

# Winter Care Plan for COPD

<p><b>Symptoms you may experience</b></p>	<ul style="list-style-type: none"> <li>• Increased anxiety and restlessness.</li> <li>• Tire easily.</li> <li>• Increased shortness of breath with activity.</li> <li>• Decreased appetite.</li> <li>• Difficulty sleeping.</li> <li>• Increased cough and sputum production.</li> <li>• It takes longer to recover from an infection.</li> </ul>
<p><b>Reasons to call your GP</b></p>	<ul style="list-style-type: none"> <li>• Increased shortness of breath with usual activity.</li> <li>• Increased cough.</li> <li>• Increased sputum production / purulent sputum.</li> <li>• Decreased energy.</li> <li>• Decreased appetite.</li> <li>• Increased amount of quick relief medicine used.</li> </ul> <p style="text-align: right;"><b>If you have <u>two or more</u> of these symptoms, call your GP for advice.</b></p>
<p><b>Medication</b></p>	<ul style="list-style-type: none"> <li>• Take your medications only as directed by your doctor or specialist.</li> <li>• Never skip doses.</li> <li>• Continue taking medications even when you are feeling well.</li> <li>• Talk with your doctor about your medicine at each visit.</li> <li>• Always make sure you have enough medication – NEVER let it run out.</li> <li>• Use oxygen therapy as prescribed.</li> <li>• If you have any questions about your medications, contact your pharmacist.</li> </ul> <p style="text-align: right;"><b><u>Healthy Habits</u></b></p> <p style="text-align: right;"><b>Get a flu shot yearly</b></p> <p style="text-align: right;"><b>Get a pneumonia shot</b></p>
<p><b>Diet / Nutrition</b></p>	<ul style="list-style-type: none"> <li>• Eat a balanced diet with enough calories.</li> <li>• Drink enough fluids – this helps keep your mucous looser.</li> <li>• Include fibre in your diet to decrease constipation.</li> <li>• Eating a diet lower in carbohydrates may decrease shortness of breath and improve your ability to exercise.</li> <li>• Decrease the amounts of gas forming foods you eat-they make your stomach fuller. This may increase shortness of breath.</li> <li>• Eat smaller meals more often.</li> <li>• Eat slowly and talk less while you eat.</li> <li>• Avoid activity or exercise for an hour after you eat.</li> </ul>

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<p><b>Breathing techniques</b></p>	<ul style="list-style-type: none"> <li>• <b>Breathing exercises</b> and techniques can help you when you have trouble breathing.</li> <li>• <b>Posture:</b> Leaning forward often helps you breathe the air out of your lungs better.</li> <li>• <b>Diaphragmatic Breathing</b> helps the diaphragm move.</li> </ul> <p><u>Smoking</u></p> <ul style="list-style-type: none"> <li>• Smoking will only aggravate your condition. <b><i>Get help to quit!</i></b></li> <li>• Contact your GP or Walsall Quit Smoking.</li> </ul>
<p><b>Energy conservation and activity</b></p>	<ul style="list-style-type: none"> <li>• Start slow.</li> <li>• Know your limits.</li> <li>• Don't overdo it.</li> <li>• Stop and rest if you feel tired or short of breath.</li> <li>• Find exercise you like to do.</li> </ul> <p><u>Energy Conservation</u></p> <ul style="list-style-type: none"> <li>• Learn to pace your activities or do them an easier way.</li> <li>• Prepare for and do activities when you feel your best.</li> <li>• Walk at a slow/comfortable pace.</li> <li>• Do things slowly.</li> <li>• Dress and do things sitting down.</li> <li>• Ask for help when you need it.</li> <li>• Ask a family member to join you.</li> </ul> <p><b>Exercise will help improve your ability to:</b></p> <ol style="list-style-type: none"> <li><b>1. Cope with shortness of breath</b></li> <li><b>2. Increase your energy</b></li> <li><b>3. Make you feel less tired</b></li> </ol>
<p><b>Keep warm in cold weather... Keep well</b></p>	<ul style="list-style-type: none"> <li>• Wrap up warm while outdoors – scarf, hat &amp; gloves.</li> <li>• Keep your windows closed at night.</li> <li>• Keep the temperature in your bedroom now below 18°C.</li> </ul>