

# COPD patient passport



## Walk 10 steps to the best COPD care

Chronic obstructive pulmonary disease or COPD is a long-term condition that doesn't go away.

With COPD, your airways are inflamed or narrowed, and the air sacs in your lungs damaged. This means it's harder for you to move air in and out when you breathe.

There are effective treatments. You can also manage your condition yourself with the help of your doctor, nurse, physiotherapist and pharmacist.

Discuss this checklist with your doctor or nurse to make sure you get the care you should receive if you're living with COPD.

### Talk to your doctor or nurse if you can't say yes to every step:



- 1 My diagnosis of COPD was confirmed with a breathing test called spirometry.
- 2 I understand my COPD, and my doctor or nurse has explained where to find information, advice and emotional support (if I need it).
- 3 I get support to manage my care and I have agreed a written plan with my doctor or nurse about how I will manage my COPD.
- 4 Each year, I contact my GP, nurse or pharmacist to get a free flu vaccination – available from October. I have also had the one-off pneumonia jab.

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- 5 If I smoke, I am offered support and treatment to stop every time I meet my doctor or nurse about my COPD.
- 6 I know it's important to keep active and eat well. I've discussed the benefits of pulmonary rehabilitation and if I can be referred, and got advice about ongoing exercise and nutrition.
- 7 I know what all my medicines and inhalers are for and when to take them. I ask my doctor, nurse or pharmacist if I have questions.
- 8 I have been shown how to use my inhalers. My doctor or nurse reviews how I use them at least once a year, and when I get a new type of inhaler. I ask my pharmacist if I have questions.
- 9 I have a flare-up (exacerbation) plan, so I know what to do if my symptoms get worse. I have discussed keeping medicines for a flare-up at home.
- 10 I see my doctor or nurse at least once a year to review my health, my care and my treatment, and have time to discuss all these steps.

## We're here to help.

Our friendly **helpline team** are here to answer your questions.

Visit [blf.org.uk](https://blf.org.uk) for advice and information about COPD.

Join one of our **support groups** across the UK for information and understanding from people living with a lung condition.

Helpline: **03000 030 555**

[helpline@blf.org.uk](mailto:helpline@blf.org.uk)

[blf.org.uk/COPD](https://blf.org.uk/COPD)

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