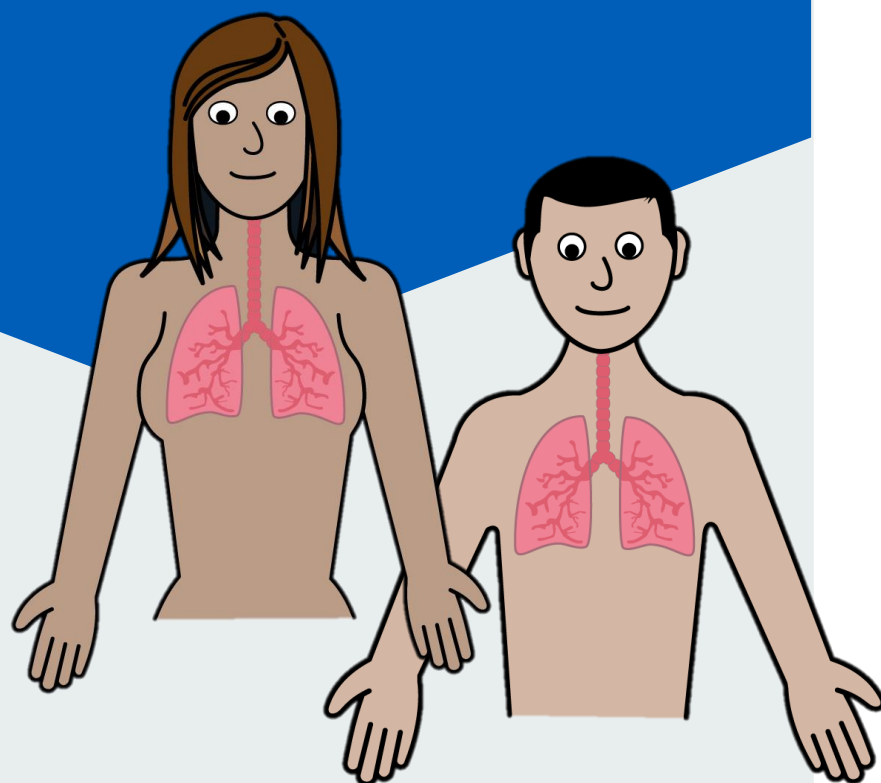
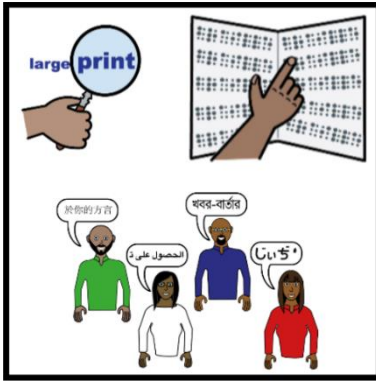


Easy Read

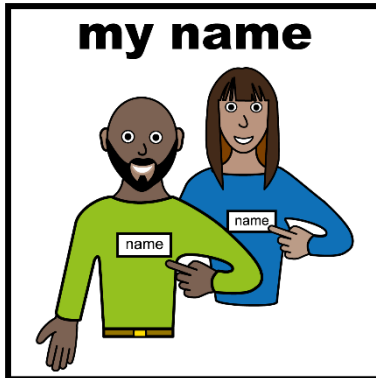
How I look after my COPD

My plan

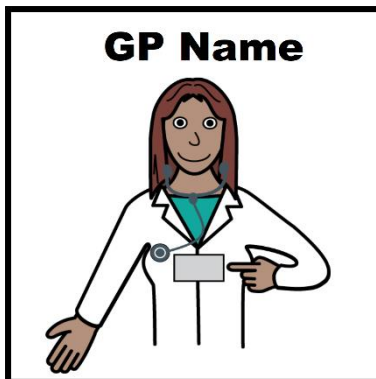




If you require this information in other languages, Braille, large print, or audio format please contact the team caring for you.

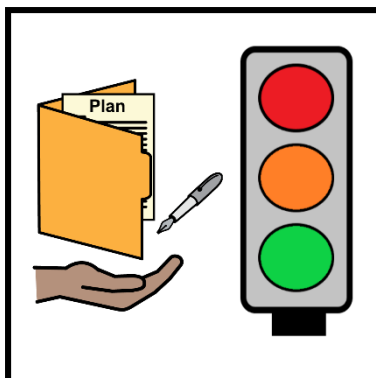


My name is:



My GPs name:

GPs contact number:



I will use this plan to take care of my COPD.

