink plenty of fluids and eat a healthy diet.
- Take regular exercise.
- Stop smoking. Ask for help to quit smoking from your GP practice, if needed.
- Avoid visiting anyone who is unwell with a cold, flu or chest infection.
- Keep a supply of sputum pots at home (to collect samples of your phlegm for your GP if your usual symptoms worsen).
- Get a flu jab (vaccination) every year.
- Get a pneumonia vaccination. You only need to have a single one-off vaccination for your condition.

Managing chest infections

Symptoms to look out for (you may have some or all of these):

- Feeling generally unwell.
- Coughing up more sputum than usual, or your sputum is more thick and sticky.
- The colour of your sputum changes from clear to light/ dark yellow or green, or from light/ dark yellow to green).
- Blood in your sputum (haemoptysis).
- Breathless more than usual.
- High temperature or fever.
- More tired than usual.

Follow the advice below:

- Clear your chest more often (at least 2 times a day).
- Keep drinking plenty of fluids.
- Collect a sputum sample to take to your GP surgery or hospital, so it can be tested for an infection. Results can take 5 to 7 days.
- If symptoms continue for more than 48 hours, then start rescue course of antibiotics.
Some colds get better without antibiotics. If there is no change in the amount or colour of your sputum **do not** start any antibiotics.
- Seek further medical advice if needed. You will need to see your GP if you are no better after 5 days. You may have an infection that needs to be treated with a different antibiotic.

When to seek urgent help:

If you have any of the following, contact your GP (or GP out of hours service), call the NHS helpline on 111, or call 999 to visit the Emergency Department:

- Extreme shortness of breath when you are resting.
- Coughing up lots of blood.
- Drowsiness and/ or feeling confused.
- Sudden (acute) chest pain.

If you are prescribed an antibiotic for a chest infection:

Please record the date and treatment below. Complete the full course of antibiotics as prescribed, as this will help to stop the bugs becoming use to it.

Bugs which usually grow in your phlegm (sputum): _____

Best choice antibiotic: _____ take for _____ days.

Record a history of your chest infections:

Date of chest infection	Treatment used

Taking part in a pulmonary rehabilitation programme

Pulmonary rehabilitation is a low level supervised respiratory programme. It includes exercise training, health education and breathing techniques. It is tailored to your needs. It can improve both your physical health and mental wellbeing by helping you to manage your condition better. The programme can help you to:

- improve your breathing.
- check and improve your inhaler technique.
- improve your diet.
- stop smoking.
- learn good exercises to build into your routine.

Ask your GP, consultant, nurse or physiotherapist for more information and how it can help you.

Contact details

Bronchiectasis Team: 0116 256 3201

Further information

Breathe Easy Support groups: 03000 030 555

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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