

# 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  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

Use this colour chart to guide whether you need antibiotics for an infective exacerbation

- Antibiotics not likely
- Antibiotics not likely
- Antibiotics may be taken
- Antibiotics likely
- Antibiotics likely