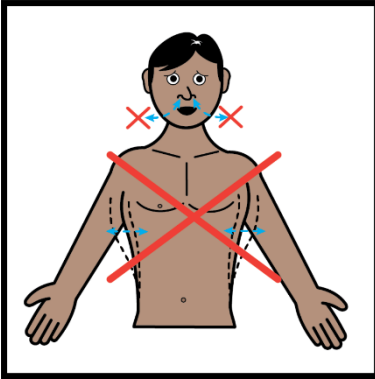
My plan will look like traffic lights.

Green = Feeling well

Amber = Feeling poorly

Red = Feeling very poorly

My plan will talk about...



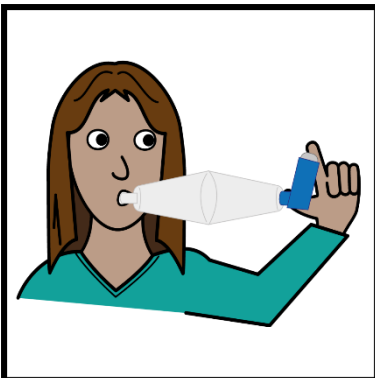
Breathlessness

Breathlessness is feeling more and more out of breath.



Sputum

Sputum is stuff I might cough up. It can be thick, lumpy and sticky.

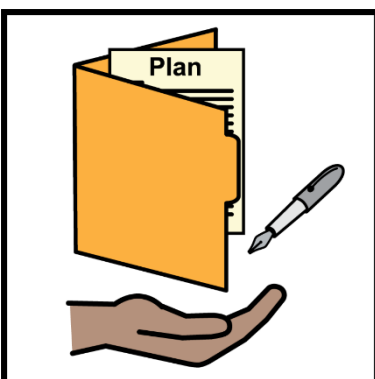


Inhalers

Inhalers are medicine that help my breathing and my COPD.

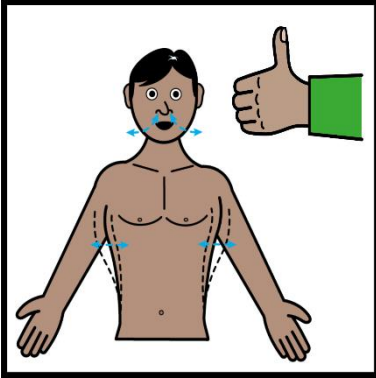


I will write my plan with my nurse or doctor.



I must follow my COPD plan so I stay healthy.

On a green feeling well day...



...my breathing is normal

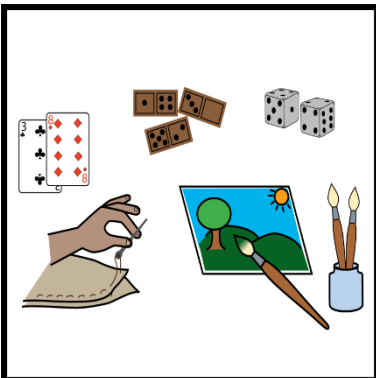


...I can do these tasks and still breathe OK:

.....

.....

.....



I can do these activities and still breathe OK:

.....

.....

.....



... my sputum is:

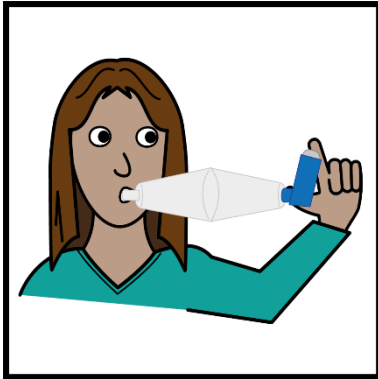
Please tick a box

White Yellow Grey Green

And is...

Watery Thick Lumpy Sticky

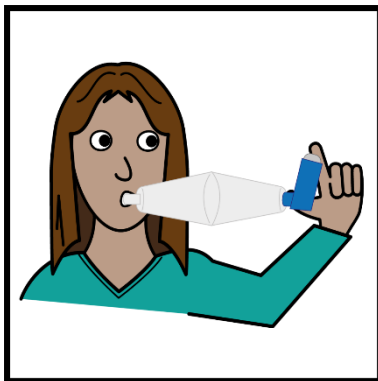
My inhalers...



