

QE Gateshead Bronchiectasis Self-Management Plan

Adapted from British Thoracic Society

Patient Name:.....

My Usual Symptoms (Tick box)

I normally cough:

- Most days of the week
- One or two days of the week
- A few days per month
- Only with chest infections

I normally cough up sputum:

- Most days of the week
- One or two days of the week
- A few days per month
- Only with chest infections

What colour is it?

- Clear
- White
- Light yellow or green
- Dark yellow or green

How much do you cough up day to day?

- 1 teaspoon
- 1 tablespoon
- ½ sputum pot
- 1 sputum pot

Is your sputum?

- Watery
- Sticky

I normally get breathlessness:

- Walking around the home
- Walking outside on the level
- Walking up a flight of stairs
- Playing sports
- Only with chest infections
- I never get breathless

Other usual symptoms:

(e.g. wheezing, tiredness, fatigue)

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Day to Day Treatments:

- Clear your chest as advised by your physiotherapist.
- Take your medication and inhalers, if on them, as prescribed.
- Never allow medicines to run out.
- Keep a rescue antibiotic course at home.
- Drink plenty of fluids, eat a healthy diet and take regular exercise.
- Don't smoke. Ask for help from your practice nurse if needed.
- Get your annual flu vaccination.
- Avoid visiting anyone who is unwell with a cold, flu or chest infection.
- Keep a supply of sputum pots in the house.
- Know how much sputum you have and its colour.

Chest infections:

1.Signs (you may have some or all of these):

- Feeling generally unwell.
- Coughing up more sputum or sputum more sticky.
- Worsening colour to your sputum (clear to light or dark yellow or green Or light to dark yellow or green.)
- Worsening breathlessness.

2.Actions:

- Clear your chest more often (at least twice daily.)
- Take your medication and inhalers.
- Drink plenty of fluids.
- Collect sputum sample and hand to GP as soon as possible (if you cannot get to surgery that day, keep the sample in fridge overnight.)
- Some colds get better without needing antibiotics. If there is no change in the amount or colour of your sputum do not start your antibiotics.
- Seek help if needed.

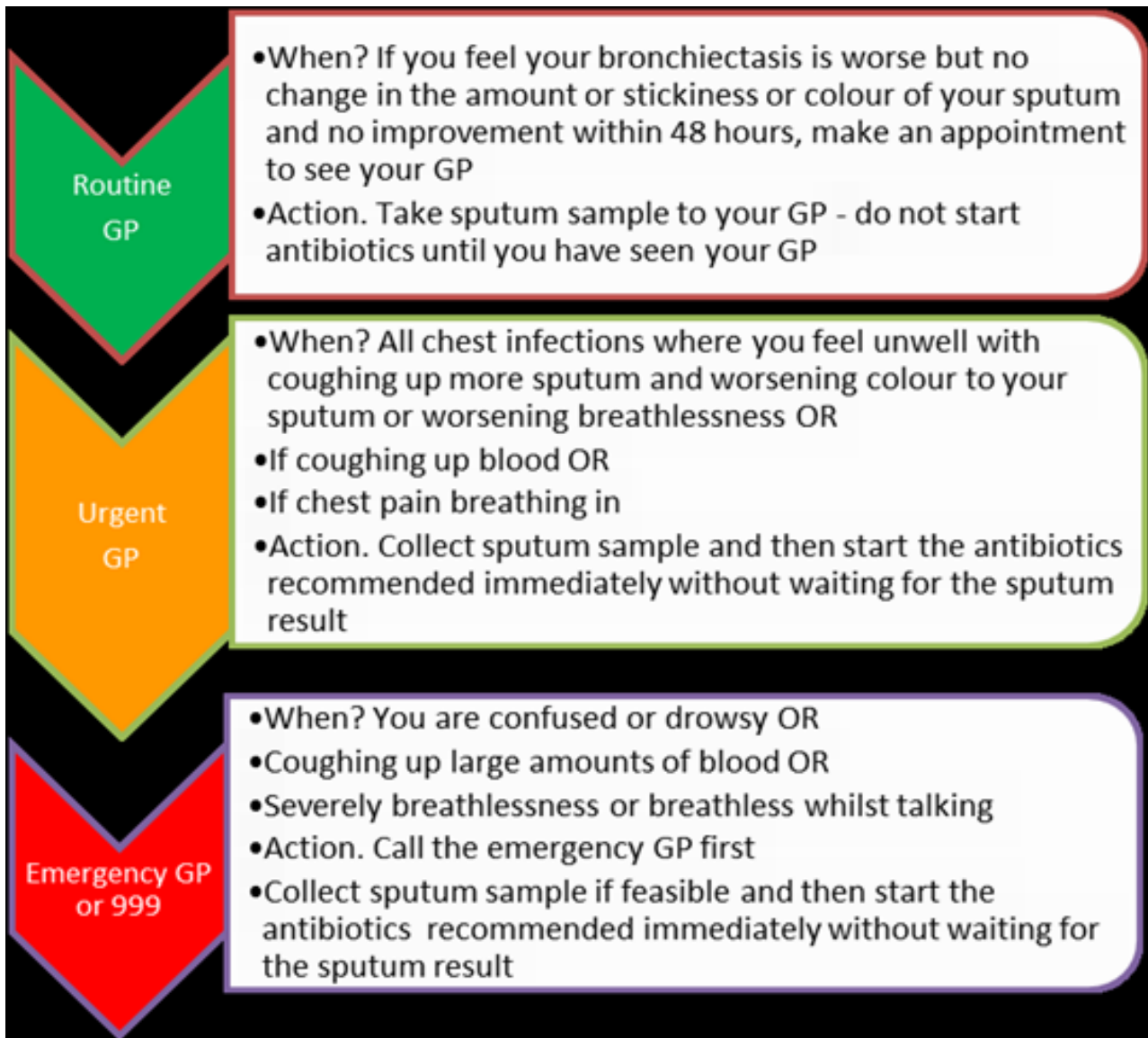
Recommended chest treatment day to day:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Recommended treatment for chest infections:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

When to seek help:



Data Protection

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In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

Information Leaflet: No. IL497

Version: 1

Title: Bronchiectasis Self-Management Plan

First Published: March 2015

Last Reviewed: NA

Review Date: March 2017

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