

Winter Care Plan for COPD

<p>Symptoms you may experience</p>	<ul style="list-style-type: none"> • Increased anxiety and restlessness. • Tire easily. • Increased shortness of breath with activity. • Decreased appetite. • Difficulty sleeping. • Increased cough and sputum production. • It takes longer to recover from an infection.
<p>Reasons to call your GP</p>	<ul style="list-style-type: none"> • Increased shortness of breath with usual activity. • Increased cough. • Increased sputum production / purulent sputum. • Decreased energy. • Decreased appetite. • Increased amount of quick relief medicine used. <p style="text-align: right;">If you have <u>two or more</u> of these symptoms, call your GP for advice.</p>
<p>Medication</p>	<ul style="list-style-type: none"> • Take your medications only as directed by your doctor or specialist. • Never skip doses. • Continue taking medications even when you are feeling well. • Talk with your doctor about your medicine at each visit. • Always make sure you have enough medication – NEVER let it run out. • Use oxygen therapy as prescribed. • If you have any questions about your medications, contact your pharmacist. <p style="text-align: right;"><u>Healthy Habits</u></p> <p style="text-align: right;">Get a flu shot yearly</p> <p style="text-align: right;">Get a pneumonia shot</p>
<p>Diet / Nutrition</p>	<ul style="list-style-type: none"> • Eat a balanced diet with enough calories. • Drink enough fluids – this helps keep your mucous looser. • Include fibre in your diet to decrease constipation. • Eating a diet lower in carbohydrates may decrease shortness of breath and improve your ability to exercise. • Decrease the amounts of gas forming foods you eat-they make your stomach fuller. This may increase shortness of breath. • Eat smaller meals more often. • Eat slowly and talk less while you eat. • Avoid activity or exercise for an hour after you eat.

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<p>Breathing techniques</p>	<ul style="list-style-type: none"> • Breathing exercises and techniques can help you when you have trouble breathing. • Posture: Leaning forward often helps you breathe the air out of your lungs better. • Diaphragmatic Breathing helps the diaphragm move. <p><u>Smoking</u></p> <ul style="list-style-type: none"> • Smoking will only aggravate your condition. Get help to quit! • Contact your GP or Walsall Quit Smoking.
<p>Energy conservation and activity</p>	<ul style="list-style-type: none"> • Start slow. • Know your limits. • Don't overdo it. • Stop and rest if you feel tired or short of breath. • Find exercise you like to do. <p><u>Energy Conservation</u></p> <ul style="list-style-type: none"> • Learn to pace your activities or do them an easier way. • Prepare for and do activities when you feel your best. • Walk at a slow/comfortable pace. • Do things slowly. • Dress and do things sitting down. • Ask for help when you need it. • Ask a family member to join you. <p>Exercise will help improve your ability to:</p> <ol style="list-style-type: none"> 1. Cope with shortness of breath 2. Increase your energy 3. Make you feel less tired
<p>Keep warm in cold weather... Keep well</p>	<ul style="list-style-type: none"> • Wrap up warm while outdoors – scarf, hat & gloves. • Keep your windows closed at night. • Keep the temperature in your bedroom now below 18°C.