

Bronchiectasis Self-Management Plan

Patient Information

Respiratory Team

Name:

Date of Birth:

NHS Number:

Date:

Issued by:

Signature:

GP Telephone:

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My usual symptoms day to day when stable (not during a chest infection)

Cough	Please Tick
I normally cough most days.	
I normally cough one or two days per week	
I normally cough a few days per month.	
I normally cough only with chest infections.	

Sputum	Please Tick
I normally cough up sputum most days.	
I normally cough up sputum one or two days per week	
I normally cough up sputum a few days per month.	
I normally cough up sputum only with chest infections.	

What colour is it?	Please Tick
Clear.	
White.	
Light yellow or green.	
Dark yellow or green.	

How much do you cough up day to day?	Please Tick
1 teaspoon.	
1 tablespoonful.	
Half a sputum pot.	
1 sputum pot.	

Is your sputum?	Please Tick
Watery	
Sticky	

Breathlessness	Please Tick
I normally get breathless walking around the home.	
I normally get breathless walking outside on level ground.	
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.

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Day to day

- Clear your chest as advised by your Physio.
- 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.

Recommended chest treatment day to day
1.
2.
3.
4.
5.

Chest infection 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 you cannot get to the surgery that day, keep the sample in the fridge overnight).

Action Plan

- 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.

Date antibiotics started	Date steroids started

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 GP

- **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 when 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.

Contact Information

If you have any questions or queries, which we have not covered in this leaflet, please contact:

Respiratory Team - Long Term Conditions
Boston House Health Centre
Frog Lane
Wigan
WN6 7LB

Telephone: 01942 482230 Monday to Friday 8:30am – 4:30pm

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



https://www.wrightingtonhospital.org.uk/media/downloads/sdm_information_leaflet.pdf

How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website:
https://www.wvl.nhs.uk/patient_information/leaflets/

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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