



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Chronic Obstructive Pulmonary Disease (COPD)

Discharge Information

Name:

Hospital No:

NHS No:



What you can do

It is important that you have a good understanding of your condition so that you can seek help early should you need to. It is strongly recommended that you take a proactive role in ensuring the following:

1. **Quit smoking** if you have not already done so.
2. Have an annual **flu vaccination** in Autumn.
3. Check for **changes from normal** daily activities.
4. **Eat a balanced diet** and drink adequate fluids.
5. Try to keep active by **exercising** daily.

When You Are Well...

How much can you do?

How far can you walk on the flat?

Can you complete a flight of Stairs?

How is your breathing during Activity?

How much sputum do you cough up?

What colour is your sputum?

References

NICE COPD Quality Standard 2011. British Lung Foundation COPD blf.org.uk
DOH. Outcomes Strategy for COPD and Asthma 2012

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dr Melanie Irvin-Sellers and Dr Simon Winn

Department: Respiratory

Version: 2

Published: Sep 2017

Review: May 2018

COPD Medications

Name and Dose of Medication	AM	Noon	PM	Bed	Indication

Chronic Obstructive Pulmonary Disease (COPD)

A Diagnosis of COPD

COPD is a chronic lung condition often brought on by years of exposure to cigarette smoke or other inhaled substances. The condition tends to be progressive and can be made worse with lung infections causing flare-ups or “exacerbations” that often prompt admission to hospital.

By offering an individualized and comprehensive plan to help manage such flare-ups, our Respiratory Services aim to optimize your care and minimize disease progression and in doing so the frequency of future hospital admissions.

The Respiratory Care Team

The Respiratory Care Team (RCT) will play a central role in ensuring ongoing care at home. They offer expert advice in maintaining your wellbeing and guidance with treatment in the event of worsening symptoms.

You have just been discharged after an exacerbation of your COPD +/- an Infection.

After Your Exacerbation

- Complete recovery may take up to 4 or 5 weeks.
- Your Medications may be temporarily increased.
- With recovery return to your usual medicines.
- Ensure new medicines are on repeat prescription
- You may have been treated with oxygen in hospital but it is normal not to need this when you are discharged.

Important information for You / GP to know

Number of Hospital admissions in last 12 months: _____

Last pulmonary rehabilitation programme: ____/____/____

On Waiting List: _____

Known Allergies:

OXYGEN SENSITIVE Yes / No

OXYGEN SENSITIVE WRIST BAND Yes / No

Target O₂ Sats _____%

Discharge Function: Oxygen Therapy at home:

Spirometry None _____

FEV1 _____% Ambulatory _____

FVC _____% LTOT _____

Sats _____% NIV _____

BMI _____

Signs of an Exacerbation

- Increased shortness of Breath
- Increased Sputum production/+/-or
- Change in colour
- Blood in sputum, agitated
- Sleepy and confused
- No relief from usual treatment

In the event of a new Flare-Up:

If known to Respiratory Care Team:

Monday – Friday, 9am – 5pm

CALL: 01483 846449

If telephone is engaged please leave a message and they will aim to call you back on the same day.

(2) CALL Out of HOURS GP IMMEDIATELY

(3) CALL 999 in the event of severe difficulty in breathing, sleepy or confused.

THEY WILL ADVISE YOU ON INCREASING YOUR MEDICATION AND COMMENCING YOUR EMERGENCY DRUG PACK.

Emergency Drug Pack

Steroids: Prednisolone 30mg once a day for 10 days

Antibiotics: Standard 7 Day Course