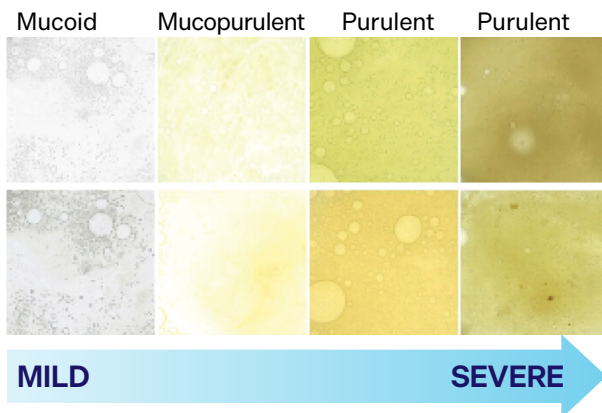


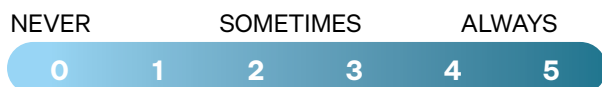
Sputum colour chart



Breathlessness score (mMRC)

- 0 I only get breathless with strenuous exercise.
- 1 I get short of breath when hurrying on the level or walking up a slight hill.
- 2 I walk slower than people of the same age on the level because of breathlessness or have to stop for breath when walking at my own pace on the level.
- 3 I stop for breath after walking about 100 metres or after a few minutes on the level.
- 4 I am too breathless to leave the house or I am breathless when dressing.

Tiredness level score



Tips for managing your breathlessness

Scan this QR code to link to the Cardiac and Respiratory Foundation NZ website for tips on managing your breathlessness.



Additional tips for staying well

- Your other health conditions are well-controlled
- Your vaccines are up-to-date
- Have a 'back pocket prescription' of antibiotics at home for a chest infection
- Stop smoking and/or vaping
- Eat healthy meals.

Plan prepared by _____

Next review date _____

Signature _____



cardiacandrespiratory.org.nz



Bronchiectasis (pūkahunuku hauā) Action Plan

This bronchiectasis action plan helps to recognise your symptoms when you are well, unwell or need help in an emergency and what action to take. Breathing exercises for sputum clearance are also included to help control your symptoms and reduce chest infections.

This Bronchiectasis Action Plan belongs to:

Know your symptoms...

Know when and how to take your medicine...

NORMAL FOR ME

When I am well my 'normal' is:

- Cough: (every/most/some days)
- Sputum (phlegm) colour
- Sputum amount
- Breathlessness score mMRC
- Tiredness level
- Last sputum test

My daily plan is to:

- Do my breathing exercises for sputum clearance times a day
- Take my usual medicines
- Be active every day
- Keep well hydrated
- Monitor my symptoms (cough, sputum, tiredness, breathing)

I AM UNWELL

These signs suggest my bronchiectasis is worse:

- I am coughing more
- My sputum colour is darker
- My sputum is more sticky
- My sputum amount is more than normal
- I am more tired and breathless
- I feel unwell
- I may have a fever
- I may have chest pain

What should I do?

- Increase my sputum clearance exercises
- Keep as active as you can
- Book an appointment to see my Healthcare team within five days. Talk to them about sending a sputum sample for testing
- Start antibiotics if I have a chest infection:

Antibiotic name dose
 times per day for days

I AM VERY UNWELL

I am becoming more unwell despite treatment:

- I am feeling worse despite starting antibiotics and increasing my sputum clearance
- OR**
- **I am extremely unwell**

What should I do?

- Use tips for managing your breathlessness on the **Breathlessness Quick Reference guide**
- Book an urgent appointment with my Healthcare team
- Dial 111 for an ambulance

MY PLAN

Breathing exercises for sputum clearance

Every day do your breathing exercises for sputum clearance. This will help to control your symptoms and reduce chest infections. This is an example of a technique you could use:

1. Normal gentle breathing for a few breaths (breathe gently in and out through your nose, relaxing your upper chest).
2. Take a DEEP breath in till you are full, then breathe out. Do this three to five times.
3. Repeat step one and two.
4. Do one to two huffs. (Huff - take a normal breath in, then with an 'O' shaped mouth do a long blow out. Imagine that you are steaming up a mirror).
5. Do some normal gentle breathing.
6. Do a big double cough to clear the sputum.
7. Repeat these steps for 5-10 minutes.

Go to bronchiectasis.com.au to watch a video on sputum clearance.

