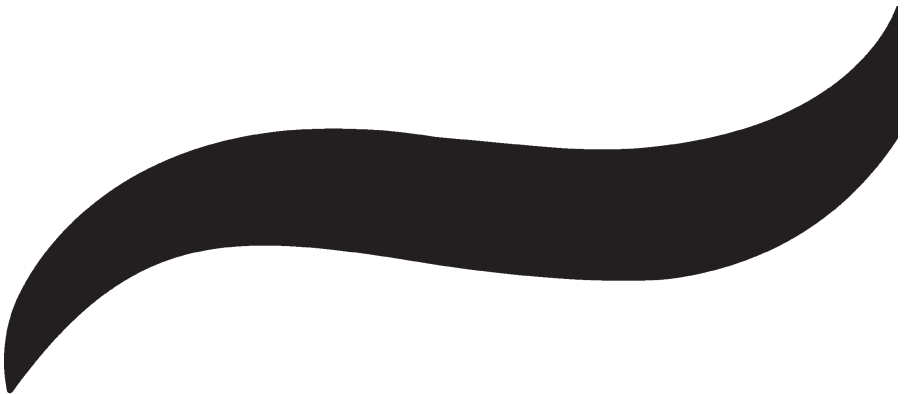




Bronchiectasis Self-Management Plan

Advice on how to self-manage
the symptoms and effects of Bronchiectasis



MY SYMPTOMS

Day to day (not during an infection)

Cough

I normally cough:

- Every day
- Most days of the week
- One or two days of the week
- A few days each month
- Only when I have a chest infection

Sputum

I normally cough up sputum:

- Every day
- Most days of the week
- One or two days of the week
- A few days each month
- Only when I have a chest infection

Sputum colour is normally:

- Clear
- White
- Light yellow or green
- Dark yellow or green
- Brown

Daily amount of sputum is:

- Less than a teaspoon
- 1 teaspoon
- 1 tablespoon
- Half an egg-cup
- Eggcup or more

Is your sputum normally:

- Watery
- Thin
- Thick
- Sticky

Breathlessness

I normally become breathless:

- Walking around home
- Walking outside on the level
- Walking up a flight of stairs
- Playing sports
- I only become breathless with chest infections
- I never become breathless

Other usual symptoms for me are:

e.g. Wheezing, tiredness, fatigue

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Airway clearance exercises as advised by your physiotherapist

Recommended chest treatment - DAILY

Recommended chest treatment - CHEST INFECTION

If you have a blue inhaler or nebulisers, take these before you do your airway clearance exercises.

You may also have been recommended to use a flutter device by the physiotherapist. This can help to loosen and clear sputum from your chest.

Daily tips

- ◆ Clear your chest as advised by your physiotherapist
- ◆ Take your medication and inhalers, if on them, as prescribed
- ◆ Never allow your medicines to run out
- ◆ Ask to have your inhaler technique checked to make sure you are taking them properly
- ◆ Drink plenty of fluids and eat a healthy diet
- ◆ Take regular exercise or be as active as you can
- ◆ Don't smoke. Ask for help from your practice nurse, GP or pharmacy if you would like help to quit.
- ◆ Get your yearly flu injection when offered
- ◆ Remember good hand hygiene
- ◆ Avoid visiting anyone who is unwell with a cold, flu or chest infection
- ◆ Keep a supply of sputum pots in the house

Respiratory medication

Take your medications and inhalers as prescribed:

Inhalers	Tablets	Nebulisers

Record of Antibiotic use

Date	Antibiotic	Length of course	Prescribed by

Contact details

Name:

Telephone number:

WHEN TO SEEK HELP

Routine

If you feel that your Bronchiectasis is worse, but there is no change in the amount, or stickiness, or colour of your sputum, and no improvement within 48 hours, make an appointment to see your GP.

Action: Make appointment with GP and take sputum sample.

Urgent

You may have one or more of these symptoms:

- ◆ Coughing up more sputum than normal
- ◆ The colour of your sputum has changed
- ◆ Your breathlessness is worse than normal
- ◆ Coughing up blood
- ◆ Chest pain when breathing in

Action: Take sputum sample to GP. If you already have rescue antibiotics start taking them before results come back. If you don't have rescue antibiotics you will need an appointment with your GP.

EMERGENCY GP or DIAL 999 in any of the following:

- ◆ If you are confused or drowsy
- ◆ Coughing up large amounts of blood
- ◆ Severely breathless or breathless when talking which is more than usual and different from your normal

Action: Call the emergency GP first or 999 if out of hours

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