

**EXAMPLE LONG TERM CONDITIONS - EMERGENCY CARE PLAN
COPD**

Patient details:

John Jones

**10 Oct 1945
1 Table Lane
Leeds
LS2 3BT**

**Name and contact of Community
Matron/Case Manager:**

**Anne Ansell
0113 124356**

ACTION PLAN (self management)/signs of deterioration

An exacerbation is 2 of the following:

- More breathless than usual
- More sputum than usual
- Sputum greener/yellower than normal

When I get an exacerbation I should:

1. Increase my reliever salbutamol to 2 puffs 6 times per day until reviewed in 7 days time
2. Take prednisolone 30mg (6 tablets) each morning for 1 week
3. Take the antibiotic amoxicillin 500mgs three times a day for 1 week
4. Contact my Community Matron/GP who will visit to review

I should call for help in the following situation:

- If I am not improving within 3 days
- Feeling much more unwell, but with no severe symptoms
- Call GP, tel: 0113 123456

Call 999 if any of the following severe symptoms occur

- Very short of breath at rest
- Severe chest pain
- Drowsiness or confusion
- I look blue

INFORMATION FOR EMERGENCY SERVICES

Allergies
None known

Medications (Date)

Past Medical History

Normal Baseline Observations
Blood pressure Heart rate Respiratory rate Oxygen saturations MRC (dyspnoea scale) I can usually walk.....at a slow/normal pace before I become breathless I have/have not had non-invasive ventilation I have/have not been on ICU

Professional Attendance Record			
Name	Reason/details	Conveyed yes/no	Comments