

Care plan

Feeling a little unwell

If you feel more breathless or wheezy than usual, start using your reliever medication (inhaler or nebuliser) four times a day and contact the digital care hub.

Feeling quite unwell

If you are not improving after using your reliever medication, do you have two or more of the following symptoms? If yes, please start your emergency medication, continue to use your reliever medication and contact the digital care hub.

- More breathless or wheezy than usual
- Increased amount of sputum
- Change in sputum colour

Feeling very unwell

If you have any of the following symptoms, contact the digital care hub immediately on 01535 292764.

- Very short of breath
- Chest pain
- High fever
- Feeling of agitation, confusion, or fear



Chronic Obstructive Pulmonary Disease (COPD)

Your guide to manual entry of observations



Welcome to the MyCare24 COPD support and monitoring service

Our aim is to help you to manage your COPD in your own home, be able to spot when you're getting worse and assist you in following the plan set out by your specialist nurse or doctor.

Know your normal

To know when you might be getting unwell it is important to understand how you feel on a normal day. We call this **knowing your normal**.

Please answer the questions below so that you can refer back to them when you are feeling unwell.

1. When I am well I can walk
2. The normal colour of my sputum is
3. How much sputum I usually produce
4. When I am well I cough times an hour/day
5. My ankles are usually swollen Yes / No
6. My oxygen saturation usual is%

Keeping track of how you are

To try and recognise when you are getting unwell, it is important to take and record regular readings.

As part of this programme you will need to record on three different time scales and record them in your diary.

Monthly: Complete the CAT questionnaire

Weekly: Answer five questions about how you are compared to normal. These questions are:

- Are you feeling different from your normal?
- Has there been a change in the colour of your sputum?
- Has there been a change in the amount of your sputum?
- Is there any unusual swelling in your feet or legs?
- Have you taken any medication above your normal? (eg. rescue pack)

Daily: Oxygen saturation and heart rate. These should be taken after sitting quietly for five minutes to ensure the most accurate readings.

If you have any questions or issues please contact the team at the Digital Care Hub:

MyCare24 Support



01535 292764



digital.carehub@nhs.net