

## Self Management Plan for Bronchiectasis Patients

- Take prescribed medicines
- Consider how your chest feels and how much sputum you are coughing up
- Daily breathing exercises as instructed by the physiotherapist in clinic

### *Symptoms of an exacerbation (any of the following signs)*

- Increase in volume of sputum from your normal day to day volume
- Change in colour of your sputum
- Chest feeling constricted or congested
- Evidence of soreness or pain in your lungs
- Feeling more tired and generally not well

**Note:** Some patients may also have associated shortness of breath and wheeze

## What to do when you have an exacerbation of your chest

- If you have more than two of the above symptoms but are unsure what to do, please contact the **Lung Defence Helpline on 01480 364456 or 01480 830541**, asking for Bleep 685 for advice (Monday-Friday 09.30-12.30).
- If possible send a sputum sample to your local GP surgery or by post to Papworth Hospital using the correct postal packaging provided by the hospital.
- If the sample has been sent to Papworth Hospital, please contact the Lung Defence Helpline for the results.
- Start your prescribed reserve course of antibiotics.
- If you are not responding to the treatment within 3-4 days contact either the Lung Defence Helpline or your GP for an emergency review.
- Your GP will contact the Lung Defence team if he/she feels you need an emergency review within the Lung Defence Clinic.
- If you have recurrent infections ie monthly please contact the Lung Defence Helpline to discuss if you need an earlier review.

Author ID: x  
Department: Lung Defence Clinic  
Printed: July 2012  
Review date: July 2014  
Version: 1  
Leaflet number: PI 71

**Papworth Hospital NHS Foundation Trust**  
Papworth Everard, Cambridge CB23 3RE  
Tel: 01480 830541 Fax: 01480 831315

For more information about Papworth Hospital please visit our website [www.papworthhospital.nhs.uk](http://www.papworthhospital.nhs.uk)