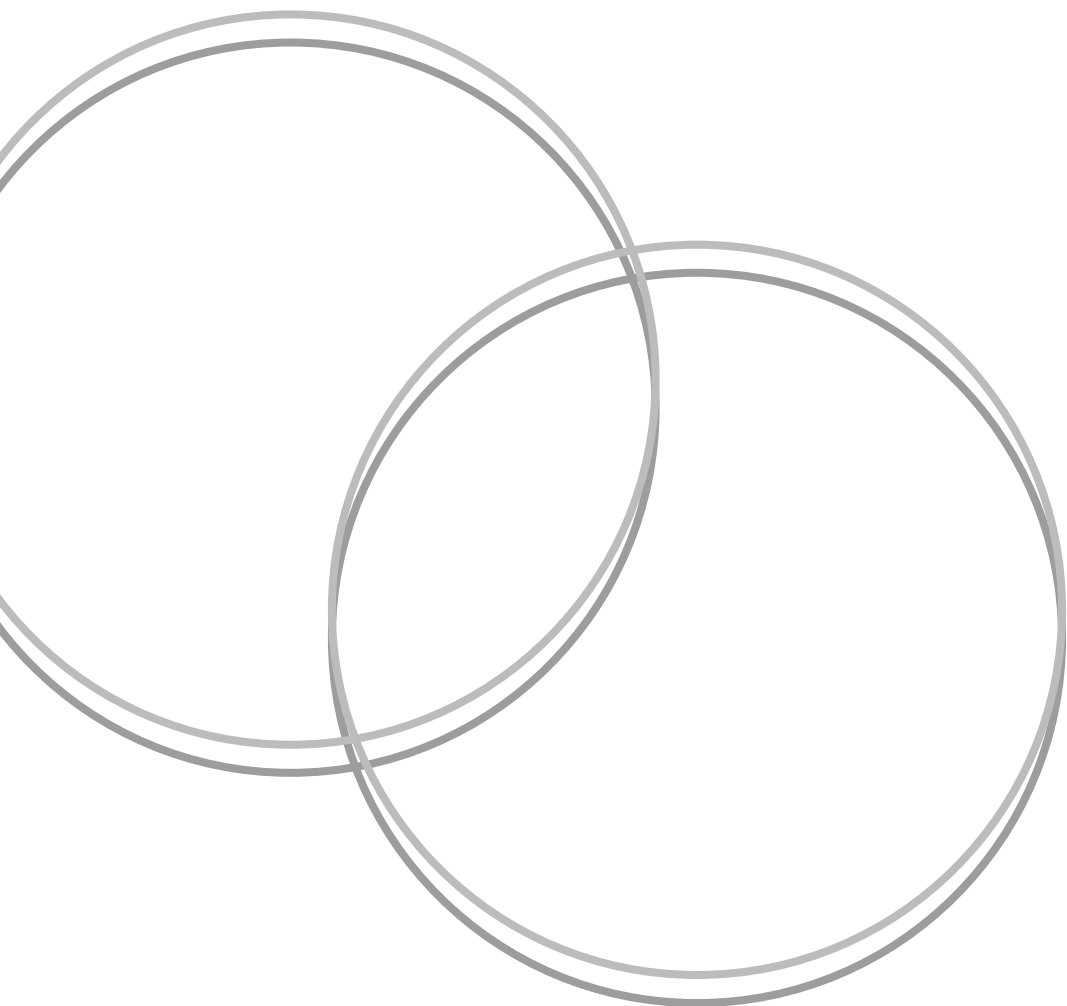




Oxford University Hospitals  
NHS Foundation Trust

# Bronchiectasis Self-Management Plan

**Information for patients**



## Table of contents

What is a <b>Bronchiectasis Self-Management Plan</b> ?	3
My usual symptoms	4
My daily physiotherapy (airway clearance) plan	5
My usual treatments	6
Exercise	7
My usual treatment regime	8
Signs of a chest infection	9
Action plan for when I have a chest infection	9
When to seek medical assistance	10
Useful contact details	12
Appointments	12
Useful resources	13
Diary of your chest infections	14

# What is a Bronchiectasis Self-Management Plan?

A Self-Management Plan is designed to help you to:

- Stay well.
- Monitor your symptoms.
- Understand your usual treatments.
- Recognise a flare-up (chest infection).
- Find further useful information.

