

LIVING WELL WITH PULMONARY FIBROSIS BY RESPIPLUS™

A Learning Tool for Patients and Their Families



AN ACTION PLAN FOR WHEN YOUR SYMPTOMS GET WORSE

This guide belongs to:

Healthcare Professional:

Institution:

1ST EDITION JUNE 2016

THE SKILLS YOU NEED TO MANAGE YOUR PULMONARY FIBROSIS

Pulmonary Fibrosis (also known as interstitial lung disease) is a disease that can affect every part of your life. As the disease progresses, so will its impact on your life and your daily activities. The exacerbations of the disease, or period of worsening symptoms can greatly affect your quality of life.

There are things that you can do to help you live well with this disease. This module is part of “Living well with Pulmonary Fibrosis”, a self-management program, created for those affected by the disease by medical experts in collaboration with patients.

HOW CAN THIS PROGRAM HELP ME?

With “Living well with Pulmonary Fibrosis” you will learn skills to adopt healthy new lifestyle behaviours. This module is your guide. It was designed for you to be able to review at your own pace. Take it from the top or skip to the topics that are most meaningful to you. Share it with people close to you so that they can understand what you are going through.

We wish you well as you go through this program. Do not hesitate to discuss whatever thoughts and feelings you have with your resource person, professionals in your healthcare team and your physician.

On behalf of Team RESPIPLUS



RESPIPLUS

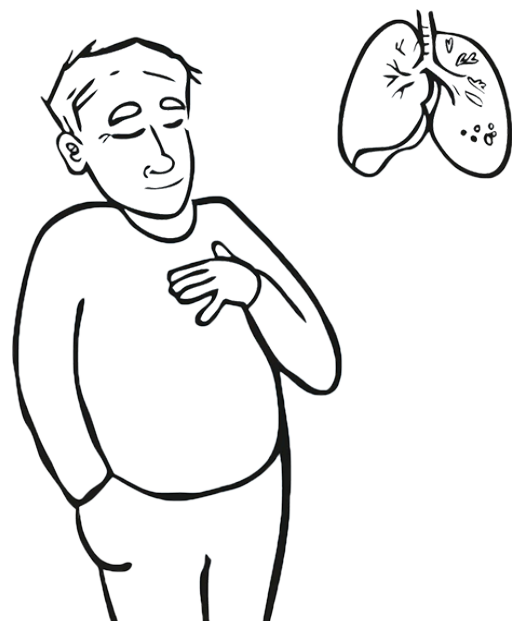
WELCOME TO THE MODULE "AN ACTION PLAN FOR WHEN YOUR SYMPTOMS GET WORSE"

Identify, with the help of your resource person, the subjects on which you need additional information to better manage your Pulmonary Fibrosis. Check off each subject that interests you or is important for you at this time.

An action plan for when your symptoms get worse

<input type="checkbox"/> Importance of an action plan	5
<input type="checkbox"/> What you should do when you feel well	8
<input type="checkbox"/> Factors that can make your symptoms worse and how to avoid them	9
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<input type="checkbox"/> Integration of your self-management objectives	17
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Living well with Pulmonary Fibrosis means adopting and maintaining healthy life habits and behaviours in order to improve your quality of life.



AN ACTION PLAN

FOR WHEN

YOUR SYMPTOMS

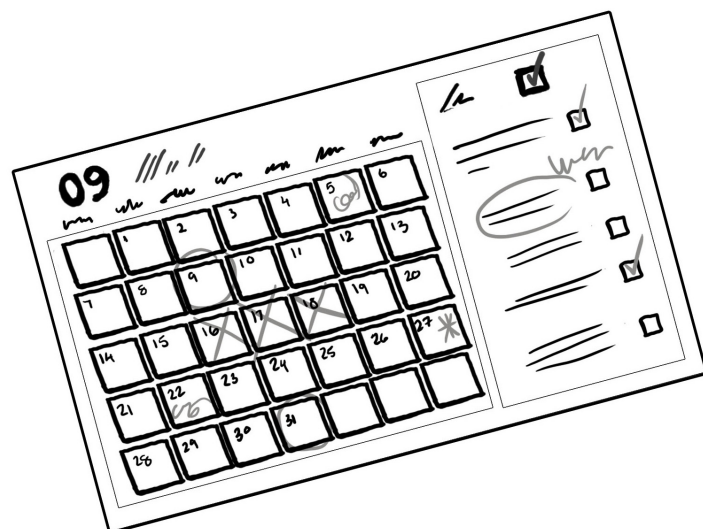
GET WORSE

YOUR PLAN OF ACTION

Living well with Pulmonary Fibrosis means being aware of changes in your respiratory symptoms and being prepared to manage them.

