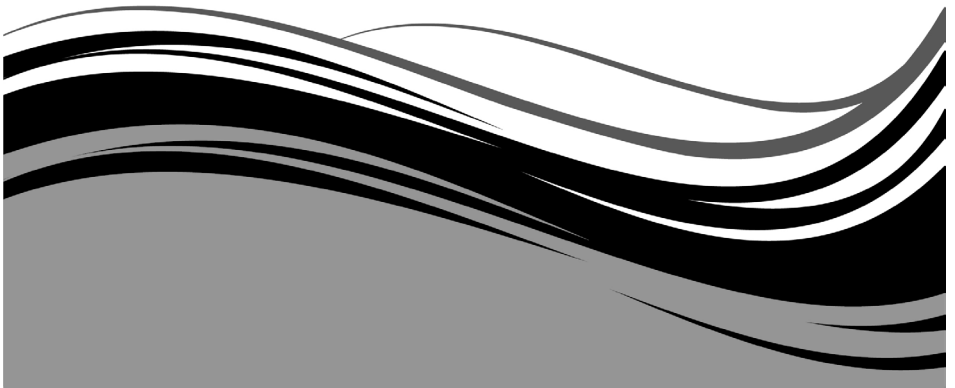


# **Bronchiectasis Self Management Plan**

A Patient's Guide for Advice on how to self manage the symptoms and effects of Bronchiectasis.



## Everyday Care

What are your usual symptoms?

### Cough: Usually my cough is (please tick):

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

### Sputum or mucus I normally cough up (please tick):

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

### Sputum colour is usually:

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

### Daily amount of sputum

- Less than a teaspoon       1 teaspoon       1 dessertspoon
- 1 tablespoon       half an eggcup       eggcup or more

### Is your sputum

- Watery       Thin       Thick       Sticky

**Breathlessness - I normally become breathless**

- Walking around at home
- Walking outside on the flat
- Walking up a flight of stairs or hill
- Playing sports or other activities
- Only if I get a chest infection
- I don't get breathless

**Other usual symptoms for me are:**

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**Daily advice**

**Take your medications and inhalers as prescribed:**

Inhalers	Tablets	Nebulisers

**Do you have any Allergies to medication, if so, which ones:**

**Medicine:** \_\_\_\_\_

**Symptoms:** \_\_\_\_\_

**Carry out chest physiotherapy as advised by your physiotherapist.**

**Frequency** once a day  twice a day

More than 2 times a day

**If you have a Blue inhaler or Nebulisers** e.g. salbutamol and or saline, take these before you do **Airway clearance exercises**.

You may also have been recommended to use a **flutter device**. This can help to loosen and clear secretions.

If you take **nebulised antibiotics**, please make sure you clear your chest before you take them.

## **Tips**

- Never allow your medicines to run out.
- Ask to have your inhaler technique checked to make sure you are taking them effectively.
- Ask your physiotherapist to check you are doing chest clearance effectively.
- Drink plenty of fluids
- Eat a healthy diet.
- Take regular exercise or be as active as you can.
- Don't smoke, ask for help from your GP or pharmacist or any other healthcare professional if you would like to quit.
- Get your yearly flu jab.
- Try to avoid anyone who has a cold, flu or chest infection.
- Remember good hand hygiene.
- Keep a few sputum pots at home to give a specimen to your GP practice or hospital if you notice a change in your sputum. If you don't have any, please ask at your next clinic visit.

**When you need antibiotics, you should be prescribed them for 2 weeks; letters from your hospital clinics will advise your GP.**

## **Routine**

- If you feel your bronchiectasis is worse but there is no change in the amount or stickiness or colour of your sputum.
- If your symptoms have persisted with no improvement within 2 days.

You should make an appointment with your GP.

Action: Take a sputum sample to your GP – do not start antibiotics until you see your GP.

## **Urgent**

You may have one or more of these symptoms.

- If you are coughing up more sputum than normal and, or
- The colour to your sputum has changed and, or
- Your breathlessness is worse than normal and, or
- If you coughing up blood and, or
- If you have chest pain when breathing in

You should make an urgent appointment with your GP.

Action: Collect a sputum sample and then start 2 weeks of antibiotics immediately without waiting for the sputum result.

## **Emergency GP or Dial 999**

- If you are confused or drowsy or
- If you are coughing up large amounts of blood or
- If you are severely breathless or breathless while talking which is more than usual and different from your normal.

Call the emergency GP first or 999 if out of hours.

## Diary of Exacerbations.

If you have a flare up, please make sure you keep a record of which symptoms got worse, what antibiotic you were given and for how long.

It is useful to submit a sputum specimen before taking antibiotics, please note if you sent one.

Date	More cough	Change in sputum i.e. greater volume, colour, consistency.	More breathless	Did you get an antibiotic? If so which one?	Length of course	Sputum sample given, Yes or No

## Notes.

## **Contact numbers:**

**Please contact:**

**Name:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_