It is designed to help you stay as healthy as possible by reducing chest infections and help avoid the need to come into hospital, giving you the best quality of life. It aims to provide you with all the information you need to manage day-to-day and what to do should you become unwell.

A self-management plan should include:

- Your usual symptoms.
- Your usual treatment.
- Your daily physiotherapy plan.
- Recognising signs of a chest infection and when to seek advice.
- Diary of chest infections.
- Treatments to perform when you are unwell.
- General advice and support to keep you well.
- Useful contact details and appointment times.

# My usual symptoms

## Cough

I usually cough:

- |   |   |
|---|---|
| <input type="checkbox"/> Most days a week     | <input type="checkbox"/> One to two days per week |
| <input type="checkbox"/> A few days per month | <input type="checkbox"/> Only when I am unwell    |

## Sputum (Phlegm)

I usually cough up sputum:

- |   |   |
|---|---|
| <input type="checkbox"/> Most days a week     | <input type="checkbox"/> One to two days per week |
| <input type="checkbox"/> A few days per month | <input type="checkbox"/> Only when I am unwell    |

## The sputum I cough up is:

- |                                |                                |                                 |                                |
|--------------------------------|--------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> Clear | <input type="checkbox"/> White | <input type="checkbox"/> Yellow | <input type="checkbox"/> Green |
|--------------------------------|--------------------------------|---------------------------------|--------------------------------|

## The sputum I cough up is:

- |                                 |                                 |                                |                               |
|---------------------------------|---------------------------------|--------------------------------|-------------------------------|
| <input type="checkbox"/> Watery | <input type="checkbox"/> Sticky | <input type="checkbox"/> Thick | <input type="checkbox"/> Thin |
|---------------------------------|---------------------------------|--------------------------------|-------------------------------|

## I usually cough up:

- |  |   |
|--|---|
| <input type="checkbox"/> One teaspoon per day      | <input type="checkbox"/> One tablespoon per day |
| <input type="checkbox"/> Half a sputum pot per day | <input type="checkbox"/> One sputum pot per day |

## Breathlessness

My usual breathlessness rating would be:

- 1. I only get breathless with strenuous exercise.
- 2. I get short of breath when hurrying on level ground or walking up a slight hill.
- 3. On level ground, I walk slower than people my age because of breathlessness, or I must stop when walking at my own pace on the level.
- 4. I stop for breath after walking 100 yards or after a few minutes on level ground.
- 5. I am too breathless to leave the house, or I am breathless when dressing/undressing.

# My daily physiotherapy (airway clearance) plan

Clearing sputum (airway clearance) from your chest daily is very important as it will help to:

- Reduce your likelihood of having a flare up
- Reduce how much you cough
- Improve your breathing

You were shown how to do your airway clearance by

(name)..... on (date) .....

Airway Clearance Technique	How often and for how long?

For a reminder of how to complete your technique, please refer to resources at the end of this booklet. You can find videos of your airway clearance technique at [bronchiectasis.com.au](http://bronchiectasis.com.au) or if you would prefer, ask a member of the team for a paper information leaflet.

