******Preparing for care planning for people with**

**chronic obstructive pulmonary disease (COPD)**

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| --- | --- | --- | --- |
| **Name:** | **Date of birth:** | **NHS no:** | **Date:** |
|  |  |  |  |
| This preparation document will help you think ahead and plan what you would like to discuss at your personalised care and support planning appointment. |
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| **Please have this with you at your appointment**  |
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| **What would you like to talk about at your review?** |
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| **These are some things that people sometimes want to talk about. Circle any that are important to you.** |
|  |  |
| Medical check ups | My mood |
|  |  |  |  |
| Medication | Giving up smoking |
|  |  |  |  |
| Managing flare-ups  | Alcohol  |
|  |  |  |  |
| Healthier eating | Sleep |
|  |  |  |  |
| Appetite | Sexual health |
|  |  |  |  |
| Wheezing | Physical activity |
|  |  |  |  |
| Breathlessness | Stamina |
|  |  |  |  |
| Coughing | Driving/travel |
|  |  |  |  |
| Work/benefits/finance | Feeling anxious |
|  |  |
|  |  |
| The following websites and organisations provide information on living with and looking after COPD* British lung foundation (www.blf.org.uk)
* COPD foundation ([www.copdfoundation.org](http://www.copdfoundation.org))

The following link takes you to videos that demonstrate the best way to use your inhaler<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers> The following website provides information on helping you to stop smoking<https://www.nhs.uk/livewell/smoking>  |

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| **My lung tests** |
| **Oxygen saturation levels -** COPD can reduce the amount of oxygen in your blood. The healthy range is usually between 95 and 100%. **My oxygen saturation level is ………** |
| **These questionnaires help you understand how COPD affects your life**  |  |  |  |
| **MRC scale - How breathless are you? (circle one)** |
| I only get breathlessness with strenuous exercise | 1 |
| I get short of breath when hurrying on level ground or when walking up a slight hill | 2 |
| On level ground, I Walk slower than most people my age because of breathlessness, or I or have to stop for breath when walking at my own pace.  | 3 |
| I Stop for breath after walking 100 yards, or after a few minutes on level ground | 4 |
| I am too breathless to leave the house, or I am breathless when dressing/undressing | 5 |
|  |
| **How COPD affects you?** | Yes or no  |
| In the last month have you had difficulty sleeping because of your symptoms? |  |
| In the last month have you had COPD symptoms during the day (cough, wheeze, chest tightness or breathlessness)? |  |
| In the last month has your COPD interfered with your usual activities? |  |
| In the last month have you felt low in mood, anxious or had panic attacks? |  |
|  |  |  |  |
| **Flare ups**  |
| Have you had a flare ups or chest infections in the last 12 months? |  |
| How many times have you been in hospital for your breathing in the last year? |  |
|  |  |  |  |
| **What might make a difference?** |
| **Smoking** causes problems with your health in many ways. If you have COPD and you smoke giving up is the most important thing you can do and can help prevent your condition becoming worse. |
| **Exercise and pulmonary rehabilitation:** If you have COPD [**being active and exercising**](https://www.blf.org.uk/support-for-you/exercise) can help you to improve your breathing, your fitness and your quality of life. Pulmonary rehabilitation is a programme of activity and education designed for people living with COPD. It combines physical activity sessions with advice and discussions about your lung health. |
| **Managing and preventing flare-ups:** There are a lot of things you can do to prevent and manage flare-ups, such as using inhalers, having rescue drugs and staying away from people with infections..  |
| **Weight (kg):** Being underweight or overweight can make your condition more difficult to control and can increase your risk of other health problems. A healthy BMI is between 20 to 25 **My weight is ……….. My BMI is**  |