

For further information about this service contact:

**Community Respiratory Services**

Luton Treatment Centre  
Vestry Close  
Luton LU1 1AR  
Tel: 0333 405 3159

**Useful contact details**

GP Surgery: .....

Out of hours: .....

Community Respiratory Nurse: .....

Community Respiratory Nurse: Tel: 0333 405 3159

Email: [CCS-TR.LutonRespiratory@nhs.net](mailto:CCS-TR.LutonRespiratory@nhs.net)

Consultant: .....

Social Services: .....

Keech: .....

MyCare : .....

**Pharmacy Technicians** Tel: 0333 405 3000

**British Lung Foundation** [www.blf.org.uk](http://www.blf.org.uk)

**Disability Resource Centre** Tel: 01582 470900 Poynters Road, Dunstable

**BreathEasy Group:** Tel: 01582 404479 2nd Thursday every month, 2-4pm

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

# Self Management Plan for Carers

## Community Respiratory Services



## Self-Management Plan For Carers

This is a self-management plan for your client.

Its aim is to help you to monitor their symptoms so you can recognise any changes and seek advice/ treat appropriately.

This booklet contains...

- Usual symptoms and medication
- Monitoring Symptoms
- Treating and exacerbation

Name: .....

DOB: .....

Diagnosis: .....

### To 'Stay Well' we need to encourage our clients to...

- Eat a balanced Diet
- Drink plenty of fluids
- Take medication as prescribed
- Avoid smoking or smoky environments
- Have their annual flu vaccination
- Keep their chest clear, regular chest clearance

## Their condition may be getting worse

If you have answered Yes to 2 more of the questions above on 2 or more days seek advice, inform GP/Respiratory Nurse and start the following:

- Increase their reliever medication
- Encourage them to eat little and often, provide plenty of fluids
- Balance activity with plenty of rest
- If their symptoms do not improve continue as below.

**If their symptoms improve within 2 days, continue their usual medication and inform their GP/ Respiratory Nurse**

## If their symptoms do not improve

### Emergency Plan

- If they are extremely short of breath with no relief from their reliever inhalers
- If they have any chest pains, panic or confusion
- If they have a high fever

**Contact their GP surgery immediately**

If the surgery has closed call the Out of hours GP service on 111.

In an extreme emergency call 999 and ask for an ambulance.



## What is normal for my client?

### They usually cough:

- Every day
- Most days
- Occasionally
- When they have a flare up
- Amount: \_\_\_\_\_

### They usually cough up sputum:

- Every day
- Most days
- Occasionally
- When they have a flare up
- Amount: \_\_\_\_\_

### Their sputum is usually:

- Thick  Thin  Sticky
- Clear
- White
- Light yellow /green
- Dark green / brown

### They normally get breathless when:

- Walk around the house
- Walk on the level
- Walk up stairs
- Exercise
- With a chest infection
- They never get breathless

### O2 Therapy if applicable:

- LTOT  SBOT  Ambulatory
- HOOF on records

## My clients action plan for an exacerbation / flare up

### If this is more than a bad day and their symptoms are not improving seek advice!

- If they have a rescue pack at home start it and let their GP know that they have it.
- If they do not have a rescue pack contact their GP for an urgent appointment.
- If they do not start to feel better after starting treatment contact their GP/Respiratory Nurse.
- Increase their chest clearance.
- Rest and provide plenty of fluids.

### I have noticed a change in my clients usual symptoms?

- Are they more breathless than usual?
- Are they needing to use their reliever inhaler more than usual?
- Have you noticed a change in the amount of sputum?
- Have you noticed a change in colour of their sputum?
- Is their sputum thicker than normal? Sticky?
- Are they coughing more than usual?
- Are they more wheezy?
- Are they more tired?
- Has their appetite changed?