

Bronchiectasis Action Plan



Patient: please fill out this section prior to the office visit.

Name: _____ Date: _____

Date of last sputum culture: _____ I am currently being treated for: _____

How Do I Feel RIGHT NOW/MOST DAYS:

Would you like to track your symptoms daily? Visit <https://copdf.co/BESymptomTracker> or scan the QR code to download a free symptom tracker for your use.



I feel: better worse about the same

My energy level is: better worse about the same

My cough is: Wet Dry

Currently my sputum: Color _____ Amount produced in a day: _____ Contains blood: Yes No

My other symptoms include: _____.

Since I last saw the doctor: I was in the hospital yes no I have started a new medicine for my lungs: yes no

My current airway clearance routine is: Hypertonic Saline Albuterol Mucomyst Vest Acapella® Aerobika®

Exercise Huff Coughing Active Cycle Breathing Other _____

In the past, I have tried these devices/techniques and they didn't work well for me: _____

Concerns I wish to talk to my doctor about: _____

MY GOALS (Please number your top three goals from 1-3)

___ Improve my health ___ Increase my activity level ___ Quit smoking ___ Gain or Lose Weight ___ Avoid Lung Infections

___ Make changes to my environment ___ Improve my mental health ___ Find a support group ___ Learn more about my diagnosis

___ Other _____

I'd like to learn more about pulmonary rehab: yes no

My Current Treatment Plan

- Take all medicines/supplements as prescribed.
- Be active for 30 minutes a day.
- Avoid smoking and inhaling irritants.
- Drink an adequate amount of water/fluids daily
- Perform airway clearance ___ times a day.
- Eat regularly, focusing on nutritious whole foods.
- Get adequate sleep and/or rest.
- Send in sputum culture every _____
- Other: _____

NOTIFY YOUR HEALTH CARE PROVIDER (NON-URGENTLY) IF YOU ARE EXPERIENCING 3 OR MORE OF THESE SYMPTOMS WITHIN 48-72 HOURS) You may be having an exacerbation (flare-up), and an antibiotic may be indicated.

Signs That I Could Be Having An Exacerbation

- I am more short of breath than usual.
- I am coughing more frequently.
- My mucus has changed in color
- My mucus has changed in thickness or amount
- I have coughed up some blood.
- I have less energy than usual.

ACTION PLAN

- Get plenty of rest
 - Hydrate mucus by increasing fluid intake
 - Increase airway clearance therapy
 - Avoid smoking and inhaling irritants
 - Call provider if symptoms do not improve
 - _____
- *At a minimum, increase how often you do airway clearance during these times.**

Serious Signs of Illness

- Extremely tired or confused
- Coughing up large amounts of blood and/or mucus
- Oxygen level is below 90%.
- Short of breath at rest and/or with little activity
- New fever of 101°F or greater.

SEEK EMERGENT CARE OR CALL 911

Date of Next Visit: _____

Around the Clock with Bronchiectasis

Bronchiectasis (pronounced *bron-kee-ek-ta-sis*) is a chronic medical condition in which the walls of the bronchi (airways) are thickened and/or scarred. This can lead to mucus build-up in the lungs. Excessive mucus build-up in the airways may lead to lung damage. To help manage your bronchiectasis diagnosis and feel your best, there are things that you can do throughout the day.

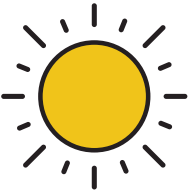
In the morning: Start your day by using any medicines prescribed to you by your doctor.



Perform your airway clearance routine. Find a bronchial hygiene routine that works best for you. Your health care provider (HCP) can guide you in choosing the right routine. Not every person with bronchiectasis responds the same way to each routine. You may need to change your routine during different seasons, when you have a flare-up or exacerbation, or for other health reasons. To learn more about airway clearance ask your HCP for a referral to a specialized Respiratory Therapist and visit copdf.co/airway-clearance or scan the QR code.



During the day:



Exercise or be active as recommended by your HCP. Maintaining your body's strength and endurance will make it easier for you to complete your daily tasks. Ask your HCP about a referral to pulmonary rehab or physical therapy to improve your strength and fitness if you are uncomfortable starting an exercise routine on your own.

Drink plenty of water or other hydrating fluids. Water helps to thin mucus in the lungs making it easier to cough out.

Select and eat foods that provide plenty of vitamins and nutrients throughout your day. Avoid fast food or processed foods that aren't healthy and can leave you feeling sluggish.

Avoid illness. Staying up to date on your vaccines, good handwashing and seeing your HCP when you get sick are important for staying well and keeping your lungs from worsening. Wear a mask around crowds and avoid others who may be under the weather.

In the evening:



Perform your airway clearance routine either 1 hour before or 1 hour after dinner. This will help you to avoid any nausea or stomach upset that may occur from coughing and mucus production.

At meals, as always, select nutritious foods avoiding alcohol and any foods high in acid. These foods can cause acid reflux, which can cause symptoms of bronchiectasis to occur by irritating the airways.

Prepare for a good night's sleep. Although things come up, plan your schedule so that you can get about 8 hours of sleep. Turn off devices, avoid blue light and/or perform relaxation techniques to prepare your body and mind for sleep.

Additional Resources:

Find more resources and support for your bronchiectasis diagnosis by visiting www.BronchiectasisandNTM360.org and/or by joining BronchandNTM360social at copdf.co/BronchandNTM360social.

Download printable items from the Downloads Library at copdf.co/allaboutbronch.

Watch helpful videos in the Educational Videos Library at copdf.co/BronchVideos.

To find a bronchiectasis specialist in your area, visit the Bronchiectasis and NTM Care Center Network at copdf.co/Bronch-NTM-CCN.