

Safety Netting

**Information for people in our care, carers
and families.**



**We use easy words and pictures in
this accessible information**

Green

I am starting to feel better



Less of a cough or wheeze.



Less or lighter coloured phlegm.



Less breathlessness. Easier to do my activities.



I can follow the nebuliser weaning plan set by NHS@HOME.

Actions:

doccla



Continue doccla monitoring

Doccla is a company that helps people at home by using technology to track their health.



Keep taking your regular medications.



Keep taking your inhalers.



Keep going with your agreed treatment plan.



Drink six to eight cups of fluid every day.



Keep moving.



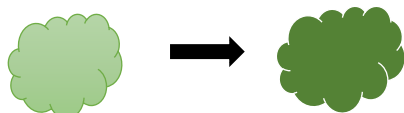
Reduce cigarette smoke.

Amber

My symptoms are worse or not improving at all



Cough or wheeze getting worse.



More phlegm or phlegm is thicker or darker.



More breathless.



Difficult to follow my nebuliser weaning plan.

Actions:



Contact NHS @ Home on:
0300 125 5000.



Keep going with my agreed treatment plan.

Green tick?

Red

My symptoms are much worse, and I am struggling.



Unable to say a short sentence due to breathlessness or breathing has got a lot worse within the hour.



Coughing up or vomiting blood.



Experiencing chest pain which has spread to my neck, jaw or arms.



Confused

New confusion or drowsiness.



Feeling cold and sweaty with pale blotchy skin.



Not passing urine.



Have a rash which does not disappear when pressed.

Action



Call 999 immediately.

Other Symptoms

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



Constipation, dark or bloody stools.



Flare up of pain related to a different condition.



Painful urination, urinating more often, blood in urine or symptoms of a urinary tract infection.

Actions



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:



Scan the QR codes below using your smartphone's camera to visit eah website.



Lung conditions information and advice -
<https://www.asthmaandlung.org.uk/>



Inhaler and device advice -
<https://www.rightbreathe.com/>



COPD – NHS

<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>



ILD/Pulmonary Fibrosis -

<https://www.actionpf.org/>



Pulmonary hypertension – NHS:

<https://www.nhs.uk/conditions/pulmonary->



Asthma – NHS

<https://www.nhs.uk/conditions/asthma/>



Bronchiectasis – NHS:

<https://www.nhs.uk/conditions/bronchiectasis/>

Contact Us



Call us on:

0300 125 5000