

patient passport

Walk 10 steps to the best COPD care

The ten steps in this COPD patient passport are the essentials that should be offered to everyone living with COPD.

If you have any questions about anything detailed in this passport, please speak to the MISSION project team to ensure that you are accessing the best possible care to manage your COPD.

My COPD Check List

1. I have had my diagnosis confirmed by a lung function test (spirometry)

2. I feel supported to manage my COPD and I know where to find information and advice. I am actively involved in my care and have the opportunity to discuss how I wish to be treated.

3. If I smoke I have been offered help, support and treatment to stop smoking.

4. I know the importance of keeping active and eating well. I have been offered the opportunity to improve my activity through exercise and pulmonary rehabilitation if appropriate.

5. I know how and when to take my medicines, and feel able to use my inhalers and other medicines properly. I have rescue medication and know how and when to use them.

6. I have been given a free flu jab every year by my GP and a one-off pneumonia jab.

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7. I see my doctor or nurse routinely at least once a year for a review of my lung function, medicines and inhaler technique, breathlessness, activity and oxygen levels, flu vaccination and my action plan.

Date agreed

Chest Clearance Tips

- * Drink plenty of water throughout the day
- * Sleep in a well ventilated room
- * Keep mobile
- * Aim to cough and clear my chest every few hours

Diet Tips

- * Eat little and often
- * Eat healthy foods you enjoy
- * Remember to take diet supplements if they are prescribed

Mobility Tips

- * Keep active every day
- * Avoid going out in the cold air
- * Avoid air pollution
- * Allow enough time to do things
- * Plan things to look forward to

For more help with living with COPD you can contact the British Lung Foundation on any of the following:

Helpline: 03000 030 555

helpline@blf.org.uk

www.blf.org.uk/COPD