

Pulmonary Rehabilitation

Pulmonary rehabilitation is an exercise programme designed for people with lung conditions who are limited by their breathlessness. It includes both physical activity along with education and advice on how to manage your condition and improve your quality of life. It will help you to:

- Improve your muscle strength so you can use the oxygen you breathe in the best way
- Improve your fitness and reduce tiredness so you feel more confident to do things
- Cope better with feeling out of breath
- Reduce anxiety and improve your mental health
- Reduce the likelihood of chest infections and hospital admissions

Ask your Nurse or GP for more information about pulmonary rehabilitation and how it can help you.



More information

Breathe Easy support group

Would you like to meet other people who have a lung condition? Breathe Easy is a support group for patients, carers and families. It provides support, friendship and information.

www.blf.org.uk/BreatheEasy

British Lung Foundation

www.blf.org.uk

03000 030 555 (helpline)

Monday-Friday 9am-5pm

NHS

You can get more information about COPD on the NHS Choices website:

www.nhs.uk/copd

Your **Living with COPD** folder will give you lots more information.

Stop smoking services

Stub it is the stop smoking service if you live in Nottingham City. Ask your GP to refer you.

Smokefreelife

(If you live in **Nottinghamshire**)

www.smokefreelifenottinghamshire.co.uk

0800 389 7712

Or speak to your GP for more information. You could also download the NHS app- Smokefree

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COPD

Chronic Obstructive Pulmonary Disease

Self-management plan

Name:

D.O.B

GP Practice:

Practice telephone number:

Date of last annual review

Date of last annual flu vaccination

Date of last annual pneumococcal vaccine

This plan will help you manage your COPD better, especially if you have a flare up of your symptoms. The Nurse or GP will go through this with you. It may help to discuss this plan with your partner/ carer.

If your symptoms get worse - this can be due to an infection or something else. You can reduce the chance of a flare up by taking your medication regularly and treating it promptly. This plan will help you better manage your lung condition.

Respiratory/ Practice Nurse details

GREEN ZONE

I feel well (my usual symptoms)

Usual breathlessness on activity e.g. walking

Mild Moderate Severe

I cough sputum daily Yes No

Oxygen saturation %:

on air

on oxygen at litres per minute

My FEV1 is % predicted

Usual medication

Inhaler/ tablet	Inhaler colour	Dose and frequency

Additional information

AMBER ZONE

I feel ill

- I am more breathless than usual
- I am coughing and wheezing more and I have a tight chest

Firstly, increase your reliever inhaler.

Reliever medication

Medicine	Dose and frequency

If your breathlessness or usual symptoms are significantly worse than usual and don't respond to increasing your reliever inhaler after 24 hours then **start prednisolone (steroids)**.

Prednisolone dose is
Duration

Check the colour of your sputum by coughing onto a white tissue. If it has changed in colour or the amount has increased then **send a sputum sample to your GP practice prior to starting your antibiotics**.

Antibiotic
Dose and duration

Always contact your Respiratory Nurse or Practice to let them know you are unwell and have started your steroids and/ or antibiotics.

RED ZONE

I feel very ill

If you have:

- Severe breathlessness, which is getting worse or
- You have followed the amber zone and if you are not improving then...

CALL THE EMERGENCY SERVICES: 999

- Sit up and loosen tight clothing
- Try to keep calm
- Use a fan
- Relax your shoulders, arms and hands
- Try to feel more relaxed and calm each time you breathe out.

Take this plan with you to hospital.

If you have been given a Pink Card and this plan please remember to show it to the paramedics.



INFORMATION FOR EMERGENCY SERVICES PERSONNEL

Oxygen

In an emergency **do not** use the **high flow** oxygen. Give titrated oxygen to reach target saturation 88-92%