## My usual treatments

Medication	Prescribed Dose		Delivery Device	How does this medication help?
	Amount	Times per day		
Inhaled Medication				
Other respiratory medication (e.g. Mucoactive agents)				
Rescue Pack Antibiotics				

Medications that have been stopped (rationalised) and reason why:

Name of medication	Date stopped	Reason why

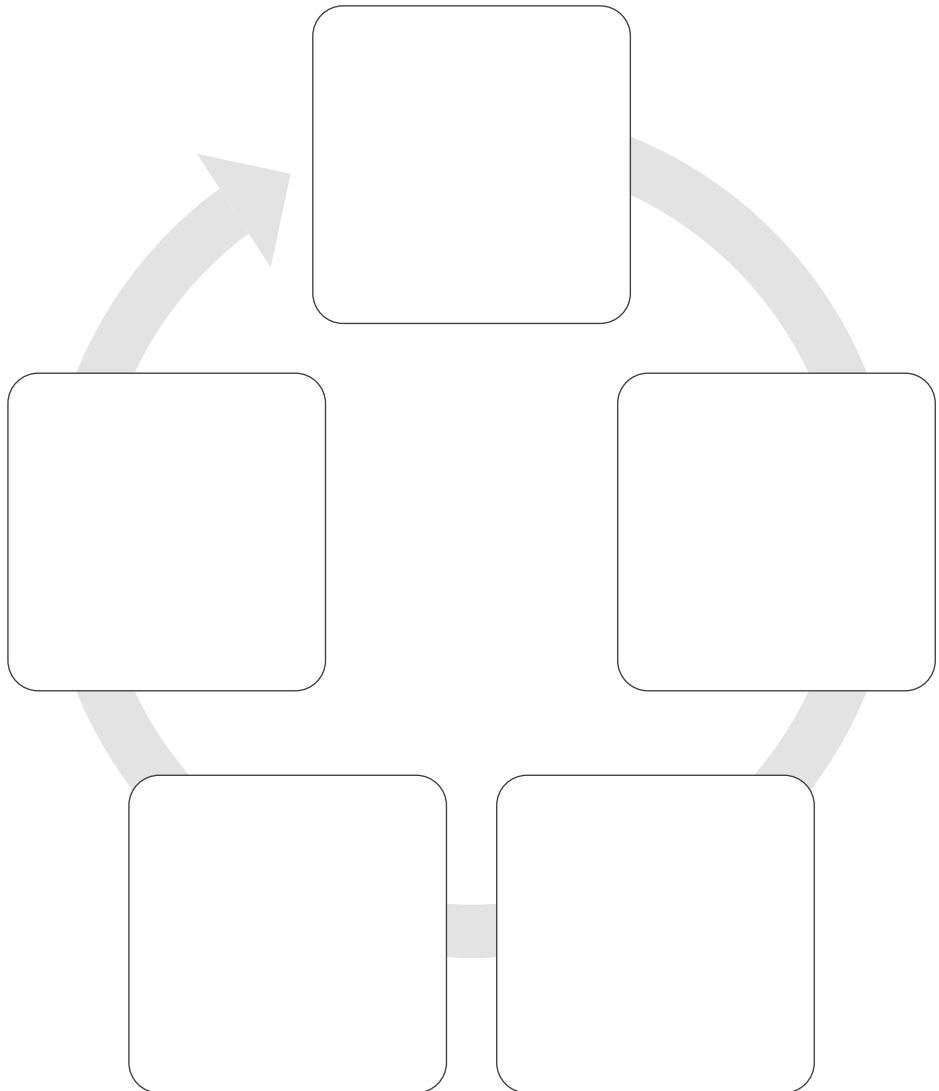
See more information on medications at:  
[www.nhs.uk/conditions/bronchiectasis/treatment](http://www.nhs.uk/conditions/bronchiectasis/treatment)

## Exercise

My Exercise Plan	How often and for how long?	How hard should I be working?

## My usual treatment regime

Use this flow chart to order your daily treatments. Your physiotherapist will help you to fill this in.





## Signs of a chest infection

You may not experience all of the symptoms listed, but it is helpful to compare your current symptoms to your 'usual symptoms' to spot a change. It is important to recognise changes in your usual symptoms and follow information from the traffic light system below to stop your Bronchiectasis from getting worse.

