

My Bronchiectasis Checklist



Lung
Foundation
Australia

This checklist is designed to help you to manage your bronchiectasis with your treating healthcare team. If you are unable to answer **YES** to all of these questions, make an appointment with your doctor or other healthcare professional to discuss the issue further.

- | | | |
|--------------------------|---|---|
| <input type="checkbox"/> | My diagnosis of bronchiectasis has been confirmed by HRCT. | A high-resolution CT scan (HRCT) looks in detail at the lung tissue and airways and confirms the diagnosis of bronchiectasis. An accurate diagnosis enables you to start the right treatment. |
| <input type="checkbox"/> | I understand when and how to use my Bronchiectasis Action Plan. | You will know your day-to-day baseline symptoms. A flare-up or worsening of symptoms from baseline is also known as an exacerbation. Identifying a flare up early allows you to start your own treatment. A Bronchiectasis Action Plan provides instructions on what you can do if you have symptoms of a flare-up. |
| <input type="checkbox"/> | I have been prescribed an airway clearance program by a Respiratory Physiotherapist. | A personalised daily airway clearance routine will help to move mucus and sputum out of the lungs and decrease the risk of infection. An airway clearance program may include breathing techniques, use of positive expiratory pressure devices (PEP/OscPEP), manual physiotherapy, aerobic exercise, drinking adequate fluids and appropriate use of medications. Ask your GP for a referral. |
| <input type="checkbox"/> | I have completed Pulmonary Rehabilitation or I have a prescribed exercise program. | Pulmonary rehabilitation is an exercise and education program provided by specially trained health professionals. Research shows that exercise can help improve your symptoms, tolerance for exercise and quality of life. An exercise program can be prescribed (type of exercise, frequency, intensity and duration) by a physiotherapist or exercise physiologist. Ask your GP for a referral. |
| <input type="checkbox"/> | I have been shown how to use my devices and my technique has been checked by my healthcare team. | If you are prescribed a PEP/OscPEP airway clearance device or an inhaled medication delivery device, you should be shown how to use each device correctly, receive written instructions on the technique and have your technique checked. You should also know how to clean the device. Using the correct technique for your devices is important to ensure you get the most benefit. |
| <input type="checkbox"/> | My vaccinations are up-to-date. | Having vaccinations for influenza and pneumococcal pneumonia can reduce the risk of a flare-up (exacerbation) of symptoms, particularly during winter. A COVID-19 vaccination will also reduce the risk of severe illness from COVID-19 (coronavirus). |
| <input type="checkbox"/> | I exercise regularly. | The aim of daily exercise is to improve fitness, reduce symptoms of breathlessness and fatigue, and improve your quality of life. It may also assist in clearing airway secretions. |

- I eat healthy foods and understand my nutritional needs.** Healthy foods and drinking enough water to stay well hydrated helps you to function at your best. Staying in the healthy weight range is important for living well with bronchiectasis and your overall wellbeing. Ask your GP for a referral to a dietitian if you need assistance.
- I look after my emotional wellbeing.** Living with a chronic condition may affect your emotions and ability to cope. If you are feeling anxious, overwhelmed or experience changes in mood, help is available. Talk to your GP about a Mental Health Treatment Plan.
- I have been investigated for other conditions (co-morbidities).** Bronchiectasis has many symptoms in common with other lung diseases such as asthma and Chronic Obstructive Pulmonary Disease. It may also be related to other conditions like reflux, rheumatoid arthritis and inflammatory bowel disease. Your treating healthcare team may investigate whether you also have other conditions to help with overall management.
- I have regular visits with my healthcare team.** Living well with bronchiectasis is based on a partnership between you and your healthcare team. Your bronchiectasis may change over time. It is important to monitor your symptoms and discuss any changes with your healthcare team.
- If I smoke, I have been offered support to quit.** There are many health benefits in quitting smoking. Many people need help to quit smoking. Speak to your doctor about treatment options like nicotine replacement therapy (NRT), other oral medications and support such as coaching and counselling.
- I have been provided with information about bronchiectasis.** There are steps you can take to manage your symptoms and slow the progression of bronchiectasis. **Call Lung Foundation Australia on 1800 654 301 to access bronchiectasis information, support and resources.**

You can also view Lung Foundation Australia's [Stepwise Management of Stable Bronchiectasis](#) resource which outlines the general management of bronchiectasis in adults.



ACCESS SUPPORT TODAY

Lung Foundation Australia offers a range of resources, information, and programs that can help you to better understand your condition and empower you to live your best life.

Our Respiratory Care Nurse program is a free telephone-based service available for people living with bronchiectasis. The nurses will provide guidance and follow up with you on all aspects of your condition according to the management guidelines and can connect you with the information and support to live well.

Contact our Information and Support Centre team today to connect with the nurse, as well as our free information and resources.

Free call 1800 654 301 or email enquiries@lungfoundation.com.au.

lungfoundation.com.au | Freecall 1800 654 301 | enquiries@lungfoundation.com.au