

Living with Bronchiectasis

(pūkahukahu hauā):

THINGS TO KNOW

This checklist has the information that will help you understand and manage your bronchiectasis symptoms.

STATEMENT	EXPLANATION	
 <p>I have had a chest CT scan that shows that I have bronchiectasis.</p>	<p>A CT scan of your chest is an X-ray machine that gives a detailed picture of your lungs. This can show where and how much bronchiectasis you have in your lungs.</p>	<input type="checkbox"/>
 <p>I understand what bronchiectasis is and my healthcare team have explained where to find more information.</p>	<p>Understanding bronchiectasis, the causes and the treatments will help to better manage your health condition.</p> <p>→ healthify.nz/health-a-z/b/bronchiectasis</p>	<input type="checkbox"/>
 <p>I know to regularly check my sputum (phlegm) colour, stickiness and volume.</p>	<p>Knowing your 'normal' is important. This way you can more quickly recognise when you may have an increase of your bronchiectasis symptoms.</p>	<input type="checkbox"/>
 <p>I know my symptoms of a chest infection.</p>	<p>Being able to recognise an early change in your bronchiectasis symptoms means you can start treatment earlier. Symptoms may include: feeling unwell, more sputum, sputum colour change, feeling more tired and more breathless than normal.</p>	<input type="checkbox"/>
 <p>I know when to start my emergency supply of antibiotics.</p>	<p>Talk to your healthcare team about having an emergency supply of antibiotics at home for when you are unwell and have signs and symptoms of a chest infection – sometimes called a back pocket prescription. Also check on steps to take if you are not getting better.</p>	<input type="checkbox"/>
 <p>I have been taught sputum clearance exercises and understand the importance of doing these every day.</p>	<p>Sputum clearance exercises will help to clear sputum (phlegm) from your lungs and reduce the risk of a chest infection. These are taught to you by a physiotherapist and can include breathing through a device (PEP device) and nebulising with prescribed saline (salty water).</p> <p>→ bronchiectasis.com.au/resources/airway-clearance-videos</p>	<input type="checkbox"/>
 <p>I have a written bronchiectasis action plan (self-management plan).</p>	<p>A personalised action plan will help you to manage your symptoms on a daily basis. It will help you to know when you should start antibiotics and when to increase your sputum clearance techniques</p>	<input type="checkbox"/>
 <p>I know that regular exercise and eating well are important.</p>	<p>Regular exercise (5-7 days a week) that makes you 'huff and puff' will help to keep you fit and can help to clear your sputum (phlegm). Eating a balanced and varied diet will help with your strength, fitness and help you fight infections.</p>	<input type="checkbox"/>
 <p>If my bronchiectasis makes me breathless my healthcare team have discussed the benefits of a pulmonary rehabilitation programme.</p>	<p>Whole body fitness is important as your muscles need to be strong to support your breathing muscles. Pulmonary rehabilitation is an exercise programme that is designed for those who have a lung condition and helps to improve the management of your symptoms. Ask your healthcare team for a referral to your local programme if you have breathlessness.</p>	<input type="checkbox"/>
 <p>I get my regular free vaccines.</p>	<p>Make sure you get your flu vaccine every year. This is free to people who have a health condition such as bronchiectasis (pūkahukahu hauā). You should keep up-to-date with your COVID vaccination and booster doses. Ask your primary care team about the pneumonia vaccine (there is a \$ cost for this vaccine).</p>	<input type="checkbox"/>
 <p>If I smoke, vape or use cannabis I have been encouraged to stop.</p>	<p>If you smoke cigarettes, vape, or smoke cannabis, it is very important to stop. Ask your healthcare team about how to quit and for a referral to a smoking cessation programme.</p> <p>→ healthify.nz/hauora-wellbeing/s/smoking-treatments-for-quitting-smoking</p>	<input type="checkbox"/>
 <p>I have regular appointments with my healthcare team.</p>	<p>A regular review with your primary healthcare team (general practice) is encouraged, as bronchiectasis may change over time and your treatment plan may need to be adjusted.</p>	<input type="checkbox"/>