

USEFULL CONTACT NUMBERS

HOSPITALS

Hervey Bay 07 4120 6666

Maryborough 07 4122 8222

COMMUNITY HEALTH NURSE

H/BAY 07 4122 8733

M'BORO 07 4122 8733

LUNGNET (part of the Australian lung Foundation) toll free1800 654 301

CARER RESPITE (24 hours)

For any carer support or information,

Or Emergency Respite Care Service.

Telephone 1800 059 059

HOME CARE

Provide help at home with housework, personal care etc.

Telephone 4122 8733

COMMONWEALTH CARELINK CENTRE

Information service for older Australians, people with disabilities and those who care for them.

Telephone 1800 052 222

COPD Information FOR PATIENTS

*Adapted by NRAHS Respiratory PHCP
From Production by Respiratory Community Nurses
Central Coast Health (CCH) in consultation with
Department of Respiratory Medicine CCH,
February 2003.*

Adapted from: The Australian Lung Foundation:

- *New Zealand Guidelines Group – Guidelines to Best Practice for Management of Stable Chronic Obstructive Disease:*
- *South Eastern Sydney Area Health Service – COPD Action Plan*

FRASER COAST COMMUNITY HEALTH

Phone: 07 4122 8733 Fax: 07 4122 8709



FRASER COAST
HEALTH SERVICE
DISTRICT

COPD Management Guide

PLAN FOR: _____

CARER: _____

GP: _____

PHONE: _____

COMMUNITY
HEALTH NURSE: _____

PHONE: _____

***Please ask your GP
to complete
the inside blue section***

COPD

Information
FOR PATIENTS

WHEN YOU ARE WELL

It is useful to know

- How far you can walk before you become short of breath
- How well you sleep
- What your appetite is like
- What colour and how much phlegm you have
- How often you cough at rest or during activity

WHAT YOU CAN DO TO KEEP WELL

- Have something to look forward to each day
- Have a regular exercise program
- Eat a balanced diet
- Avoid things that make your symptoms worse
- Keep a good supply of your medications.

MEDICATIONS

Reliever: _____

Use _____ / _____ times a day

Other: _____

Use _____ / _____ times a day

Preventer: _____

Use _____ / _____ times a day

Combination: _____

Use _____ / _____ times a day

Other: _____

Use _____ / _____ times a day

If on Home Oxygen: _____

Use _____ Litres _____ hrs/day

WORSENING SYMPTOMS

Moderate attack (unwell but not severe)

- More breathless / wheezy
- Increased cough and phlegm
- Coloured phlegm
- Loss of appetite / sleep
- Ankles more swollen

WHAT TO DO

See your GP

- Make an **URGENT** appointment for assessment
- Eat small amounts regularly
- Clear phlegm with cough and huff techniques
- Contact Community Health Nurse if concerned
- Use some relaxation techniques and medications as below

MEDICATIONS

Use **your reliever regularly** (continue other medications as previously instructed by your GP)

Extra Reliever: _____

Use _____ / _____ times a day

You may require:

**** Prednisone** _____ mg (reducing schedule)

Start with _____ tabs daily for _____ days

Then _____ tabs daily for _____ days

then see your GP for review & further instructions

**** Antibiotic:** _____

Take _____ / _____ times a day

If on HOME OXYGEN:

Use longer **BUT DO NOT CHANGE RATE**

SEVERE SYMPTOMS

Symptoms of moderate attack PLUS

- very short of breath at rest
- Unable to dress/bathe/eat/sleep
- Fever/chills
- Increased swelling of ankles

WHAT TO DO

Call AMBULANCE on 000

- Say you have severe emphysema
- Continue all medications

COPD

Management Guide

DISCLAIMER:

This tool is intended as a guide only and does not replace clinical judgement.

