## **BTS Bronchiectasis Self Management Plan**

My Usual Symptoms day to day when stable- (not during a chest infection please tick or answer	tion)
Cough  I normally cough most days of the week  I normally cough one or two days of the week  I normally cough a few days per month  I normally cough only with chest infections	
Sputum  I normally cough up sputum most days of the week  I normally cough up sputum one or two days of the week  I normally cough up sputum a few days per month  I normally cough up sputum only with chest infections	
What colour is it? □ clear □ white □ light yellow or green □ dark yellow or green	
How much do you cough day to day? □ 1 teaspoon □ 1 tablespoonful □ half a sputum pot □ 1 sputum pot	
Is your sputum?  □ watery □ sticky	
Breathlessness  I normally get breathless walking around the home I normally get breathless walking outside on the level I normally get breathless walking up a flight of stairs I normally get breathless playing sports I only get breathless with chest infections I never get breathless	
Other usual symptoms e.g. wheezing, tiredness, fatigue	

#### **Chest infections**

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

#### Action

- 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 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

# When To Seek Help

Routine GP

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

Urgent

- 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 blood OR
- ·If chest pain breathing in
- Action. Collect sputum sample and then start the antibiotics recommended immediately without waiting for the sputum result

Emergency GP or 999

- •When? You are confused or drowsy OR
- Coughing up large amounts of blood OR
- Severely breathlessness or breathless whilst talking
- ·Action. Call the emergency GP first
- Collect sputum sample if feasible and then start the antibiotics recommended immediately without waiting for the sputum result



### Day to day

- 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.