

COPD Self-Management Plan

Name:

Date:

If you notice one or more of these symptoms:

- Increased shortness of breath – unable to carry out your normal activities
- Increased cough
- Increased sputum (phlegm)

Start prednisolone tablets as you may have a non-infected worsening of your

Take six tablets immediately and then continue with six tablets as a single dose each morning, with food, for 7 days.

Also increase the use of your salbutamol (blue) inhaler.

If you notice one or more of these symptoms below, in addition to the above symptoms

- Change in the colour, amount and/or consistency of your sputum (phlegm)
- Increased temperature feeling hot and shivery

Start antibiotics (and prednisolone if not already started).

Amoxicillin 500mg capsules to be taken three times a day for 5 days

OR

Doxycycline 100mg capsules to be taken with a large glass of water twice a day for 5 days.

(Delete as applicable)

If there is no improvement in your symptoms within 2-3 days or your symptoms are getting worse (see below) contact your GP/Specialist Nurse/ Community Matron.

In case of extreme emergency dial 999 for an ambulance

- Increased shortness of breath
- Chest pain
- Drowsiness
- Confusion

Once you have recovered, please let your GP surgery know if you have used your prednisolone and/or antibiotics and reorder another supply for you to keep, in case they are needed in the future.

Your Management Plan must be agreed with your GP / Practice Nurse, Community Matron or COPD Specialist Nurse.

Contact Details:

Practice Nurse:	_____	Tel:	_____
Specialist Nurse:	_____	Tel:	_____
Community Matron:	_____	Tel:	_____
GP:	_____	Tel:	_____