

BTS Bronchiectasis Self Management Plan

My Usual Symptoms day to day when stable- (not during a chest infection)
please tick or answer

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

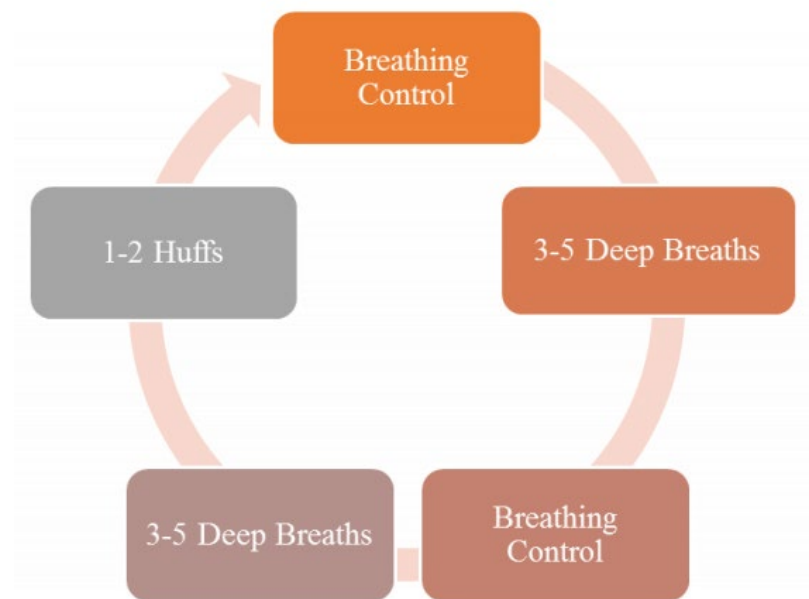
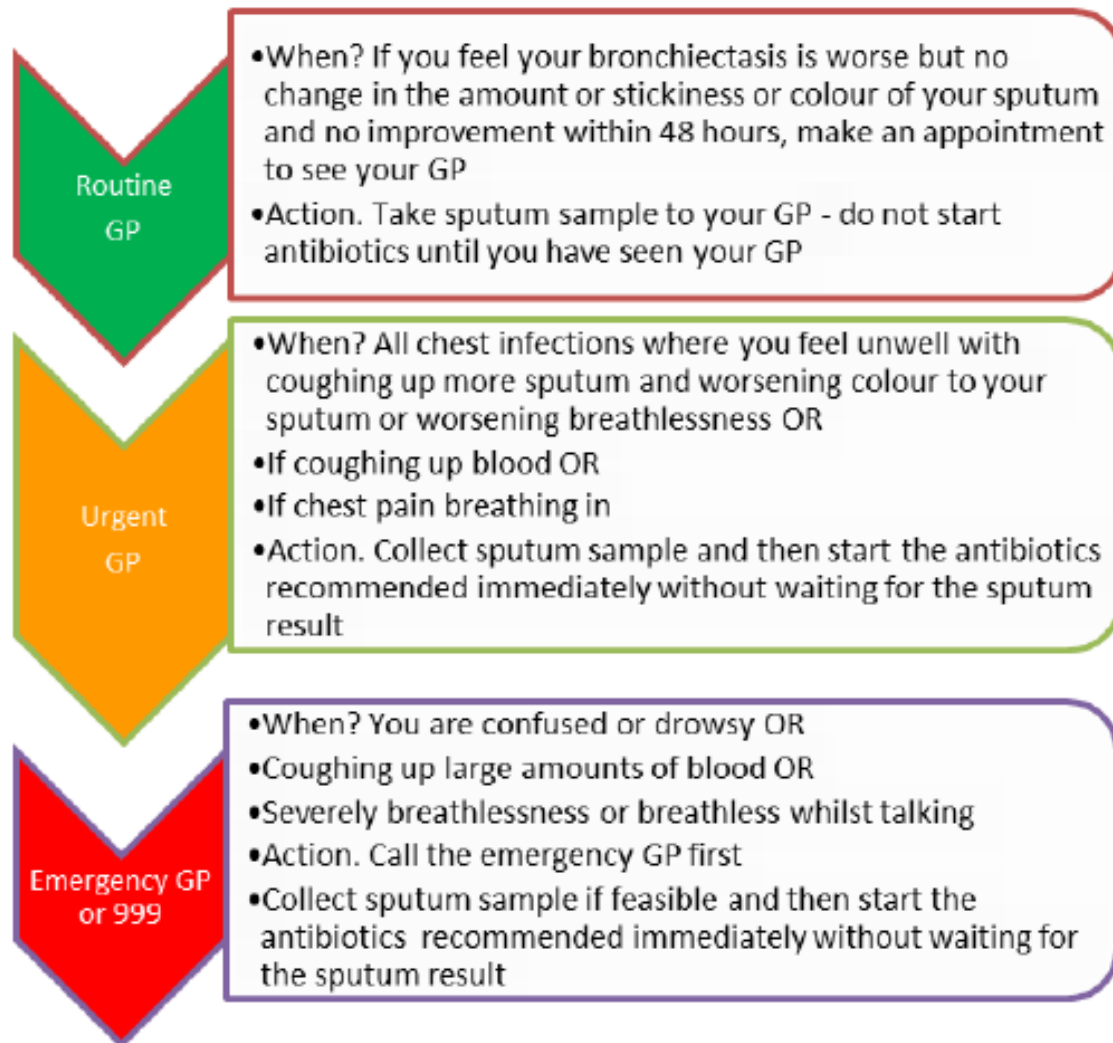
Signs (you may have some or all of these)

- 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



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.