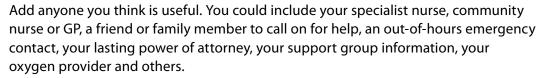


### **About me**

Their telephone

This page was updated by		
Date		
Name		
has been diagnosed with		
Markana address		
My home address		
My date of birth is		
My NHS number is		
My hospital number is		
The hospital I go to is		
My contact at the hospital is		
Telephone		
I have these allergies		
I have these other conditions		
My emergency contact is (this may be a family member, friend or carer)	Other important information	

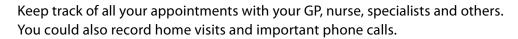
## My key contacts





Key contact name	
Relationship/role	
Telephone	
Email	
Notes	
Key contact name	
Relationship/role	
Telephone	
Email	
Notes	
Key contact name	
Relationship/role	
Telephone	
Email	
Notes	

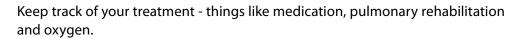
# My appointments





Appointment date	 	 
Meeting with		
Tests I had		
My test results were	 	 
What they told me/notes		
·		
Questions I want to ask		

# My treatment





Name of medication or treatment		
Date started		
Details (for example how often, when, dose, any side effects)		
Date ended		
Name of medication or treatment		
Date started		
Details (for example how often, when, dose, any side effects)		
Data and ad		
Date ended		
Name of medication or treatment		
Date started		
Details (for example how often, when, dose, any side effects)		
Date ended		

### Information for my health care professional

For specialists, GP, nurse or other health care professionals in a clinic or at my home. I am using a pulmonary fibrosis organiser developed by the British Lung Foundation to manage my condition and feel more in control.

I'd like to share my organiser with you as one of my health care team. It will help us talk about what is important to me – what I want to achieve, how I feel and my questions.

I'm grateful for your support. Let's talk about the personal organiser each time we meet.



The British Lung Foundation developed this organiser with health care professionals, patients and carers. It was piloted at two ILD specialist hospitals in the UK.

You can find further pulmonary fibrosis resources at blf.org.uk/pf

Get in touch to find support near you.

Helpline: 03000 030 555

Monday to Friday, 9am-5pm

Ringing our helpline never costs more than a local call and is usually free, even from a mobile.

helpline@blf.org.uk blf.org.uk

### **British Lung Foundation**

73-75 Goswell Road, London EC1V 7ER

Registered charity in England and Wales (326730), Scotland (038415) and the Isle of Man (1177).

Code: PFO Version: 3

Last review: July 2019 Next review: July 2022

We value feedback on our information. To let us know your views, and for the most up to date version of this information and references, call the helpline or visit **blf.org.uk** 







# My diagnosis

I was given	my diagnosis by a multidisciplinary team.	
This means a group of expert health professionals discussed and agreed your diagnosis, rather than just one individual health care professional. This is recommended for diagnosing pulmonary fibrosis.  What I've been told about my diagnosis		
I was told by		
Date		
	to ask	

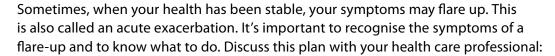
# My checklist

Your specialist team can help you feel better and improve your quality of life. Discuss these options with your health care professionals regularly to see what best meets your current and future needs:



stopping smoking
having a pneumonia jab and a yearly flu jab
getting information and support from a specialist nurse
information about support groups
being referred to pulmonary rehabilitation (PR), a structured exercise and educational programme
medication to help my symptoms, and being referred to support services (such as palliative care services) to help with and give advice about controlling difficult symptoms
information about oxygen therapy and being referred for oxygen assessment
medication to slow the scarring in my lungs
regular follow-up appointments
current research programmes that are relevant to me
information about lung transplant and being referred for transplant assessment

### My flare-up plan





#### Do I feel worse than usual?

Symptoms may include: increased breathlessness increased coughing





I must remember...



...to contact my practice nurse, GP or my community respiratory team



...if my symptoms are severe and it's an emergency to call 999

My action plan
If I feel worse than usual, I will
I will contact

## My goals

It can help to think about what is important to you - a personal goal or to help maintain your health – and then plan how to achieve it. What do you want to do?

- >> to be able to go for a walk around your local park?
- >> to visit someone in your family who lives far away?
- >> to find out about a power of attorney or talk to someone to plan for the future?

**Tip:** Stay motivated by thinking why you want to do this. When you succeed, give yourself a big pat on the back and think about another goal.

What is important to you?	
My goal is	
my goal is	
I would like to do this by (date)	
Who can help me?	
Steps I will take to make this happen	
Step 1	
·	
	av.
Step 2	
	оу
Step 3	
	оу