

MY BRONCHIECTASIS ACTION PLAN

MY DETAILS

Name: _____
 Date of birth: _____
 Date of influenza immunisation (annual): _____
 Pneumococcal: _____

MY HEALTHCARE TEAM

Doctor: Name _____
 Phone _____
 Healthcare team member: Name _____
 Profession _____

If I am unwell, I can call _____ on _____ for after hours advice.

My baseline (when you feel your usual self)

Amount and colour of phlegm is usually:

Teaspoons/Day



Bugs that have grown in my phlegm:

- Pseudomonas aeruginosa
 Haemophilus influenzae

My sleep is disrupted

- Every night
 Most nights
 Some nights
 Occasionally
 Rarely
 Never

I feel short of breath

- All the time
 Most of the time
 Some of the time
 A little of the time
 Hardly any of the time
 None of the time

Actions which help control my usual symptoms:

Airway clearance Other _____
 _____ times/day _____

Medication that I am allergic to: _____

I have a usual amount of phlegm/shortness of breath. I can do my usual activities.

ACTION: Take your usual medication (if prescribed) and perform airway clearance.

Medicine	Amount	Times per day	Notes

I am coughing more. My phlegm has changed (colour/amount/consistency). It is harder to breathe than normal.

ACTION: Take action now to manage your symptoms. Increase airway clearance. Take your flare-up medicines. Monitor your symptoms closely. Call your doctor.

Medicine	Amount	Times per day	Notes

My symptoms have changed a lot. I am worried.

- Blood in phlegm and/or more symptoms (wheezing, coughing, generally unwell)

ACTION: Call your healthcare team today.

- Very short of breath/wheezy
- High fever or confusion

ACTION: Call **000 now**.



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Get to know your baseline

Your baseline is when you feel your usual self. You may have one or more symptoms at your baseline. Think about:

- How much you cough and how breathless you feel
- Your usual amount and colour of phlegm
- How well you sleep
- Your usual appetite
- How far you can walk
- What makes you feel worse

Know your medicines and airway clearance techniques

Your medicines and airway clearance techniques help control your symptoms and reduce the risk of flare-ups. Take your medicines as prescribed by your doctor and see a respiratory physiotherapist, if possible.

Stay well and reduce the risk of flare-ups

Flare-ups (or exacerbations) are serious health events. There are things you can do to help you stay well and reduce the risk of a flare-up, including:

- Active airway clearance to remove phlegm
- Exercise regularly
- Listen to your body
- Join a pulmonary rehabilitation program
- Get influenza and pneumonia immunisations
- Take your medications as prescribed
- Quit smoking and have a balanced diet
- Avoid things that make you feel worse

Are you familiar with Airway Clearance Strategies?

- The Active Cycle of Breathing Technique (ACBT)
- Forced Expiration Technique (Huff)
- Positive Expiratory Pressure (PEP) Therapy
- Oscillating PEP Therapy (e.g. Flutter, Acapella)
- Gravity Assisted Drainage
- Manual Techniques
- Inhalation Therapy/Nebulisers

Forced Expiration Technique (Huff)

1 level huff



Take a **normal** sized breath

3 levels of huffing



Take a **small** breath in



Open the mouth to an **O** shape or place breathing tube in the mouth
Breathe out with **some force** (not a lot of force)



... and **good flow**

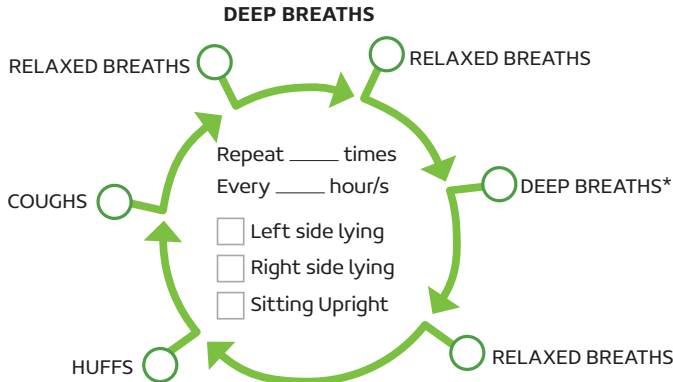
Technique tip: *The breath out is similar to fogging up a mirror.*



... and **long flow**

Repeat the above steps with a medium sized breath in. Then repeat with a large sized breath in.

The Active Cycle of Breathing Technique (ACBT)



Notes/questions for my next appointment

HEALTH PROFESSIONAL AUTHORISATION

This Plan was prepared on _____

in consultation with the patient, by:

Name _____

Position _____



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