

MY CRISIS ACTION PLAN

Your doctor, nurse and other members of your Care team can help you to fill your Action Plan.

Date: | |

Next review date after 6 months.

> General details

Patient name: _____

Caregiver name: _____

Care professional: _____

Vaccines: *Last received* *Next due*

Flu (every fall) | | _____

Pneumococcal | | _____

> Why do I need an Action Plan?

- Your Action Plan is a written commitment between you and your Care Team. It will guide you on how to manage your breathlessness crises to avoid acute episodes and try to manage them at home, as long as it's possible.
- It will help you and your caregivers to quickly recognise the alarm symptoms and act to treat your Crises.

Remember that every decision taken during a breathlessness crisis must be confirmed by a Doctor.

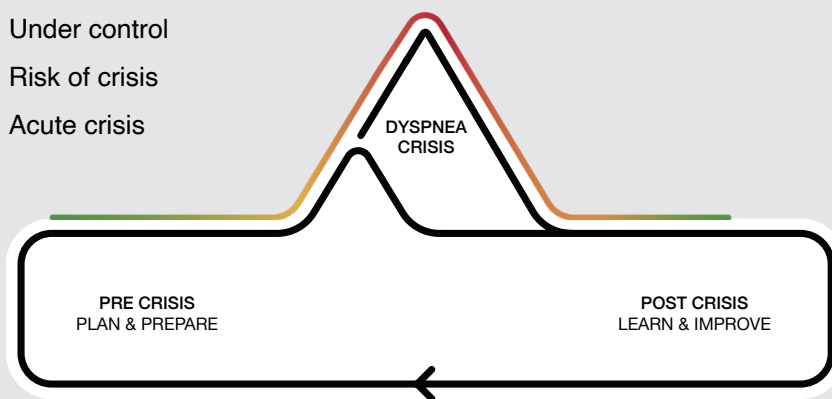
> What is a breathlessness crisis?

- A **crisis** occurs when there is an **acute worsening of symptoms such as cough, breathlessness or sputum** that requires an additional therapy.
- A crisis may be triggered by an **infection and/or the exposure to other risk factors** such as smoking, air pollution or the lack of physical exercise.
- Crises can be **Mild, Moderate or Severe**, it's important to identify the severity of a crisis as soon as possible to react accordingly and avoid the acutest episodes and the possibility to be hospitalised.

● Under control

● Risk of crisis

● Acute crisis



It's important to **prevent the crises** because after the most severe ones your general quality of life might decline.



> 3 ways to feel in control and prevent future crises.

KNOWING MY BODY

By assessing what are your everyday habits & state and how is your daily breathlessness to be able to spot any changes at any moment.

IDENTIFYING ALARM SYMPTOMS

when possible to be able to react as quickly as possible to take action and try to prevent acute episodes.

CONTROLLING RISK FACTORS

By knowing the main external and internal factors that may trigger a crisis; and spotting the daily habits you can stop, start or keep doing to control them.

LEARNING FROM A CRISIS

Reflecting upon how to prevent future episodes.


How did I experience my last crisis? *Only to fill if applicable*


> How have you been doing in the last weeks?

As a **patient** did you miss any support that could make the recovery easier?

As a **caregiver**, did you remember to take care of yourself and recover too?

