Part 3 | Warning signs

If you experience any of the following symptoms, contact your GP practice or out-of-hours service immediately, or visit your local Accident and Emergency department:

- Extreme shortness of breath
- Coughing up blood
- Feeling hot and shivery
- Drowsiness and/or confusion
- Chest pain

Name: ____________________________________________________________

Date: ____________________________________________________________

Issued by: _______________________________________________________

<table>
<thead>
<tr>
<th>Contacts</th>
<th>Name</th>
<th>Telephone</th>
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<tr>
<td>GP practice</td>
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<td>Community respiratory team</td>
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<td>Pharmacy</td>
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<td>Out-of-hours service</td>
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<td>Hospital respiratory team</td>
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Part 1 | My usual symptoms

- **Shortness of breath**
  - I can usually walk for _______ minutes / ___________ metres before I get short of breath and need to rest
  - Activities that usually make me short of breath are:

- **Sputum**
  - I usually have no sputum, unless I have a chest infection
  - I usually cough up sputum every day
  - The colour is usually [ ] clear [ ] white [ ] yellow [ ] green
  - The amount is usually [ ] 1 teaspoon [ ] 1 eggcup [ ] 1/2 a cup [ ] 1 cup
  - The consistency is usually [ ] watery [ ] sticky

- **Other usual symptoms** (eg wheezing, tiredness, fatigue) include:

My usual bronchiectasis medication

<table>
<thead>
<tr>
<th>Medication</th>
<th>Prescribed dose</th>
<th>Delivery device eg spacer, MDI</th>
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<tbody>
<tr>
<td>Inhaled medication</td>
<td>Amount</td>
<td>Times per day</td>
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<td>Other respiratory medication</td>
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Other actions which help control my usual symptoms:

- [ ] Breathing exercises and physiotherapy
- [ ] Exercise or physical activity
- [ ] Other

Part 2 | How do I know if I need help or increased medication?

If you answer ‘yes’ to one or more of the following, then you may need to take action, get help or increase your medication.

- [ ] Has my sputum changed (colour, amount, consistency), and/or is there blood in my sputum?
- [ ] Have I generally had more symptoms (coughing, wheezing, breathlessness or generally felt unwell for the last 24 hours)?

My actions should include:

- [ ] Do my airway clearance techniques more frequently
- [ ] Take my reliever inhaler more often: _______ puffs per day. * Do not take more than a total of _______ puffs per day.
- [ ] Seek advice from

If I am not feeling better within _______ hours/days then I should:

- [ ] start antibiotics as recommended (if I keep these at home) and contact
- [ ] leave a sputum sample with my GP if possible
- [ ] contact _______________ to request antibiotics.