

I feel OK

This is how I feel on my good days.

When you are in the **Green Zone** your COPD is stable:

- I am this breathless at night:
- I can climb this many steps without stopping:
- I can walk this far without having to stop: to
- What makes my breathing worse:
- I cough up this much sputum (tsp or tbs):
- My sputum is this colour (please circle)

	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad
- My normal appetite is **normally**

The Green Zone means that:

- Your symptoms are under control
- You should continue with your usual medication, breathing and chest clearance exercises as before

You have discussed with your GP/Nurse

- What to do if you have a flare up.
- The possibility of having Rescue Medication in the house

If you are on home oxygen do not change the flow rate without medical advice. Tell anyone 'medical' attending you what your prescribed level of oxygen is.



I feel I am getting worse

My symptoms are worse and I don't feel OK

When you are in the **Amber Zone** you may feel:

- You are having to use your reliever inhaler more often
- You have a new or increased cough
- You are more short of breath or wheezier than normal
- You are coughing up more sputum
- Your sputum has changed colour towards greener
- You have loss of appetite
- You have new or increased ankle swelling
- You have reduced energy, and feel more tired than normal

The Amber Zone means:

- You should increase use of blue inhaler
- Rest while you can
- Use your breathing techniques
- Use your chest clearance exercises
- Drink plenty of fluids, don't get dehydrated
- Eat small amounts often
- Keep monitoring how you feel in case you are having a flare up

If your symptoms improve, continue taking your usual medication.

Keep monitoring how you feel in case you are having a flare up and need to take further action.



I feel much worse

If you have been in the Amber Zone for 24 - 48 hours and are not feeling any better – its time to alert your GP/Respiratory Nurse

You may need to start your Rescue Medication (antibiotics and steroids) which your GP/Nurse can provide.

- GP – call
- Respiratory Nurse – call
- Out of hours – call NHS 24 on 111

If you feel too unwell to wait for the doctor or nurse to phone back, dial 999

If you have Rescue Medication at home:

- If your sputum has increased or changed colour, start home supply of antibiotics
- My antibiotic is:
- If you are significantly more breathless, start home supply of steroids.
- My dose of prednisolone is:

You are in the RED ZONE and need to be looking out for the following more serious symptoms

- You are **extremely breathless** or have difficulty breathing
- You feel **drowsy** or **confused**
- You have **chest pain**
- You have a **high temperature**

If you have any of these and /or you are not feeling better after 48 hours of taking Rescue Medication you must contact your GP/ NHS 24 urgently or call 999 for an ambulance.



My information

My Name:

Date:

My Respiratory Nurse

Name:

Number:

My GP

Name:

Number:

Emergency GP number:

NHS 24 Number: 111

My Smoking Cessation

Number:

My normal oxygen saturation level is:

My prescribed oxygen rate is:

Do you have any questions about chest, heart or stroke illness?



Ask the nurse
0808 801 0899

Call FREE from landlines and mobiles 

www.chss.org.uk

About COPD

Chronic obstructive pulmonary disease, shortened to COPD, is an umbrella term for a group of conditions which cause long-term damage to the airways. In COPD the airways are narrowed, due to a variety of causes, so the air breathed in cannot flow freely in or out of the lungs. COPD includes:

Chronic bronchitis: the lining of the bronchi are irritated and inflamed and produce excess mucus which blocks the airways.

Emphysema: damages the alveoli and the lung's ability to transfer oxygen into the bloodstream.

Sometimes COPD can deteriorate suddenly to such an extent that emergency treatment is needed. This is often referred to as an acute exacerbation.

This leaflet will help you to know what to do if you become unwell. It is very important that you let your doctor / nurse know about sudden worsening of symptoms and changes in your sputum as soon as possible.

Chest Heart & Stroke Scotland

- **CHSS affiliated Chest Support Group** provide a wide range of activities and offer members, relatives and carers ongoing support, stimulation and companionship in a friendly and relaxed environment within the community.
- The **Voices Scotland** programme provides people affected by chest, heart or stroke illness with the knowledge, skills and confidence to work with the NHS to help plan new and better services.
- CHSS booklet C1 **Living with COPD** is a comprehensive guide to looking after yourself.
- CHSS **Health Information Booklets and Factsheets** are available free in Scotland
- Call the Advice Line Nurses to sign up for our FREE **Air Quality & Weather Text Alert Service**.



Full range of publications available 0131 225 6963 or publications@chss.org.uk or www.chss.org.uk

Chest Heart & Stroke Scotland



Traffic Lights for COPD

Chest Heart & Stroke Scotland



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