

## RECORD SHEET

### Recommended Chest Treatment – Daily

- 1.
- 2.
- 3.
- 4.
- 5.

### Recommended Chest Treatment – Infection

- 1.
- 2.
- 3.
- 4.
- 5.

### Record of Antibiotic Use

Antibiotic	Prescribed by	Signature	Date

### Contacts

Name ..... DOB ... / ... / .....

Hospital/NHS Number .....

GP Name ..... Surgery .....

## WHEN TO SEEK HELP?

### Routine GP

If you feel that your Bronchiectasis is worse, but there is 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

- If you have a chest infection and you feel unwell and you have more sputum with a worsening colour, and worsening breathlessness OR...
- if you are coughing up blood OR...
- If you have a chest pain when breathing in.

#### Action

Collect sputum sample and then start recommended antibiotics immediately without waiting for sputum result.

### Emergency GP or 999

- If you are confused or drowsy OR...
- Coughing up large amounts of blood OR...
- Severely breathless or breathless when talking.

#### Action

- Call the emergency GP first
- Collect sputum sample if feasible and then start the recommended antibiotics immediately without sputum result.

# BRONCHIECTASIS

## A patient self management plan

Advice on how to self manage the symptoms and effects of Bronchiectasis.

## CHEST INFECTIONS:

### Signs:

- Feeling generally unwell
- Coughing up more sticky sputum
- Worsening colour (clear sputum becoming light or dark yellow or green, or light yellow or green sputum becoming dark yellow or green)
- Worsening breathlessness.

### Actions:

- Clear your chest more often
- 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 surgery that day, keep sample in fridge overnight)
- Some colds get better without needing antibiotics. If there is no change in the amount or colour of sputum, do not start antibiotics
- Seek help if needed.

## Personal symptoms of chest infection

What symptoms do you experience when you have a chest infection?

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## MY SYMPTOMS: Questionnaire

Day to day – (Not during a chest infection)

### Cough (Please tick one)

I normally cough...

- Most days of week
- One or two days a week
- A few days a month
- Only with chest infections

### Sputum (Please tick one)

I normally cough up sputum...

- Most days of week
- One or two days a week
- A few days a month
- Only with chest infections

### What colour is it?

(Please tick one)

- Clear
- White
- Light yellow or green
- Dark yellow or green

### Daily sputum volume

(Please tick one)

- 1 teaspoon
- 1 tablespoon
- Half sputum pot
- Full sputum pot or more

### Condition of your sputum

- Watery
- Sticky

### Breathlessness

- Walking around home
- Walking outside on the level
- Walking up a flight of stairs
- Playing sports
- I only become breathless with chest infections
- I never become breathless.

### Other usual symptoms

e.g. Wheezing, tiredness, fatigue .....

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## Advice – day to day

- Clear your chest as advised by your physiotherapist
- 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 injection when offered
- Avoid visiting anyone who is unwell with a cold, flu or chest infection
- Keep a supply of sputum pots in the house
- Know how much sputum you cough up and its colour.

**You can find a reference guide to the British Thoracic Society's Guideline for non-CF Bronchiectasis here:**

[http://www.brit-thoracic.org.uk/Portals/0/Guidelines/Bronchiectasis/BronchiectasisQFG\\_web.pdf](http://www.brit-thoracic.org.uk/Portals/0/Guidelines/Bronchiectasis/BronchiectasisQFG_web.pdf)