My pulmonary fibrosis review

My pulmonary fibrosis reviews are usually every:

My next pulmonary fibrosis review is due on:

At my pulmonary fibrosis review, I can talk about:

- how I'm managing day to day
- my symptoms and if they've changed
- my medicines, treatments and any side effects
- any other health conditions I may have
- setting simple goals to keep active and eat healthily
- how I feel emotionally
- what matters to me and what I would like to be able to keep on doing.

I can also ask:

- if I can be referred for pulmonary rehabilitation, and about other ways I can stay active
- if oxygen therapy could help me
- about other support available to me, including palliative care.

Get advice, support and information at **AsthmaAndLung.org.uk** or find us on social media:

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Trusted Information Creator
Patient Information Forum

Managing breathlessness every day

When I feel breathless it can help to:

- stop and rest
- find a comfortable position to recover
- use any medicines or treatments I've been prescribed, including oxygen
- use breathing techniques that help me
- get advice if it feels worse than usual.

Breathing techniques and recovery positions that can help my breathlessness:

Advice from my healthcare professional about managing breathlessness:

Get more support for breathlessness at **AsthmaAndLung.org.uk/breathlessness**

Questions about pulmonary fibrosis?

Talk to our friendly respiratory nurse specialists for more support.

Call **0300 222 5800**

(Monday to Friday, 9am to 1pm and 2pm to 5pm)

ASTHMA+ LUNG UK

Pulmonary fibrosis

Self-management plan

Fill this in with your healthcare professional

Name and date:

1 My usual symptoms and care

My usual symptoms and when they affect me:
(for example, breathlessness when resting or doing daily activities)

Medicines and treatments I need every day:
(for example, antifibrotics, oxygen)

Every day I can help manage my symptoms by:

- taking my medicines and treatments as prescribed
- tracking any changes to my symptoms
- keeping as active as possible in a way that's right for me
- eating a healthy diet and staying hydrated
- looking after any other health conditions
- looking after my emotional wellbeing and asking for support when I need it.

Other things I can do to help manage my pulmonary fibrosis:

- get help to stop smoking, if I need it
- have any vaccines available to me
- join an Asthma + Lung UK support group at **AsthmaAndLung.org.uk/groups-support**

2 When my symptoms are worse

I'll get advice and support from my healthcare professional as soon as possible if:

- I feel more breathless than usual
- I'm coughing more, or my cough has changed or got worse
- I find my usual activities more difficult
- I feel more tired than is normal for me
- I have other symptoms that are getting worse
- I'm feeling very low or worried, or I just feel that something is not right.

Advice from my GP or specialist team about what to do if my symptoms get worse and when I should seek help:

Contact numbers for support if my symptoms are worse:

My GP or other healthcare professional:

My specialist team, nurse, or other contact:

3 When I need urgent care

If my symptoms suddenly change or get much worse, I need urgent medical care.

I should call 999 immediately if:

- I suddenly feel much more breathless
- I find it very hard to breathe
- I am coughing up a lot of blood (more than just a few streaks or spots)
- I have new or severe chest pain
- I feel unusually drowsy and confused.

Tell 999 that you have pulmonary fibrosis and about any new or worsening symptoms.

Emergency advice from my specialist or palliative care teams:

Important! Speak to your specialist team or other healthcare professional as soon as possible after urgent treatment.

They can review your treatment and make sure you have support and advice.

Get more advice at:
AsthmaAndLung.org.uk/pulmonaryfibrosis