

# COPD PATIENT PASSPORT



## 10 steps to the best COPD care

Chronic obstructive pulmonary disease (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 are 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.

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

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

**STEP 1** My diagnosis of COPD was confirmed with a breathing test called spirometry.

**STEP 2** I understand my COPD, and my doctor or nurse has explained where to find information, advice and emotional support (if I need it).

**STEP 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.

**STEP 4** Each year, I contact my GP, nurse or pharmacist to get a free flu vaccination. I am up-to-date with coronavirus vaccines and have had the one-off pneumonia vaccine.

**STEP 5** If I smoke, I am offered support and treatment to stop every time I meet my doctor or nurse.

STEP

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.

STEP

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.

STEP

8

I have been shown how to use my inhalers. My doctor or nurse checks 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.

STEP

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 with my doctor or nurse.

STEP

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.

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

Visit **[AsthmaAndLung.org.uk](https://www.asthmaandlung.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.

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