

## COPD Self-Management Plan

Name:

Date:

### If you notice one or more of these symptoms:

- Increased shortness of breath – unable to carry out your normal activities
- Increased cough
- Increased sputum (phlegm)

**Start prednisolone** tablets as you may have a non-infected worsening of your COPD.

Take six tablets immediately and then continue with six tablets as a single dose each morning, with food for a total of 7 days.

Also increase the use of your salbutamol (blue) inhaler.

### If you notice one or more of these symptoms below, in addition to the above symptoms

- Change in the colour, amount and/or consistency of your sputum (phlegm)
- Increased temperature feeling hot and shivery

**Start antibiotics (and prednisolone if not already started).**

Amoxicillin 500mg capsules to be taken three times a day for 5 days

OR

Doxycycline 100mg capsules to be taken with a large glass of water twice a day for 5 days.

(Delete as applicable)

***In case of extreme emergency seek medical advice  
or dial 999 for an ambulance***

- **Chest pain**
- **Drowsiness**
- **Confusion**
- **Increased shortness of breath**

- **If there is no improvement in your symptoms within 2-3 days or your symptoms are getting worse contact your GP/Specialist Nurse/ Community Matron.**

**Once you have recovered, please let your GP surgery know if you have used your prednisolone and/or antibiotics and reorder another supply for you to keep, in case they are needed in the future.**

**Your Management Plan must be agreed with your GP / Practice Nurse, Community Matron or COPD Specialist Nurse.**

**Contact Details:**

Practice Nurse: \_\_\_\_\_ Tel: \_\_\_\_\_

Specialist Nurse: \_\_\_\_\_ Tel: \_\_\_\_\_

Community Matron: \_\_\_\_\_ Tel: \_\_\_\_\_

GP: \_\_\_\_\_ Tel: \_\_\_\_\_