Your Plan of Action should hold an important place in your life because it will help you to make decisions related to managing your Pulmonary Fibrosis, particularly when your respiratory symptoms become worse.

- **Recognize better your everyday respiratory symptoms.**
- **List what you are doing every day to remain well, including taking your medication as prescribed.**
- **Recognize a worsening of your respiratory symptoms and the situations that can trigger it.**
- **Know what to do to prevent a worsening of your respiratory symptoms and start treatment as soon as possible if that happens.**
- **Know when and whom to call if your symptoms get worse and/or do not improve.**



RECOGNIZING YOUR SYMPTOMS, IDENTIFYING WHEN AND WHY THEY BECOME WORSE

What are your everyday respiratory symptoms?

Have your symptoms gotten worse lately? What happened the last time they got worse? What did you do?

What things can cause your symptoms to get worse?

It is important that you know what to do when your respiratory symptoms get worse: This is your PLAN OF ACTION

LET'S CREATE YOUR CONTACT LIST

An essential part of your Plan of Action is to have the phone numbers of your contacts close at hand. These are the key people you can call when you have a problem with your respiratory symptoms or treatment. Write their names and numbers in the spaces below.

Contact	Name	Phone Number	Email
Resource Person			
Family Physician			
Doctor			
Pharmacist			
Caregiver			



LET'S LOOK AT YOUR PLAN OF ACTION WHEN YOU FEEL WELL

In order to be able to recognize changes in your symptoms, you first need to know what your respiratory symptoms are when you feel well.

In your case, what are your usual respiratory symptoms?

To remain well use your Plan of Action to monitor your everyday symptoms, to take your regular medication as prescribed and to maintain healthy life habits.

My Usual Respiratory Symptoms

- I feel short of breath when I: _____
- I cough regularly No Yes

My Actions

- I avoid factors that worsen my symptoms.
- I sleep and eat well, I do my usual activities and exercises such as:

- I get vaccinated against the flu and pneumonia as often as recommended.

My Regular Treatment is:

Medication	Dose	Pills	Frequency

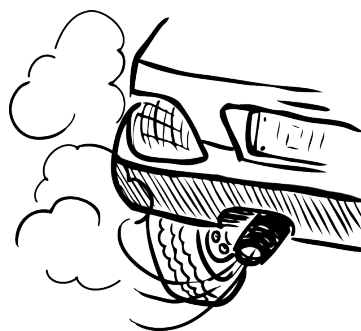
FACTORS THAT CAN MAKE PULMONARY FIBROSIS SYMPTOMS WORSE

When you have Pulmonary Fibrosis, some factors can cause an aggravation of your symptoms.

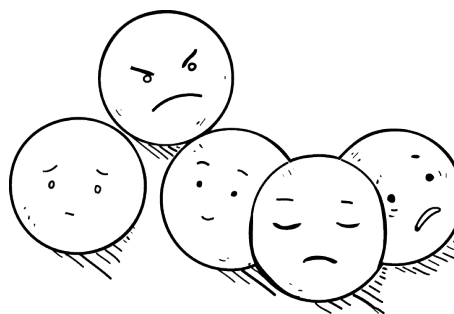
Most common factors that can make your symptoms worse:



