

COPD Management Plan – Level 3 Advanced Plan

Name:

COPD

COPD stands for Chronic Obstructive Pulmonary Disease.

COPD affects your breathing because of long term damage caused to the lungs from

- SMOKING
- INHALING DUSTS
- INHALING FUMES
- HEREDITRY

COPD describes a group of lung conditions that make it difficult to empty air out of the lungs because your airways have been narrowed.

SMOKING CESSATION

Giving up smoking is the most effective way to help your health. By stopping smoking you will slow down or even stop the progression of your COPD. You can be referred for smoking cessation by your GP or practice nurse.

PHYSICAL ACTIVITY

- You should always try to keep as active as possible. Try not to avoid activities that normally make you breathless.
- You should try to do some exercise 4 to 5 times per week
- Breathlessness is a NORMAL response to exercise and you should only stop if it becomes uncomfortable.
- Pulmonary rehabilitation may be available for some people. Please discuss this with your practice nurse, GP or COPD nurse.

DIET

Eating well can make a big difference to how you feel. Being overweight makes your lungs work harder and this can make you become more breathless. Try to do more activity and check your portion size. Being underweight is also not advised, so try to have a diet high in calories, protein and fat

VACCINATIONS

- It is advised people with COPD have their flu vaccination
- You may also be offered a vaccine against pneumonia

WEATHER

Very hot, cold or foggy weather may affect your breathing. Make sure you wrap up warm in the cold weather.

Avoid going out in the hottest part of the day, wear loose fitting clothing and drink plenty of water.

GETTING OUT AND ABOUT

Although you may need to plan ahead when doing social activities, there is no need for your COPD to stop you enjoying outings or holidays.

BRITISH LUNG FOUNDATION

The British Lung Foundation provides further education to help both you and your family. Contact them on following phone number or website;

- 0300 030 555
- www.blf.org.uk