Inhaler name:

Inhaler colour:

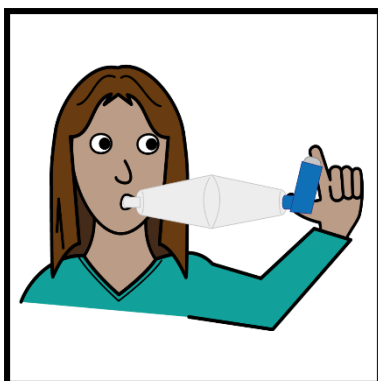
Times I can use inhaler:



Inhaler name:

Inhaler colour:

Times I can use inhaler:

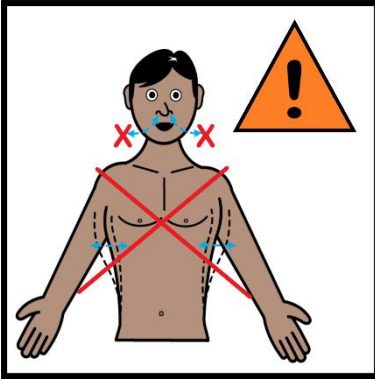


Inhaler name:

Inhaler colour:

Times I can use inhaler:

On an amber feeling poorly day...



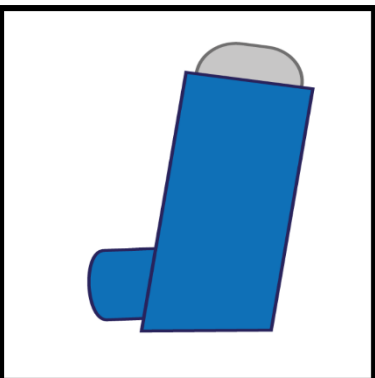
...my breathing is worse than normal



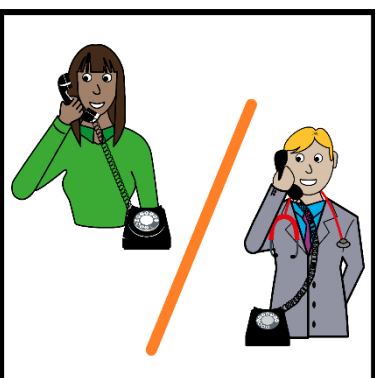
...my cough is worse than normal



...my sputum is a different colour to normal and there is more of it

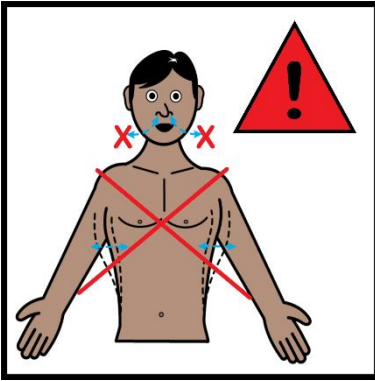


...if I have one or more of the above, I will use my blue inhaler.
I will use my blue inhaler 4 times a day with 2 puffs each time.



...I must phone my doctor and let them know.

On a red feeling **very** poorly day...



...I am taking the tablets my GP gave me and my usual inhaler but my breathing is still getting worse



...I am still coughing more than normal



...I still have more sputum than normal



...I need to call 999 immediately.

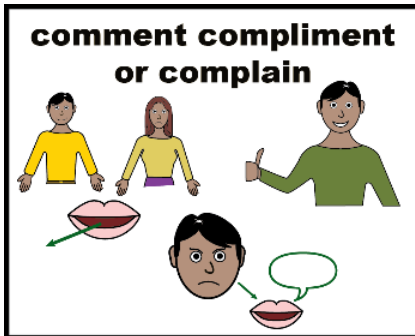


Service Contact Information

If you need to speak to someone about this leaflet, you can:

Call:

Email:



If you want to give feedback to someone outside the service, you can speak to the **Patient Experience Team**.

Call 0113 220 8585

Email lch.pet@nhs.net



We might ask you a few questions and keep a record of your personal details.

We may share your information with other services. We will ask you before we do this, as per the Data Protection Act 1998.