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| This is your personal COPD management plan.Many people with COPD tend to experience exacerbations which are when your symptoms flare up for at least a few days. It is important to recognise the symptoms early as good treatment taken promptly, may help you get better faster.Take your medication every day. Carry your reliever (blue) inhaler at all times  |

• Be well wrapped up when you go outdoors and have a scarf round your mouth

• Avoid getting wet on rainy days

• Eat regular hot meals and drink a hot drink before bed

• Close your curtains at dusk to keep the heat in the room

• Shut the windows at night before you go to sleep

• Make sure you are getting all benefits and grants available to keep your home insulated and warm

• Ensure you have an adequate supply of medications and an emergency supply of antibiotics and oral steroids to treat any flare-ups at home

• Stay up to date with the weather forecast and pollen count and plan ahead for essential provisions and appointments

• Avoid people with chest infections

• It may be useful to keep a diary throughout the year to record how your symptoms vary with the seasons

**East Grinstead COPD Support Group :**

**Details from Loral Bennett 01342 302232**

**loralbennett@hotmail.co.uk**

**Meet 4th Monday of the month 10:30-12:30**

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| Symptoms when well |

How do I keep well?

* Take daily exercise
* Drink plenty of fluids
* Eat a good balanced diet
* Do not smoke and avoid smoky environment
* Always have enough medications. Never run out
* Take all medications regularly, as prescribed, whether you think they help at the time or not
* Make sure you visit your GP for your annual flu vaccination

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| Observe weather forecasts as extreme heat and cold conditions may trigger a flare up of your condition and cause increased breathlessness. Maintain your living room at 21degrees C or(70F) and your bedroom at 18 degrees C or (64F). Try not to go out if temperature is less than 5 degrees C (47F). |

**Usual respiratory medications:**

**Preventer…………………………………………………………..**

**………………………………………………………………………**

**Reliever…………………………………………………………….**

**Additional………………………………………………………….**

**……………………………………………………………………….**

**Spacer yes/no**

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| Warning signs – your COPD may be getting worse if you have any of the following symptoms |

* More breathless than usual (increased breathing rate)
* Increased sputum production - stickier or thicker than normal
* Change in colour of sputum for more than 12 hours
* Sleep disturbance and / or loss of appetite
* More frequent use of your reliever inhaler.

Take action when your COPD symptoms are getting worse.

* Increase reliever medication (use 2-4 puffs 4 hourly)
This should help breathlessness by opening your airways.
* Balance activity with plenty of rest
* Eat little and often and drink plenty of fluids

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| Monitor for 1-2 days and if your symptoms improve then continue with your regular medications. If you remain to have 2 or more of the above symptoms and they are not improving or getting worse then you are experiencing an exacerbation of your COPD.  |

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| What to do if you are experiencing an exacerbation |

Have your standby medications ready to use.

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| Start taking Prednisolone (steroids) if experiencing increased wheeze, cough and feeling more breathless **and/or** start taking your antibiotics if sputum changes colour and you feel unwell - reduced appetite and feeling lethargic.* **Contact your COPD Team at MOATFIELD 01342 327555 for an assessment we can then reissue**
* **Call 999 for urgent treatment advice out of hours**
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Emergency symptoms of COPD

* Extremely short of breath with no relief from inhalers
* Chest pain
* High fever
* Feeling of agitation, drowsiness, panic or confusion.

Contact your GP if experiencing any of the above symptoms and in case of extreme emergency call 999

How to manage a sudden attack of breathlessness

* Concentrate on slowing your breathing by breathing in through your nose and out through pursed lips
* Try and relax shoulders
* Take up to 10 puffs salbutamol (blue) inhaler over 5 minutes, leave 30 seconds between each puff

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**For replacement rescue packs:**

**I require a new supply of rescue medication because:**

 **[ ] The medication has expired**

**[ ] I have lost the medication**

**If you have used the medication then please make a review and we can issue a further rescue pack**