

What to do if your breathing is getting worse

Key steps to help you get better at home

SIGNS THAT YOU MAY BE HAVING A BREATHING 'FLARE-UP'

- More cough or wheeze than usual.
- Increasing shortness of breath.
- Using your inhalers more than usual.
- Coughing up more sputum/mucus, or a change in its colour and you feel tired, unwell and may have a fever.

If you think you may be having a 'flare-up', phone your GP practice on _____ (Practice Phone No.)

If you have a fever and/or yellow or green sputum/mucus

Don't delay – start your home supply of antibiotics and/or prednisone. Let your GP or Practice Nurse know.

Antibiotic _____ Dose _____

Prednisone dose _____

WHEN TO CALL FOR HELP

If you feel very short of breath when sitting or lying down,

or

You feel unusually drowsy,

or

You have chest pain.

Phone your GP on _____ for urgent care advice, or after hours call 24 Hour Surgery on 365 7777 or Ambulance on 111

**Blue Card: Plan for People
with Lung Conditions**

PTO



Magnet for
position only

Information about your lung condition for urgent care providers

(Your doctor or nurse will complete this with you)

Date card completed: _____

Name: _____

Key contact person: _____ Phone: _____

I have an **Acute Plan**

Advance Care Plan

Diagnosed lung condition:

My 'normal': (Your doctor or nurse will complete this with you)

Exercise level: (e.g. breathless at rest; walks 20-50m; walks 50-100m; walks 100-500m)

Oxygen saturation when stable (%)

CO2 retainer? Yes No Unknown

Special requirements / other notes (e.g. measure O2 sats with ear probe;
take sputum sample before starting antibiotic; resuscitation directive on Acute Plan;
personal contact/support information)