

My Blue Card

Action plan to stay well and keep out of hospital

1. When I'm well - I will make sure I have a good supply of all my medicines and take as directed

- ✓ I can do my usual activities
- ✓ Sleep as usual /eating as usual

- ✓ Taking usual medicines
- ✓ Usual amount of sputum

My usual medicines	Strength	Colour of device	How much?	How often?

2. When I'm becoming unwell or it is harder to breathe, I will watch out for

- More wheeze, coughing and/or short of breath
- Less energy and/or poor sleep
- Eating less

THEN:

- I follow the plan below for extra medicines and keep taking my usual medicines.
- Start taking prednisone (if prescribed)
- Contact your GP Practice team.

Signs of an infection can include:

- A change in colour and/or volume of sputum/spit
- Fever or feeling unwell
- Little energy

THEN:

- Start antibiotics (if prescribed)
- Start prednisone, (if prescribed) and you are using your reliever 3-4 hourly but not getting good relief
- Contact your GP Practice team.

ALSO:

- Plan my day. Get rest. Relax. Use breathing techniques, huff and cough to clear sputum as needed.
- If I keep needing extra meds but I'm no worse I need to see my GP practice team to consider changing my usual meds.
- If you have bronchiectasis, increase sputum clearance exercises to three times per day

My extra medicines	Strength	Colour of device	How much?	How often?

Prednisone: (strength & instructions)

Antibiotics: (strength & instructions)

EMERGENCY: If I am very short of breath when sitting or lying down,
OR if I am feeling unusually restless, confused, drowsy or have chest pain – **call 111**

While waiting:

- Keep taking your inhaler via spacer every
- If you have an Advance Care Plan, show this to all healthcare providers

Place magnet here

Your information

(Ask your doctor or nurse to help you fill this in)

Name:

GP Name:

Address:

Practice:

Phone:

NHI:

Date of birth: / /

CO2 retainer: Yes No Unknown

Next of kin:

Home oxygen: Yes No Flow rate:

Baseline for me:

- O2 sat. (%)
- Exercise tolerance
- Sleep
- Sputum
- Appetite

Special notes or requirements:

Allergies/alerts:

After-hours: When my GP Practice is closed, I should contact:

What to do to stay well:

- ✓ The number one treatment for any lung disease is to be smoke free and avoid smoke exposure
- ✓ Check I am using my inhaler correctly with my GP Practice team so I get the most benefit from my medicines
- ✓ Walk daily and keep active
- ✓ Ask your GP Practice team about attending lung rehabilitation (also called pulmonary rehabilitation)
- ✓ Get a flu vaccination each year
- ✓ Ask about pneumonia vaccination
- ✓ Your nearest lung support group is
- ✓ Find out more about lung disease at www.healthnavigator.org.nz
- ✓ Find out more about advance care planning www.advancecareplanning.org.nz