Cigarette smoke, household cleaning products, strong odours dust



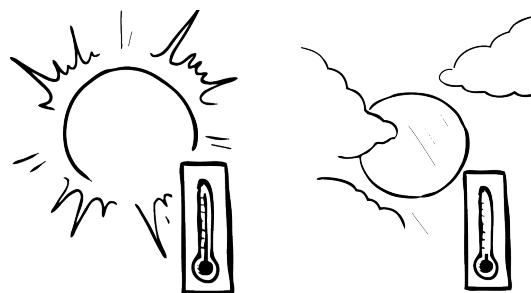
Exhaust fumes, gas fumes, smog



Anger, anxiety, stress



Cold, flu, bronchitis, pneumonia



Extreme heat or cold, wind, humidity

HOW TO AVOID FACTORS THAT WORSEN PULMONARY FIBROSIS SYMPTOMS

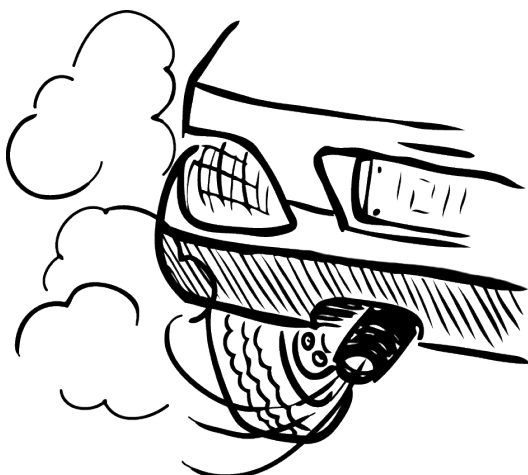
Now let us look at some of the actions you can take to reduce or avoid your exposure to those factors that make your respiratory symptoms worse

Factors that may make your respiratory symptoms worse	What you can do to reduce or avoid exposure to these factors
Indoor pollutants	
Cigarette smoke (including second-hand smoke)	
Household cleaning products	
Strong odours	
Outdoor pollutants	
Exhaust fumes	
Gas fumes	
Smog	
Emotions	
Anger	
Anxiety	
Stress	
Changes in temperature	
Extreme heat or cold	
Wind	
Humidity	
Respiratory infections	
Cold/Flu	
Bronchitis	
Pneumonia	
Other factors	

OTHER SUGGESTIONS TO REDUCE OR AVOID EXPOSURE TO THOSE FACTORS

INDOOR AND OUTDOOR POLLUTANTS

- Quit smoking and avoid second-hand smoke.
Discuss with your physician and/or resource person about the strategies that can help you and your close ones to quit smoking.



- Avoid strong odours. Work in well-ventilated areas.
- Avoid smog. If the air quality is not good, then try to stay indoors.
- Avoid exhaust and gas fumes.
- Avoid exercise in extreme heat or cold.

EMOTIONS

- If you are stressed and anxious, talk to your friends and family about your feelings.
- Practice breathing and relaxation techniques.



OTHER SUGGESTIONS TO REDUCE OR AVOID EXPOSURE TO THOSE FACTORS

RESPIRATORY INFECTIONS

- Avoid people who have a respiratory infection such as a cold or the flu. Wash your hands if you are in contact with them.
- You and the people you are living with should get a flu shot every fall. Ask your resource person or doctor about a pneumonia vaccine.
- Make sure your pneumonia shot is up to date



WHAT SHOULD YOU DO IF YOUR SYMPTOMS WORSEN?

You have to look for changes in your respiratory symptoms. These may be a sign that you need medical attention.

1. Look at your shortness of breath.

If you have more shortness of breath than usual, you should first try to contact your doctor or your resource person. This may be the sign of disease progression or an acute exacerbation.

2. Notice the appearance of colored sputum (phlegm or secretions).

If the colour of your sputum is yellow or green you probably have a bacterial infection and you need to start taking an antibiotic prescribed by your doctor.

Do not wait more than 48 hours after the beginning of your symptoms worsening before contacting your doctor or resource person

UPON NOTICING THE WORSENING OF SYMPTOMS:

1. Notify your resource person or doctor.
2. Avoid things that may make your symptoms worse.
3. Use your breathing, relaxation and energy conservation techniques.

