

RESPIRATORY ACTION PLAN

Take this action plan with you when you visit a doctor or nurse



Derby and Derbyshire
Integrated Care Board

Name:

My respiratory
condition is:



WHEN I FEEL WELL

My symptoms are under control

Breathlessness at rest: 1 2 3 4 5 6 7 8 9 10
None Mild Moderate Severe

I cough up sputum daily: Yes No Amount of sputum cleared daily e.g. 1 teaspoon

Colour of sputum White Grey Pale yellow Light green Dark green

Oxygen saturation % on air on oxygen at l/min

Swelling present None Feet Ankles Leg

Usual level of activity

Usual medication

Usual Chest clearance Breathing control Exercise



WHEN I FEEL WORSE

My symptoms are starting to change

I have increased Breathlessness Cough/wheeze Sputum Discoloured sputum

WHAT TO DO:

I'm more breathless Increase reliever to puffs, up to times a day

My breathlessness has not improved within 24 hours: **start a course of steroids**

My sputum has changed colour for 24 hours or more: **start a course of antibiotics**

Chest clearance: **increase frequency of usual chest clearance**

My rescue medication is

Antibiotics

Steroids



WHEN I FEEL VERY ILL

My symptoms are much worse

My symptoms are getting much worse even though I have followed the actions in the 'When I Feel Worse' section

WHAT TO DO:

Speak to my GP or dial 111 if:

I have increased or new swelling of my feet, ankles or legs and/or a fever

Dial 999 for an ambulance if:

I am extremely short of breath, unable to complete a sentence, feel confused, drowsy or have unexpected, persistent or new chest pain