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# The Chronic Obstructive Lung Disease Personal Health Record

Record your personal health details including the dates and results of your regular check-ups. Please use the record card as a reminder of when your next doctor's visit is due.

## Your details

Policy number

Medicare number

Surname

First Name

Contact person in an emergency

Contact's phone number

## Doctor's details

Name

Address

POSTCODE

Phone number

Mobile number

Email address (if available)

## When well/COLD under control

### Symptoms

- \_\_\_\_\_
- \_\_\_\_\_

### Actions required

Best FEV1: \_\_\_\_\_ Best FVC: \_\_\_\_\_

Room air O<sub>2</sub> saturation %: \_\_\_\_\_

CO<sub>2</sub> retainer: \_\_\_\_\_

Oxygen l/min: \_\_\_\_\_ Hrs/day: \_\_\_\_\_

### Medication record

	MEDICATION	STRENGTH	DOSAGE	ROUTE MDI+spacer/DPI/Nebuliser/Oral	HOW OFTEN	DATE
1						
2						
3						
4						

## When not well/COLD getting worse (moderate attack)

### Symptoms

- Wheezy/breathless
- Loss of appetite/sleep
- Change in colour of phlegm
- Coughing with excess phlegm
- Taking more reliever medication than usual

### Actions required

Diet: \_\_\_\_\_

Breathing & coughing techniques:

*(eg huff and puff cough to clear secretions)*

Anxiety/stress management techniques:

### Medication record

	EXTRA RELIEVER	STRENGTH	DOSAGE	ROUTE MDI+spacer/DPI/Nebuliser/Oral	HOW OFTEN	DATE
1						
2						
3						
4						

### Extra Medications

	EXTRA MEDICATIONS	STRENGTH	DOSAGE	ROUTE	HOW OFTEN	DATE
	Prednisolone					
	Antibiotic					

## If symptoms get worse (severe attack)

### Symptoms

- Unable to perform normal activities eg dressing and bathing
- Fever/chills
- Increased swelling in the ankles

### Actions required

- Dial 000 for an ambulance
- Take your Personal Health Record and give it to the emergency team.

### Medication record

	EXTRA RELIEVER	STRENGTH	DOSAGE	ROUTE MDI+spacer/DPI/Nebuliser/Oral	HOW OFTEN	DATE
1						
2						
3						
4						

Name

Signature

Date

 /  /

## Medical and surgical history

CONDITION	YEAR DIAGNOSED	TREATMENT	DATE

## Spirometry test

Use this table to record your spirometry results.

	PRE-BRONCHODILATOR	% PRED	POST-BRONCHODILATOR	REVERSIBILITY* (%)
FEV1				
FVC				
FEV1/FVC				

Forced Expiratory Volume (FEV1) measures the volume of air that can be forced out in one second after taking a deep breath.

Forced Vital Capacity (FVC) measures the total volume of air that can be forced out after taking a deep breath.

The ratio of the FEV1 to the FVC demonstrates the proportion of air forced out in one second as compared with total volume expired. The ratio in normal healthy lungs is about 70%. When obstruction is present, this ratio is reduced; the lower the ratio, the greater the airway obstruction.

$COLD = \text{post-bronchodilator FEV1/FVC}$ .

**Results:**

60–80% mild

40–59% moderate

<40% severe

*(Source: Guidelines developed by The Australian Lung Foundation).*

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