

Safety Netting Advice Leaflet



**Information from our NHS @ Home
Respiratory Specialist Team for people in
our care, carers and families.**

For concerns or queries contact the NHS @ Home hub:

Telephone: 0300 125 5000

Service provided by

Sirona
care & health

Green

I am starting to feel better.

- Less/improving cough or wheeze.
- Less or lighter coloured phlegm.
- Improving breathlessness/finding it easier to conduct usual activities.
- Able to follow the nebuliser weaning plan set by NHS@HOME.

Actions:

- Continue:
 - DOCCLA monitoring.
 - Taking your regular medications.
 - Taking your inhalers.
 - your agreed treatment plan.
- Drink six to eight cups of fluid daily.
- Keep moving.
- Reduce cigarette smoke exposure.

Amber

My symptoms are worse or not improving at all.

- Worsening cough or wheeze.
- More phlegm or phlegm is thicker or darker.
- More breathless.
- Difficulty following your nebuliser weaning plan.

Action:

- Contact NHS @ Home on **0300 125 5000**.
- Continue your agreed treatment plan including using your reliever inhaler and/or nebulisers as recommended.



Red

My symptoms are much worse and I am struggling.

- Unable to complete a short sentence due to breathlessness or my breathing has significantly worsened within the hour.
- Coughing up or vomiting blood.
- Experiencing chest pain which has spread to my neck, jaw or arms.
- New confusion or drowsiness.
- Feeling cold and sweaty with pale blotchy skin.
- Have a rash which does not disappear when pressed.
- Not passing urine.

Action:

- Call 999 immediately.



Other Symptoms

I have a different symptom – unrelated to my respiratory condition Such as:

- Constipation, dark or bloody stools.
- Painful urination, urinating more often, blood in urine or symptoms of a urinary tract infection.
- Flare up of pain related to a different condition.
- Flare up of symptoms related to a different condition.

Action:

- Contact your GP surgery.
- Advice from NHS 111 or your local pharmacy.

For further help and advice on self-managing your respiratory condition please visit:

[Lung conditions information and advice](https://www.asthmaandlung.org.uk/) -

<https://www.asthmaandlung.org.uk/>



[Inhaler and device advice](https://www.rightbreathe.com/) -<https://www.rightbreathe.com/>



[COPD – NHS](https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/) <https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>



[Asthma](https://www.nhs.uk/conditions/asthma/) – NHS <https://www.nhs.uk/conditions/asthma/>



[Bronchiectasis – NHS](https://www.nhs.uk/conditions/bronchiectasis/): <https://www.nhs.uk/conditions/bronchiectasis/>



[ILD/Pulmonary Fibrosis](https://www.actionpf.org/) - <https://www.actionpf.org/>



Pulmonary hypertension – NHS: <https://www.nhs.uk/conditions/pulmonary-hypertension/>



Created by Isobel Holmes and Megan Hoffmann (2024)

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: Link to Sirona website (sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

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Registered Office

Sirona care & health CIC,
Badminton Rd Office, 2nd Floor,
Badminton Rd, Yate, BS37 5AF
Company Number: 07585003



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