

BRONCHIECTASIS PATIENT PASSPORT



Your best care checklist

Your name

Date

Name of healthcare professional (HCP)

HCP contact info

Bronchiectasis is a long-term condition that affects the airways in your lungs.

There are ways you and your healthcare team can treat and manage your condition, including chest infections.

We created this passport checklist to make sure you're getting the best care.

Talk to your specialist, doctor or nurse about the steps you've said no to or the steps you aren't sure about:

STEP

1

My diagnosis was confirmed by a chest X-ray and a CT scan.

STEP

2

I understand my bronchiectasis. My specialist, nurse or doctor has explained where to find information, advice and emotional support (if I need it).

STEP

3

I have agreed a written plan with my specialist, doctor or nurse about how I will manage my bronchiectasis.

STEP

4

I know the importance of doing breathing exercises or physiotherapy to clear my airways every day. This helps to manage my cough and bring up any mucus. I can get help from a respiratory physiotherapist if I need it.

STEP

5

I know to get a free flu jab each year. I am up-to-date with my coronavirus vaccines and I have had the one-off pneumonia vaccine.

STEP

6

I know to ask for help if I'm feeling breathless, or if breathlessness is affecting my daily activities. I have discussed the benefits of pulmonary rehabilitation (PR) and asked if I can be referred.

STEP

7

I know it's important to keep active and eat well and I've had advice about regular exercise and nutrition. If I smoke, I'm offered support and treatment to stop.

STEP

8

I know what all my medicines are for and when to take them. If I use inhalers, I've been shown how to use them. I ask my doctor, nurse or pharmacist if I have questions.

STEP

9

I know how to recognise a flare-up. I have discussed keeping medicines for a flare-up at home. If I have stand-by antibiotics, I will take them as prescribed by my doctor.

STEP

10

I give a mucus sample at least once a year, even if I'm well, to check for new infections and to help find the best antibiotics if I have a flare-up.

STEP

11

I have a spirometry test at least once a year and I understand the results.

STEP

12

If I have three or more flare-ups a year, I talk to my specialist, doctor or nurse about ways to improve this.

STEP

13

I see my specialist, doctor or nurse at least once a year to review my health, my care and my treatment. We discuss all these steps.

You may want to ask about any clinical trials or new treatments.

Got more questions? Call our friendly helpline team on **0300 222 5800**.

We're here to help.

Visit **[AsthmaAndLung.org.uk](https://www.AsthmaAndLung.org.uk)** for advice and information about bronchiectasis.

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

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