

RESPIRATORY CARE CHECKLIST



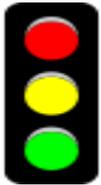
NAME:

DATE:

This is your personalised respiratory checklist to help you better understand your condition and to know what support there is available in order to help you self manage.

How to use your Checklist

The checklist uses a simple traffic light system to show you how you are doing in key areas and highlights what areas might need attention. A red indicator is not an emergency, but if you have a red or amber traffic light you should contact your GP or Practice Nurse. A green light indicates you are up to date in that area of care.



If you are amber or red, please take the action described. Green indicates you are up to date in that area of care



Discussing your care with you GP or Practice nurse is important. You should use this checklist to help raise any queries or concerns you may have about your condition



You can contact your GP or one of the other services listed

Your local surgery can:

- Answer your questions about respiratory care
- Put a self management plan in place
- Help you monitor your condition and make sure you get the right medication and support when you need it
- Put you in touch with other support services
- Make living with a respiratory condition better for you and those that support you

This is a list of options available to you that may help you better manage your condition



Self management plan: Request a self management plan from your GP

Pharmacies: You will be able to get support at your local pharmacy

Inhaler: Learn how to use your inhaler properly

Singing: www.singforbetterhealth.co.uk (Brighton)

Air alert: 01273 484 331

Cold alert: 01273 484 337

Breathe Easy groups: Meets 2nd Monday of every month 1.30pm at Bexhill Health Centre.

Contact the British Lung Foundation for more information - 03000 030 555

Stop Smoking Service: 0800 622 6968 <http://www.stopsmokingineastsussex.co.uk/>



111: 24-hour non-emergency medical support

999: If your symptoms are so severe that you cannot get to A&E, then call 999

GP: Arrange to see your GP or practice nurse about your condition

Community Respiratory Service: 01424 758166

A&E: EDGH, Conquest, PRH, Royal Sussex County, Tunbridge Wells



Asthma UK: Ask an Asthma nurse 0800 121 62 44

British Lung Foundation: 03000 030 555

We want to make sure you live well with your condition and it is as well managed as possible. There are key things you can do to prevent respiratory flare ups/ exacerbations, which can be disruptive to you or to your families' lives. This will also ensure NHS resources are best used. For example, correct use of your inhalers, taking part in pulmonary rehabilitation classes, stopping smoking and using your rescue pack may prevent costly emergency hospital admissions.

Some examples of preventative and emergency costs

Cost of an inhaler to the NHS: **£1.50 - £60**

GP emergency call out/home visit: **£114**

Cost of a rescue pack to the NHS: **£5**

Consultation with specialist in hospital: **£158**

A&E attendance costs up to: **£235**

Annual review with your nurse: **£18**

Calling 999 costs up to: **£266**

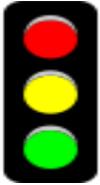
Average cost of pulmonary rehab sessions: **£308 (per prog)**

Emergency hospital admission costs up to: **£3,007**

What are your next steps?

Check all the areas on your checklist. If you have any red or amber lights make contact with your GP or practice nurse. If you have any doubts about anything then get in touch with your local surgery.

GUIDE FOR COMPLETING YOUR CHECKLIST

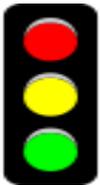


Annual review

You should see your Doctor or nurse **at least once a year** for a review. During your review you should be asked how well your medicines are helping you with your symptoms and whether you have had any side effects.

Provide a summary on your current situation

Book your next appointment for



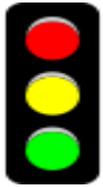
Support with self management

Sometimes your symptoms may become particularly severe. These are called exacerbations or flare ups. You should **be given advice about how to spot these** early and prevent them from getting worse. You may be given **medication** to keep at home to prevent exacerbations.

What is a rescue pack?

It contains antibiotics and steroid tablets so that you can start these as soon as possible when your condition starts getting worse.

Provide a summary on your current situation



Stopping smoking

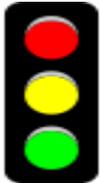
Giving up smoking and sticking to it is **extremely important** if you have a respiratory condition. Your Doctor should encourage and help you to do this. If you are a smoker and want to give up there are different options available to you. Talk to your GP who can provide advice about the different options.

