**GETTING THE BASICS RIGHT**

**YOUR ESSENTIAL GUIDE TO THE MANAGEMENT OF COPD**

**COPD Action Plans**

Help your patients to manage their condition by using COPD action plans as a tool to discuss the patients’ condition, review progress and inform and educate patients about their condition and how to manage it. A sample COPD action plan is shown below:

**WHAT ACTION TO TAKE IF YOUR SYMPTOMS GET WORSE:**

**FIRST:** Check the colour of your sputum:
- Sputum orange or red in colour = there is inflammation = start **ANTIBIOTICS.**
- Sputum charcoal or black = there is bleeding. Stop smoking immediately.

**RELEIVER TREATMENT:**
- **Sulbentair** in inhaler or Nebulan Maxinol 3 times a day.
- **Others** as per the GP.

**ANTIBIOTICS:** Please take your homes supply of antibiotics in a prescription without delay from your pharmacy.

**PREMEDICATION:**
- Take (ing) one daily 10 min before the Reliever treatment.

**FOOTBALL UP:**
- Call the doctor if symptoms improve within 24 hours and no need to stay at home.
- Call the doctor if symptoms persist.

**FOLLOW UP:**
- Call the doctor if symptoms improve within 48 hours and no need to stay at home.
- Call the doctor if symptoms persist.

**WARNING:** If you have symptoms in the red **ACTION column** inform your doctor immediately.

**ALL PATIENTS**
- Discontinue **SAMA** (short acting bronchodilator) and use **LABA + ICS** as per your treatment plan.
- Discontinue **SAMA** (short acting bronchodilator) and use **LABA + ICS** combination.
- **Note:** If symptoms improve within 24 hours and no need to stay at home.
- Call the doctor if symptoms persist.

**Primary Care Respiratory Society UK**

The cost effective way to ensure you are delivering high value patient-centred care. The PCRS-UK offers you:
- Easy access to a wealth of online resources written by primary care for primary care
- Quarterly paper copies of the Primary Care Respiratory Update, the members’ publication bringing you the latest respiratory news, research and policy
- E-alerts and e-mailing to keep you up to date
- Support with professional development
- Friendly community of like-minded peers who all care about respiratory care
- Access to exclusive member-only events

Annual membership only £59 including VAT, plus huge savings on national PCRS-UK conference

**PCRS-UK Quick Guide to the diagnosis and management of COPD in Primary Care**

Practical and easy to read, this booklet is based on NICE COPD Guidelines and quality standards. It also draws on other relevant national guidance for oxygen, pulmonary rehabilitation and spirometry. It is an excellent, succinct, practical and easy to read booklet.

At each stage assess inhaler technique and compliance before proceeding to next stage. Correct inhaler technique is important to maximise treatment benefit and reduce the occurrence of adverse effects.

For more information on self-management download our COPD Quick Guide available at https://www.pcrs-uk.org/resource/Guidelines-and-guidance/QCGOCPD

**COPD Patient Passport**

Launched in 2014 by the British Lung Foundation, the COPD Patient Passport is designed to help healthcare professionals ensure people with COPD are getting the best possible care and managing their condition as effectively as possible.

**Access the tool today...**

The interactive online version of the Patient Passport is available at http://passport.blf.org.uk/

Hard copies can be ordered from the BLF shop for free of charge at http://shop.blf.org.uk/products/copd_passport

**The British Lung Foundation**

The British Lung Foundation (BLF) is the only UK charity working for everyone and anyone affected by lung disease. The BLF has 230 Breathe Easy groups around the nation, providing peer support and information to patients and carers. Many groups also support pulmonary rehabilitation, exercise classes and walking groups.

For further information: Helpline (Mon-Fri, 9am-5pm): 0300 030 555

Email: enquiries@blf.org.uk Web: http://www.blf.org.uk