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

Pulmonary Rehab is the most effective treatment for COPD. Ask your health professional for a referral

Look after the environment and dispose of your unwanted/empty inhalers at your local pharmacy

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.
https://www.asthmaandlung.org.uk/groups-support

NHS Choices
You can get more information about COPD on:
https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/
And here; BK2 COPD v4 downloadable PDF.pdf

Stop smoking services:
Nottinghamshire County residents
Your Health, Your Way, provided by ABL
https://yourhealthnotts.co.uk/quit-smoking/
Tel: 0115 772 2515

Nottingham City residents
Thriving Nottingham
https://thrivingnottingham.org.uk/
Tel: 0115 6485724

Talking Therapies
Being diagnosed with a long-term condition can affect people in different ways. If you're feeling worried or down and would like to speak to someone you can self refer to:
NHS Nottingham and Nottinghamshire Talking Therapies www.notts-talk.co.uk
Telephone 0333 188 1060

How to use your inhaler in the best way
Check you are using your inhaler correctly to help keep your symptoms controlled as well as possible. RightBreathe has videos on how to use any inhaler: https://www.rightbreathe.com

COPD

Chronic Obstructive Pulmonary Disease

Self-management plan

(Please bring this card with you to your annual review)

Name:

Date of birth:

NHS number:

GP practice/Hospital:

Respiratory Nurse:

Practice telephone number:

Date of last pulmonary rehab Course:

Date of last annual flu vaccination:

Date of last covid vaccination:

Date of 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 also help to discuss this plan with your partner or carer.

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

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

Usual medication		
Inhaler/ tablet	Inhaler colour	Dose and frequency

Additional information

AMBER ZONE

Signs of a COPD flare up

- I am more breathless than usual
- I am coughing and wheezing more, and 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)**

Take Prednisolone as per instructions on medication box

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.**

Take Antibiotic as per instructions on medication box

Always contact your Healthcare Professional to let them know you are unwell and have started your steroids and/or antibiotics

***If you continue to get worse despite starting treatment or have no improvement after, contact your GP/Respiratory Team or 111 if out of hours**

RED ZONE

Signs of a severe COPD flare up/ exacerbation:

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

Produced on behalf of the Nottingham and Nottinghamshire Integrated Care Board. Approved September 2025. Review August 2028.