

# Adult Bronchiectasis Self-Management Plan

## 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 and other recommended vaccinations.
- Avoid contact with anyone who is unwell with a cold, flu or chest infection.
- Keep a supply of sputum pots in the house.

## Recommended chest treatment day to day

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## Chest infections

**Signs** (you may have some or all of these)

- Feeling generally unwell (usually for two days or longer)
- Coughing up more sputum or sputum more sticky
- Worsening colour to your sputum (clear to light or dark yellow or green Or light to dark yellow or green)
- Worsening breathlessness

### Action

- Clear your chest more often (at least twice daily).
- Take your medication and inhalers.
- Drink plenty of fluids.
- Collect sputum sample and hand to GP as soon as possible (if cannot get to surgery that day, keep the sample in fridge overnight).
- Some colds get better without needing antibiotics. If there is no change in the amount or colour of your sputum **do not start** your antibiotics.
- Seek help if needed

## Recommended medical treatment for chest infections

- 1.
- 2.
- 3.

## Appointments

- 1.
- 2.
- 3.

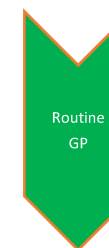
Name

Date of Birth

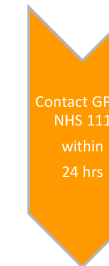
Hospital/NHS Number

Date

## When to seek help



- When? If you feel your bronchiectasis is worse but 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



- When? All chest infections where you feel unwell with coughing up more sputum and worsening colour to your sputum or worsening breathlessness OR
- If coughing up blood OR
- If chest pain breathing in
- Action. Collect sputum sample and then start the antibiotics recommended immediately without waiting for the sputum result



- When? You have new symptoms such as:
- Confused or drowsy OR
- Coughing up large amounts of blood OR
- Severely breathless or breathless while at rest
- Action. Dial 999
- Collect sputum sample if feasible and then start the antibiotics recommended immediately without waiting for the sputum result

## Contact Numbers

General Practice

Community respiratory team

Hospital respiratory team



British Thoracic Society - October 2022