Pulmonary Rehabilitation

Pulmonary Rehabilitation is an exercise program tailored to your needs. It can improve both your physical and mental wellbeing by helping you to manage your condition. It can help you to:

- Improve your breathing
- Manage your cough and sputum
- Check your inhaler technique
- Improve your diet
- Stop smoking and more…

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

Regular daily advice

- **Clear your chest.**
- **Take your medication.**
- **Drink plenty of fluids and eat healthy.**
- **Don't smoke**

Be prepared

- **Never allow medications to run out.**
- **Keep rescue medication at home.**
- **Keep sputum pots at home.**
- **Avoid other people who have a cold/ flu or covid symptoms**
- **GET YOUR ANNUAL FLU JAB &/or COVID BOOSTER**

Scan QR code with your phone camera for refresher training on how to use your inhaler(s) Right Breathe

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. Groups + support | Asthma + Lung UK

Asthma and Lung UK

www.asthmaandlung.org.uk

NHS Choices
www.nhs.uk

Stop Smoking Services
Nottinghamshire County residents
https://yourhealthnotts.co.uk/stop-smoking/
Tel: 0115 772 2515
Nottingham City residents
Thriving Nottingham
https://thrivingnottingham.org.uk/
Tel: 0115 6485724
You could also download the NHS app - Smokefree

Recycle your inhalers and dispose of at your local pharmacy

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

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Nottinghamshire

Bronchiectasis

Self-management plan

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

Name:

Date of birth:

GP Practice/Hospital:

Practice telephone number:

Date issued:

Date reviewed:

Respiratory Nurse:

Date of last flu jab:

Date of last Covid Vaccination:

Date of last Pulmonary Rehab Course:

Known Colonising Bacteria:

Antibiotic Allergy/Intolerance:

This plan will help you to manage your bronchiectasis, especially when you have a flare up.
A Nurse or GP will go through this with you.It may help to discuss this plan with your partner/carer.

You can help to reduce a flare up by taking your medication regularly and by following this plan.

Remember to take this plan to your GP review or to hospital if you need to go.

GREEN ZONE

My normal bronchiectasis symptoms are

Cough….. (tick one, as appropriate)

□ most days of the week
□ one or two days a week
□ a few days per month
□ only when I have a chest infection.

Cough up sputum.....

□ most days of the week
□ one or two days a week
□ a few days per month
□ only when I have a chest infection.

My normal sputum colour is:

□ Clear
□ White
□ Light yellow/green
□ Dark yellow/green
□ Brown

My normal sputum amount per day is:

□ 1 teaspoon
□ 1 tablespoon
□ Half a sputum pot
□ 1 sputum pot
□ More than 1 sputum pot

My sputum is: □ sticky □ watery

I'm normally breathless when:

□ Walking around the house
□ Walking outside on a level surface
□ Walking up a flight of stairs
□ Playing sports
□ I have a chest infection

AMBER ZONE

Signs of a bronchiectasis flare up

If you:

- Are coughing up more sputum
- Have a change in the colour of your sputum
- Are more breathless
- Have chest pain when breathing in
- Are coughing up blood
- Are more tired than usual

TAKE ACTION:
When you spot signs of a flare-up:

- clear your chest more often, at least twice a day
- take your regular medication as usual
- drink plenty of fluids
- If you become wheezy, start to use your reliever via a spacer (if you have one prescribed).

Reliever:

Dose and duration:

Collect a sputum sample and give it to your GP or hospital as soon as you can. If symptoms have continued for more than 48 hours, then you should start your recommended antibiotic for the full 14 days.

Antibiotic:

Dose and duration:

Speak to your Healthcare Professional if you're feeling unwell and have started your reliever and/or antibiotics.

You may need to stop your Azithromycin. You may need to start Carbocisteine. You may need to have nebulisers/ increase use.

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

RED ZONE

Signs of a severe infection

If you are:

- confused or drowsy,
- or coughing up large amounts of blood
- or severely breathless or breathless when talking

and there is little improvement since starting your reliever or antibiotic then …

CALL THE EMERGENCY SERVICES: 999

Show the ambulance crew this self-management plan

- Sit up and loosen any tight clothes
- Try to keep calm
- Use your breathing techniques
- Relax your shoulders, arms and hands
- Try to feel more relaxed and calm each time you breathe in and out
- Use fan therapy
- Use your reliever inhaler, if you have been prescribed one.

Take this plan with you to hospital.

Oxygen information

My Targeted saturations are: _____

On Long Term Oxygen Therapy: Yes_/ No_

My usual flow rate is: _____