

My COPD plan

Department of Respiratory Medicine

Information for Patients

Produced: January 2023

Review: January 2026

Leaflet number: 309 Version: 2

Name: _____

NHS number: _____

Hospital number: _____

For help and advice about your COPD you can ask your:

- Local pharmacist - Tel: _____
- GP or practice nurse - Tel: _____
- Respiratory nurse (name): _____ Tel: _____
- Community Respiratory Nurse - Tel: 0300 3007777 (Monday to Friday, 8.30am to 4.30pm)
- COPD Specialist Nurse at Glenfield Hospital - Tel: 0116 250 2781 (Monday to Friday, 8.30am to 4.30pm)
- Single Point Access (SPA) for all community services - Tel: 0300 300 3000 (24 hours daily)

Plan completed with: _____

Date completed: _____

It may help to take this COPD plan to your medical appointments.

**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

Stop smoking

If you smoke, stopping is the most important action you can take to manage your COPD and stop it getting worse. The chemicals and particles in cigarette smoke will continue to irritate and damage your lungs if you do not stop.



The day after you stop smoking your lungs will feel the benefit!

You are 3 times more likely to stop smoking if you have support, as well as stop smoking medicines (such as patches or gum). For more information visit www.quit.org.uk or www.smokefree.nhs.uk.

For free help to stop smoking call:

- 0116 454 4000 (if you live in Leicester City)
- 0345 6466666 (if you live in Leicestershire and Rutland County)

If you do not smoke, and have COPD, avoid being exposed to second hand smoke (passive smoking).

Prevention

You should have your yearly flu (influenza), COVID and one-time pneumonia vaccinations. This will help to reduce your risk of serious infections.

Lifestyle

Being active will help your lungs. A pulmonary (lungs) rehabilitation course will help you to learn how you can help yourself and is an essential part of your recovery after a flare-up (exacerbation) of your COPD. Ask your nurse or GP to refer you.

Inhaler technique

Inhalers help your medicine to go directly to your lungs with little of it going to the rest of the body. Side-effects are therefore unlikely. It is very important that you know how to use your inhalers correctly. If you don't, the medicine will not get into your lungs where it is needed and will not work as well. Ask your nurse, doctor or pharmacist to check that you are using your inhalers well.

I need to remember to:

.....

.....

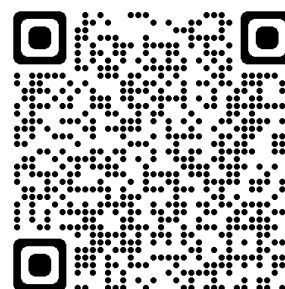
.....

Checked by: _____

Date: _____

Scan this QR code for short videos of inhaler technique for each type of inhaler device:

Or visit: www.asthma.org.uk/advice/inhaler-videos/



Medication

Ask your pharmacist, nurse or doctor how your medicines work, and talk to them if you want to make any changes or you think you are having side-effects.

My inhaler which helps when I am breathless (reliever) is **salbutamol** (e.g. Salamol, Ventolin) 100 micrograms. I can breathe in 2 doses (puffs) when I am breathless, but must take 1 dose at a time using the spacer (not if you have a dry powder inhaler).

My medicines that help to prevent flare-ups (preventers):

Medicine	Dose	How many	How often

Please list any allergies you have so we can check if prescribed medication is suitable for you.

My allergies	What happens when you come into contact / take this?

Checked by: _____

Date: _____

My COPD Plan

A usual day for me:	I will:
I feel well. I can be breathless when I am active but recover when I rest.	Use my inhalers and other medicines as prescribed. Take a walk or try to do some exercise.
A bad day for me:	I will:
I feel like I am getting a cold.	Use my regular prescribed preventer inhalers and medicines.
I feel more breathless/ wheezy.	Try to clear phlegm (sputum) from my chest by coughing it up.
I may cough more.	Use my reliever inhaler (e.g. salbutamol) through a spacer. Inhale 2 to 4 doses, four times a day when breathless. I can take up to 10 single doses if very breathless.
I am feeling worse:	I could:
I may have ankle swelling.	Ask my respiratory nurse for advice. Keep my feet up when sitting. I must tell my doctor.
I may have a wheeze.	You may need a course of steroids and should seek medical advice.
I feel more breathless.	
My chest feels tight.	
My sputum has changed to dark yellow or green.	You may need a course of antibiotics and should seek medical advice. Complete the course of medication that I have been prescribed.
I feel even worse:	I must:
My breathing is much worse.	I must call my GP or ring 111. I must call 999 if I need urgent help.

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

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk



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