Talk to your surgery to find out what help you can receive

Phone Smoke Free East
Sussex
0800 622 6968

Ask your chemist about a nicotine alternative

Provide a summary on your current situation

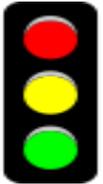


Inhaler technique

The medicines you use depend on how severe your condition is, how it is affecting your everyday life, and what side effects you may experience. You should only be given an inhaler once you have been shown how to use it and **you are confident that you can use it properly**. Your technique should be checked regularly as part of your annual review. There are different types of inhaler. Please make sure you have been shown how to use yours properly.

*SHOULD YOU BREATHE OUT BEFORE USE? HOW HARD SHOULD YOU BE BREATHING IN?
HOW LONG SHOULD YOU HOLD YOUR BREATH? SHOULD YOU BE USING A SPACER?*

Provide a summary on your current situation



Pulmonary rehabilitation

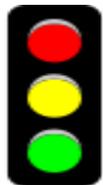
Certain patients could benefit from a pulmonary rehabilitation course. It is a programme of care designed to your individual needs. During the **twice weekly sessions of 6-8 weeks** you work with a healthcare professional in your local area to help you make the most of your physical abilities and to become as independent as possible. Pulmonary rehabilitation includes breathing techniques, exercise, useful information and advice on your diet.

Ask your GP if you are suitable for a pulmonary rehabilitation programme

If you are suitable your GP will refer you

It is important that you attend the programme to help you manage your condition

Provide a summary on your current situation



Spirometry test (only for patients with COPD to confirm diagnosis)

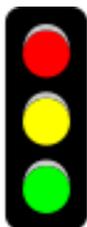
Your **diagnosis of COPD should be confirmed by a post-bronchodilator spirometry**, also known as a 'blow-test'. This test checks how well your lungs work by measuring the amount of air you can blow out. This helps to decide upon the treatment your Doctor should offer. A spirometry test is when you take an inhaler to open your airways, before taking a deep breath and blowing as hard as you can into a sensor.

Provide a summary on your current situation



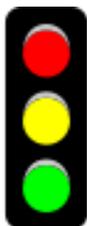
GUIDANCE ON CHOOSING YOUR TRAFFIC LIGHT COLOUR

ANNUAL REVIEW



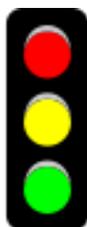
- RED** You have not had a review in the last 12 months
- AMBER** You have not had a review in the last 12 months but you have one booked in
- GREEN** You have had a review in the last 12 months

SUPPORT WITH SELF MANAGEMENT



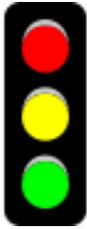
- RED** You have not been given a self management plan
- AMBER** You have been given a self management plan but feel you need additional support to help you manage your condition.
- GREEN** You feel confident in self managing your condition

STOPPING SMOKING



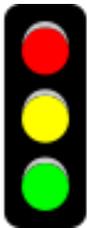
- RED** You are smoking and are currently not planning on giving up
- AMBER** You are a smoker but are trying to quit
- GREEN** You are not a smoker or you have given up smoking

INHALER TECHNIQUE



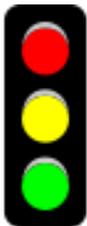
- RED** You have not been shown how to use your inhaler. Contact your pharmacist or surgery and ask to be shown the correct technique. This should also be included in your annual review
- AMBER** You have an inhaler and have been shown how to use it but feel like you need a refresher
- GREEN** You have been shown how to use your inhaler and feel confident using it

PULMONARY REHABILITATION



- RED** You have not been referred to a pulmonary rehabilitation course. Please contact your surgery and discuss whether you are suitable and meet the referral criteria.
- AMBER** You have been referred but have been on the waiting list for over 2 months. Contact the community respiratory team on 01424 758166
- GREEN** You have attended a pulmonary rehabilitation course

SPIROMETRY TEST (only for patients with COPD to confirm diagnosis)



- RED** You have not had this test and should contact your surgery at the first opportunity
- AMBER** You have not had this test but have one booked in
- GREEN** You have had this test