My respiratory symptoms

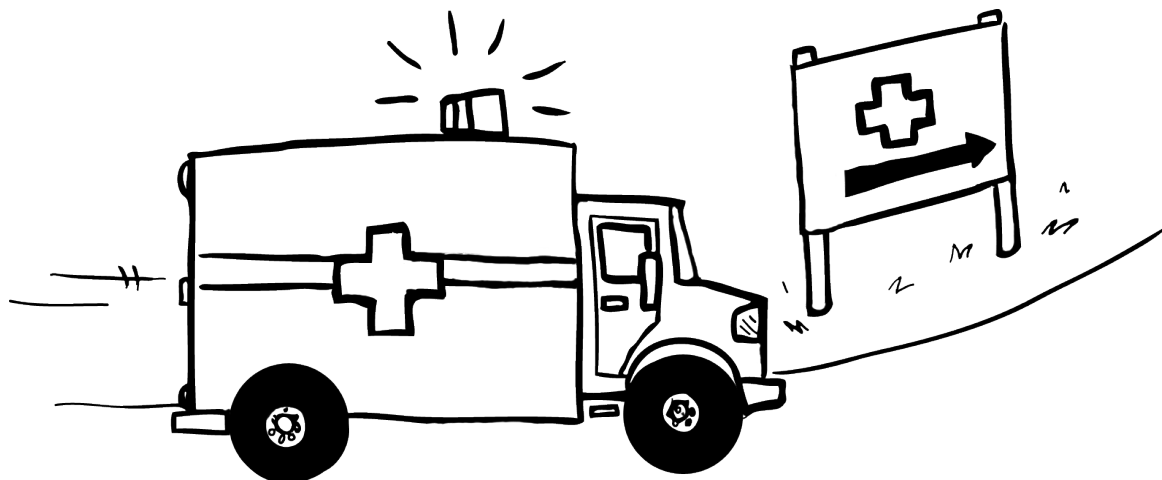
- More shortness of breath than usual
- Appearance of coloured sputum

My actions

- I notify my resource person
- I avoid things that make my symptoms worse
- I use my breathing, relaxation and energy conservation techniques

NOW LET'S LOOK AT WHAT TO DO WHEN YOU FEEL YOU ARE IN DANGER

My Symptoms	My Actions
<p><u>In any situation if:</u></p> <ul style="list-style-type: none">• I am extremely short of breath.• I am agitated, confused and/or drowsy.• I have chest pain.	<ul style="list-style-type: none">• I dial 911 for an ambulance to take me to the hospital emergency department.



THE INTEGRATION AND MAINTENANCE OF YOUR PROGRAM

TAKE THE TIME TO REVIEW YOUR OBJECTIVES AND YOUR PLAN.

1. Which objectives have you been able to attain?

2. How did you manage to attain these objectives?

3. Are there any objectives that you have not yet attained? Which ones?

4. What could help you attain these objectives?

Notes:

HELPFUL RESOURCES



Canadian Lung Association

<http://www.lung.ca/>

Alberta & NWT

<http://www.ab.lung.ca>

Telephone: 780-488-6819

British Columbia

<http://www.bc.lung.ca>

Telephone: 604-731-LUNG (5864)

Manitoba

<http://www.mb.lung.ca/index.php>

Winnipeg: 204-774-5501

Westman Region: (204) 725-4230

New Brunswick

<https://nb.lung.ca>

Telephone: 506-455-8961

Newfoundland & Labrador

<http://www.nf.lung.ca>

Telephone: 709-726-4664

Nova Scotia

<http://www.ns.lung.ca/site/>

Telephone: 1-902-443-8141

Ontario

<http://www.on.lung.ca>

Telephone: 416-864-9911

Prince Edward Island

<http://www.pei.lung.ca>

Telephone: 902-892-5957

Quebec

<http://www.pq.lung.ca>

Telephone: 514-287-7400

Saskatchewan

<https://sk.lung.ca>

Toll Free: 1-888-566-LUNG (5864)



RQAM

RÉSEAU QUÉBÉCOIS
DE L'ASTHME ET DE LA MPOC
*La référence des professionnels
en santé respiratoire*

Regroupement Québécois d'asthme et MPOC

<http://www.rqam.ca/>

Telephone: 418-650-9500



Canadian Network for Respiratory Care

<http://cnrhome.net/>

Telephone: 905-880-1092

Toll Free: 1-855-355-4672



Canadian Pulmonary Fibrosis Foundation

<http://www.canadianpulmonaryfibrosis.ca/>

Telephone: 905-294-7645

For a full updated list, you can visit
our website
livingwellwithpulmonaryfibrosis.com

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www.LivingWellWithPulmonaryFibrosis.com



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