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:**

__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________

**Daily advice**

Take your medications and inhalers as prescribed:

<table>
<thead>
<tr>
<th>Inhalers</th>
<th>Tablets</th>
<th>Nebulisers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 jag.
- 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>More cough</th>
<th>Change in sputum i.e. greater volume, colour, consistency.</th>
<th>More breathless</th>
<th>Did you get an antibiotic? If so which one?</th>
<th>Length of course</th>
<th>Sputum sample given, Yes or No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Contact numbers:

Please contact:

Name: ________________________________________

Telephone Number: ____________________________