

<b>Name:</b>	<b>Date of birth:</b>	<b>NHS no:</b>	<b>Date:</b>
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This preparation document will help you think ahead and plan what you would like to discuss at your care and support planning appointment.

**Please bring this with you to your appointment as you will be able to record any test results.**

<b>What would you like to talk about at your review?</b>

<b>These are some things that people sometimes want to talk about. Circle any that are important to you.</b>	
<p>Medical check ups</p> <p>Medication</p> <p>Managing flare-ups</p> <p>Healthier eating</p> <p>Appetite</p> <p>Wheezing</p> <p>Breathlessness</p> <p>Coughing</p> <p>Work/benefits/finance</p>	<p>My mood</p> <p>Giving up smoking</p> <p>Alcohol</p> <p>Sleep</p> <p>Sexual health</p> <p>Physical activity</p> <p>Stamina</p> <p>Driving/travel</p> <p>Feeling anxious</p>

<p>The following websites and organisations provide information on living with and looking after COPD</p> <ul style="list-style-type: none"> <li>• British lung foundation (<a href="http://www.blf.org.uk">www.blf.org.uk</a>)</li> <li>• COPD foundation (<a href="http://www.copdfoundation.org">www.copdfoundation.org</a>)</li> </ul> <p>The following link takes you to videos that demonstrate the best way to use your inhaler  <a href="https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers">https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers</a></p> <p>The following website provides information on helping you to stop smoking  <a href="https://www.nhs.uk/livewell/smoking">https://www.nhs.uk/livewell/smoking</a></p>
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<b>My lung tests</b>
<b>FEV1</b> - (Forced expiratory volume % predicted). This test measures how wide your airways are. It is measured as a number, and then compared to the usual level for people of your height and gender with normal lungs.
<b>My FEV1 as a % predicted is .....</b>
<b>Oxygen saturation levels</b> - tell you how well your lungs are working to get oxygen into the blood. Healthy lungs will usually get results of 95-100%.
<b>My oxygen saturation level is .....</b>

<b>How breathless are you? (circle one)</b>	
Not troubled by breathlessness except on strenuous exercise	1
Short of breath when hurrying on level ground or when walking up a slight hill	2
Walk slower than most people on level ground, stop after a mile or so, or stop after 15 minutes walking at own pace	3
Stop for breath after walking 100 yards, or after a few minutes on level ground	4
Too breathless to leave the house, or breathless when dressing/undressing	5

<b>How COPD affects me</b>	<b>Yes/No</b>	<b>If so how often</b>
In the last month have you had difficulty sleeping because of your symptoms?		
In the last month have you had COPD symptoms during the day (cough, wheeze, chest tightness or breathlessness)?		
In the last month has your COPD interfered with your usual activities?		
In the last month have you felt low in mood, anxious or had panic attacks?		
Have you had a chest infection in the last 12 months?		
Have you been in hospital in the last year?		

<b>What might make a difference?</b>
<b>Smoking</b> causes problems with your health in many ways. If you have COPD and you smoke giving up is the most important thing you can do. Giving up smoking can help prevent your condition becoming worse.
<b>Exercise and pulmonary rehabilitation:</b> If you have COPD being active and exercising can help you to improve your breathing, your fitness and your quality of life. Pulmonary rehabilitation is a programme of activity and education designed for people living with COPD. It combines physical activity sessions with advice and discussions about your lung health.
<b>Managing and preventing flare-ups:</b> There are a lot of things you can do to prevent and manage flare-ups, such as using inhalers, having rescue drugs and staying away from people with infections. At your care planning review you can ask about what you can do.
<b>Weight (kg):</b> Being overweight can make your condition more difficult to control and can increase your risk of other health problems. Being underweight can also increase your risk of health problems.
<b>My weight is .....</b>