# MY BRONCHIECTASIS ACTION PLAN

## MY DETAILS
- **Name:**
- **Date of birth:**
- **Date of influenza immunisation (annual):**
- **Pneumococcal:**

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

## MY HEALTHCARE TEAM
- **Doctor:** Name
- **Healthcare team member:** Name

## My baseline (when you feel your usual self)

### Amount and colour of phlegm is usually:
- [ ] Teaspoons/Day
  - [ ] clear
  - [ ] yellow
  - [ ] brown
  - [ ] green

### Bugs that have grown in my phlegm:
- [ ] Pseudomonas aeruginosa
- [ ] Haemophilus influenzae

### Medication that I am allergic to:

## 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
  - [ ] times/day
- [ ] Other

## I have a usual amount of phlegm/breathlessness. I can do my usual activities.

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

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## 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.

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## 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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Lung Foundation Australia

1800 654 301 | Lungfoundation.com.au
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

3 levels of huffing

Take a normal sized breath

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.

Notes/questions for my next appointment

HEALTH PROFESSIONAL AUTHORISATION

This Plan was prepared on

in consultation with the patient, by:

Name

Position