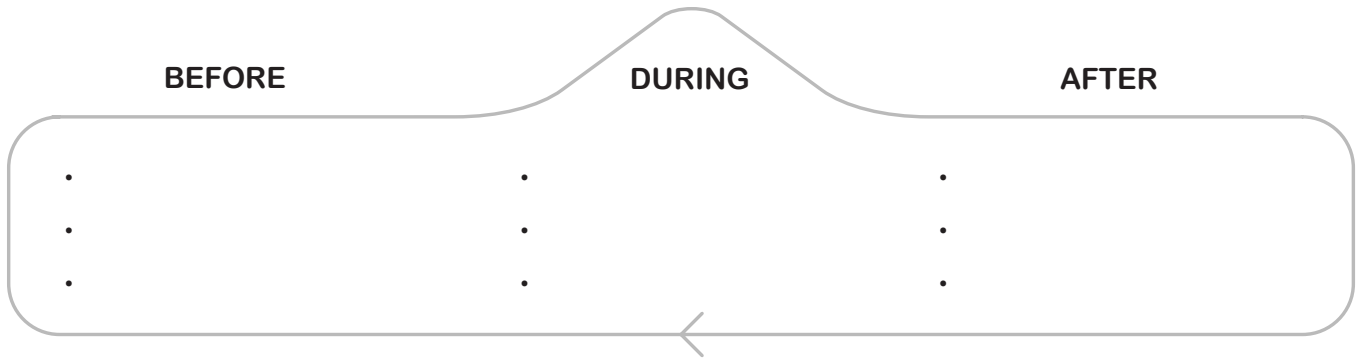
> How was your last crisis? *Check together the Reflecting step by step tool filled in at the hospital if applicable.*

 What did work during the crisis?

 What didn't work?

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> What can I do differently in future crises (if it occurs)?



What can I do to prevent future crises?

My main risk factors to control are:

> I have to stop...

> I have to start...

> I have to keep...

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> The daily activities I struggle to do are...

The 3 things I can start to do tomorrow:

- 1.
- 2.
- 3.



MY CRISIS ACTION PLAN

To feel under control during a breathlessness crisis

How am I usually feeling?

I usually feel short of breath when....

My usual sputum is...

My usual cough is...

My everyday state & habits are...
(sleep, appetite, exercise, anxiety...)

> **Take your daily medication & control your risk factors.**

> **As a caregiver**, help with controlling risk factors, be comprehensive with patients limits and take care of yourself.

Do I feel changes in my usual respiratory symptoms?



- Continue taking your daily medication.
- Use your prescribed **rescue inhaler**:

- If on oxygen, increase the number of hours with it. Using it up to 24h is safe for you.



- If your sputum has changed colour or you have fever, you may need antibiotic, **contact your nurse or GP within 24h.**
- If you feel more short of breath than usual, **contact your nurse or GP within 24h**, you may need oral corticosteroid.



- Keep calm. Medication may need time to take effect.
- Get rest & breath calmly. The pursed lip breathing may help (if you're familiar).
- Avoid humid & extremely cold or hot places.
- Avoid smoking or places with smoke.
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> **Once you start any of the rescue medicines, call your doctor ASAP within 24 hours!**

> **As a caregiver**, try to create a comfortable environment, monitor changes and alarm symptoms to share with the doctor later and help with breathing techniques.

I'm feeling better again...

- My shortness of breath, sputum or cough go back to normal.
- Fever disappears.
- I feel with energy and appetite.

> **Step down the rescue medication, slowly go back to daily routines & contact your nurse or doctor.**

> **As a caregiver**, help to recover daily habits and take notes of what happened to share with the doctor.

I'm not improving or I'm getting worse...

- The symptoms are not getting better.
- I'm having more difficulties sleeping and loss of appetite.
- There's blood in my mucus.
- My ankles are swollen.
- I'm feeling more irritated or sad.

 **Call your Care Team or 112 today.**

> **As a caregiver**, keep calm, monitor changes and call Emergency Services if the patient is not able to do it.

- I'm losing control of the situation.
- I feel very short of breath.
- I feel confused and/or drowsy.
- My fever is increasing.
- I have strong chest pain.
- I'm fainting.

 **Call Emergency Services now! (112)**

I commit to follow this Crisis Action Plan to try to manage and prevent future acute episodes, to contact my doctor within 24 hours if I have to use my prescribed rescue medication & to review the plan with my doctor twice a year.

Tick the box below in case of phone or teleconversation.

The patient & caregiver (if applicable) orally commit to this plan.

Signature:

Patient

Caregiver

Doctor/Nurse