

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/breathlessness. 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

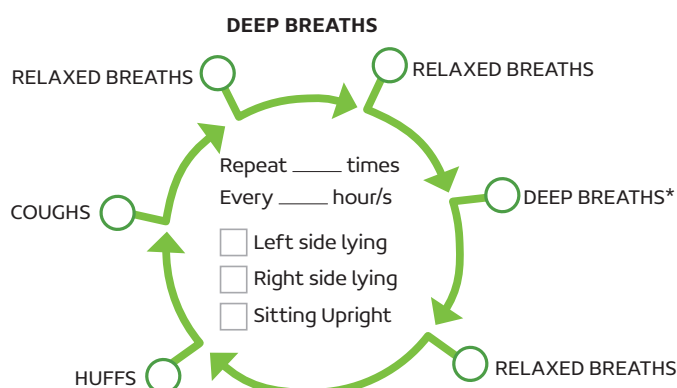
Flare-ups (or exacerbations) are serious health events. There are things you can do to help you stay well and reduce the risk of a flare-up, including:

- 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

The Active Cycle of Breathing Technique (ACBT)



Forced Expiration Technique (Huff)

1 level huff



Take a **normal** sized breath

3 levels of huffing



Take a **small** breath in

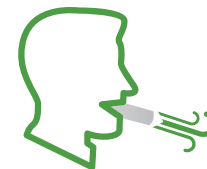


Open the mouth to an **O shape** or place breathing tube in the mouth
Breathe out with **some force** (not a lot of force)



... 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.

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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