- You are feeling generally unwell or fatigued.
- You are coughing more than usual.
- You are coughing up more sputum than usual.
- Your sputum is thicker, or stickier and may have changed colour.
- It may be harder to clear your sputum.
- You feel short of breath.

## Action plan for when I have a chest infection

- Increase the amount of chest clearance (airway clearance) that you do each day; this might be doing it more often, or for longer, or both.
- Use your reliever inhaler more often if you need to.
- Take all your medication as recommended by the doctor.
- Drink plenty of fluids (water).
- Collect a sputum sample as soon as possible and take it to the GP that same day.
- Contact your GP and follow the traffic light system on the next page.
- Start your rescue pack antibiotics if you meet the 'amber' requirements below (if not, wait and consult your GP). Please note, not everyone will have antibiotics at home, contact your GP if you require a prescription.

## When to seek medical assistance

The Bronchiectasis team is unable to provide an emergency service, but we appreciate it may be difficult to seek appropriate help when you are unwell. The traffic light system below will help guide you with the steps to take.

### Green light

**When?** If you feel your bronchiectasis is worse but no change in the amount or stickiness or colour of your sputum and no improvement within 48 hours, make an appointment to see your GP.

**Action: Arrange a routine GP appointment.**

- Take sputum sample to your GP - do not start antibiotics until you have seen your GP.

### Amber light

**When?** All chest infections where you feel: unwell with coughing up more sputum and worsening colour to your sputum **or** worsening breathlessness **or** if coughing up small streaks of blood mixed with sputum **or** if mild chest pain when breathing in.

**Action: Contact GP or NHS 111 within 24 hours.**

- Collect sputum sample and then start the antibiotics recommended immediately without waiting for the sputum result.
- Do your airway clearance more frequently, unless you have been coughing up blood.
- If you have taken your antibiotics and spoken to your GP and are no better, please leave a message on the Bronchiectasis answerphone and a member of the team will get back to you.

## **Red light**

**When?** You have new or severe symptoms such as:

- Confused or drowsy.
- Coughing up large amounts of fresh blood.
- Difficulty breathing, severe breathlessness or breathing very fast.
- Severe central chest pain.
- Blue, grey, pale or blotchy skin, lips or tongue.
- A rash that does not fade when you roll a glass over it.
- Difficulty breathing, breathlessness or breathing very fast.

**Action: Dial 999 or go to A&E.**

- Collect sputum sample if feasible and then start the antibiotics recommended immediately without waiting for the sputum result.
- Show your management plan to the clinical professional seeing you.

