# 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

<table>
<thead>
<tr>
<th>✓ I can do my usual activities</th>
<th>✓ Taking usual medicines</th>
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</thead>
<tbody>
<tr>
<td>✓ Sleep as usual /eating as usual</td>
<td>✓ Usual amount of sputum</td>
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</table>

My usual medicines

<table>
<thead>
<tr>
<th>Strength</th>
<th>Colour of device</th>
<th>How much?</th>
<th>How often?</th>
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## 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

<table>
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<tr>
<th>My extra medicines</th>
<th>Strength</th>
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**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
Your information
(Ask your doctor or nurse to help you fill this in)

Name: 
Address: 
NHI: Date of birth: / / 
Next of kin: 

GP Name: 
Practice: 
Phone: 

CO2 retainer: Yes No Unknown 

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