

COPD Consultation Patient Record Form

This is a form to record your pharmacist consultation and to provide you with an intervention plan to help improve your COPD control and implement lifestyle changes.

Purpose of this consultation

- To help you find out more about your medicines, and how your health can benefit
- To help you get the best improvement in your health from your medicines.
- To suggest changes to the way you use your medicines and to help deal with any problems.

COPD and treatments used to control it

What is Chronic Obstruction Pulmonary Disease (COPD)?

- Chronic obstructive pulmonary disease (COPD) is the name for a collection of lung diseases including chronic bronchitis, emphysema and chronic obstructive airways disease.
- People with COPD have difficulties breathing, primarily due to the narrowing of their airways, this is called airflow obstruction.
- Typical symptoms of COPD include; increasing breathlessness when active, a persistent cough with phlegm, frequent chest infections.

How is it treated?

- COPD cannot be cured, but treatments are effective in controlling the symptoms and slowing the progression of the disease.
- If you smoke, the best way to prevent COPD from getting quickly worse is to stop smoking and avoid further damage to your lungs. There is support available to help you quit.
- Usually COPD is treated with inhaled medicines that can help relieve the symptoms of COPD. The type of medicine you take will depend on how severe your COPD is and what symptoms you have. You may have to try different medicines to find which suits you best, and you may use a number of different medicines to help your breathing.
- Flare ups (exacerbation) of your COPD can be caused by chest infections. The flare up is usually treated by a pack of medicines called a 'rescue pack' this contains an antibiotic and a pack of steroid tablets. Sometimes your doctor can provide this for you to keep in your home, which either or both items can be used in the event of a flare up.

Your COPD medicines

Your medicines for COPD are:

Intervention Plan

Section 1: COPD Control

Have you had a hospital admission in the last 3 months which was caused by your COPD? YES NO

Do you know the symptoms of an exacerbation/flare up? YES NO

Have you had a flare up/exacerbation in the last 3 months? YES NO

If YES, how many?

Do you have a treatment plan for your COPD? YES NO

If YES, Do you know how to treat an exacerbation if you were to have symptoms? YES NO

Section 2: Consultation recommendations

1.

2.

3.

Section 3: Lifestyle

1. If you smoke your lung condition and breathing difficulties will get worse quicker, if you stop it will slow the progression of the disease

Do you smoke? YES NO

If yes, are you interested in quitting? YES NO

Stopping smoking is the best thing that you can do for your health, whatever your age or condition of health. It takes on average 7 quit attempts before the average person stops smoking.

Our local NHS Stop Smoking Service can help you to quit by helping to keep you motivated and providing stop smoking medicine. If you have support from a stop smoking service you are four times more likely to quit smoking.

Would you like more information? YES NO

2. People with COPD who keep active and take exercise tend to be able to do more and have a better quality of life.

What daily physical activities are you able to do?

Would you like more information? YES NO

3. No changes to your diet are proven to have any impact on COPD; a healthy well balanced diet is recommended.

Would you like more information? YES NO