

Chronic Obstructive Pulmonary Disease (COPD)

Your COPD Nurse Educator can provide information about Chronic Obstructive Pulmonary Disease (COPD).

COPD is a serious lung disease that over time makes it harder to breathe. You may have heard COPD called other names, like emphysema or chronic bronchitis.

If you are 40 years of age or older and currently smoke, or have a history of smoking, please ask your doctor to order a simple breathing test called Spirometry.

Although one out of six people with COPD have never smoked, smoking remains the most common cause of COPD.

Get COPD Education

For further inquiries or to book an appointment call:

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Chronic Obstructive Pulmonary Disease (COPD)

Reference Guide
provided by your
COPD NURSE EDUCATOR



Bermuda Hospitals Board



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Action to take if your COPD symptoms get worse:

Step 1

Check the colour of your sputum:

Cough sputum in a white tissue

If your sputum colour has change from clear or pale to a darker shade e.g yellow or green:

START ANTIBIOTICS

Reliever Treatment (Blue Inhaler)

Via inhaler

Maximum dose/..... times per day

Maximum dose/..... times per day

ANTIBIOTICS

Please take your home supply or obtain a prescription from your GP without delay

PREDNISOLONE

Take 30mg once daily for 5-10 days (Take in the morning after your breakfast)



Step 2 Look at table

Symptoms	OK	Caution	Action
Breathlessness	Normal/ Usual	Worse than usual	Much worse than usual
Cough	Normal/ Usual	More than usual	Much more than usual

If all of your symptoms are in the **GREEN** the **OK column**, continue usual treatment.

If any of your symptoms are in the **ORANGE CAUTION** column:

Increase your RELIEVER TREATMENT (**Blue Inhaler**).

Take regular up to maximum dose. Keep a close eye on your symptoms. If you improve within 2 days resume usual treatment.

If NO improvement, start PREDNISOLONE

If any of your symptoms are in the **RED ACTION** column.

Take maximum reliever treatment and start PREDNISOLONE immediately.

WARNING

At any time if you get

SEVERE SYMPTOMS

If you have symptoms in the **RED ACTION** column, you have tried medication and you are not getting better, please contact your GP for an urgent appointment.

EMERGENCY

If you have any of the following:

- Very short of breath
- Chest pains
- High fever
- Feeling of agitation, fear drowsiness or confusion

Dial 911 for the AMBULANCE

OXYGEN

In an emergency please do **NOT** use high flow oxygen

Give sufficient oxygen to reach the target saturation of to%

Usual range is 88 to 92%