## Useful contact details

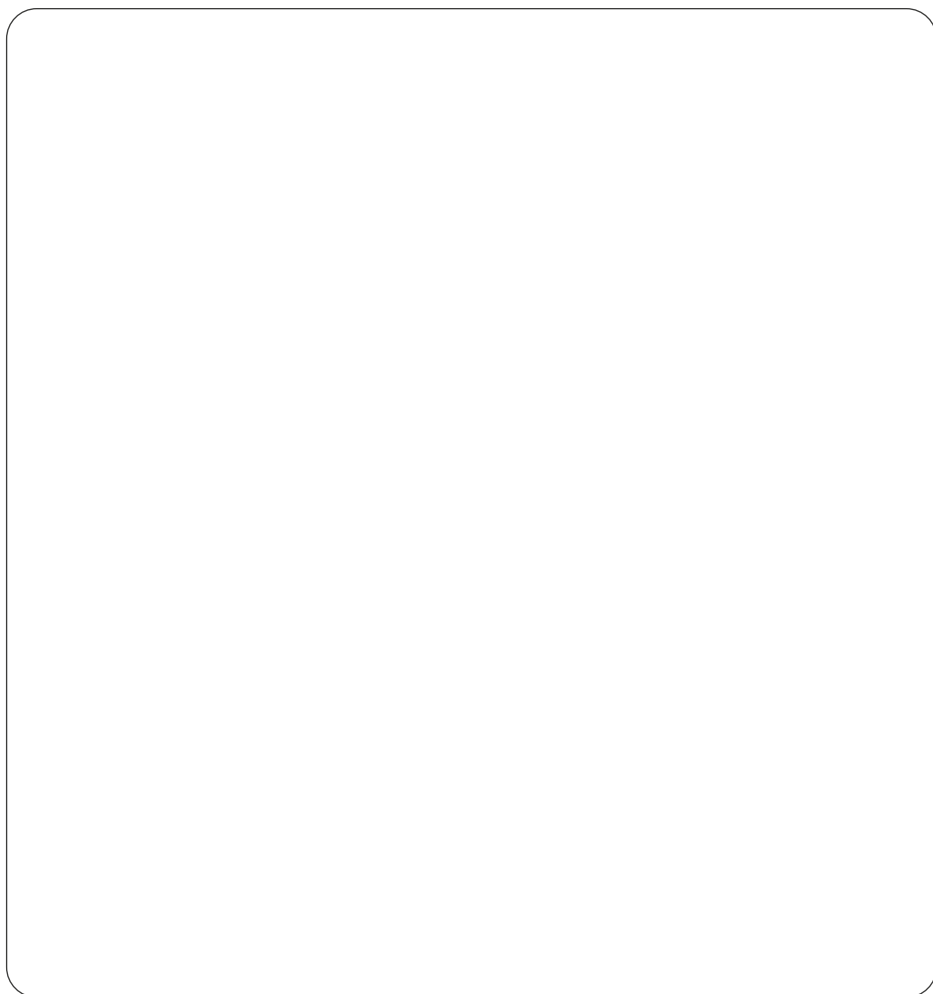
My GP number: .....

### **Bronchiectasis Nurse /Physiotherapy Specialists**

Telephone: **01865 227 921** or **01865 225 713**

(Monday to Friday, 8am to 4pm)

## Appointments

A large, empty rounded rectangular box with a thin black border, intended for users to write down their appointment details.

## Useful resources

### **European Lung Foundation bronchiectasis info**

Website: [europeanlunginfo.org/bronchiectasis](http://europeanlunginfo.org/bronchiectasis)

### **Asthma+Lung UK**

Website: [www.asthmaandlung.org.uk/conditions/bronchiectasis](http://www.asthmaandlung.org.uk/conditions/bronchiectasis)

### **NHS bronchiectasis info**

Website: [www.nhs.uk/conditions/bronchiectasis](http://www.nhs.uk/conditions/bronchiectasis)

### **How to do your airway clearance**

Australian bronchiectasis toolbox

Website: [bronchiectasis.com.au](http://bronchiectasis.com.au)

### **How to use your inhalers**

Website: [asthmaandlung.org.uk/living-with/inhaler-videos](http://asthmaandlung.org.uk/living-with/inhaler-videos)

### **Search your lung condition here**

Website: [asthmaandlung.org.uk/conditions](http://asthmaandlung.org.uk/conditions)

### **If you smoke**

Contact Stop for Life:

Telephone: **0800122 3790**

Email: [@stopforlifeoxon](mailto:@stopforlifeoxon)

Website: [stopforlifeoxon.org](http://stopforlifeoxon.org)

### **Free health and wellbeing support service for patients**

Website: [ouh.nhs.uk/patient-guide/here-for-health](http://ouh.nhs.uk/patient-guide/here-for-health)



# Notes

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Charlotte White  
July 2024  
Review: July 2027  
Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



*Making a difference across our hospitals*

[charity@ouh.nhs.uk](mailto:charity@ouh.nhs.uk) | 01865 743 444 | [hospitalcharity.co.uk](http://hospitalcharity.co.uk)

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

