

**Patient Name:** Joe Bloggs **Patient DOB:** 07 Apr 1959  
 12 Ord Street  
 Fremantle WA 6160  
 93198000

<b>GP MANAGEMENT PLAN/TCA Chronic Obstructive Pulmonary Disease</b>			
<b>Patient problems / needs / relevant conditions</b>	<b>Goals - changes to be achieved</b>	<b>Required treatments and services including patient actions</b>	<b>Arrangements for treatments/services (when, who, and contact details)</b>
How can I achieve my Best Possible Lung Function ?	Minimise the symptoms (cough, shortness of breath and sputum production)  Improve physical fitness and exercise capacity.	* Cessation of smoking * Taking the right medications * Using Regular medications regularly. * Good puffer technique * Exercise : regular daily enjoyable exercise, walking, strengthening breathing muscles.  * Nutrition: Overweight restricts breathing + Sleep Apnoea more likely. Underweight weakens breathing muscles	Quitline 131 848  GP Respiratory Physician  Nurse Patient Pulmonary Rehabilitation Programme Fremantle Hospital. Physiotherapist.  <a href="http://www.lungnet.org.au/copd">www.lungnet.org.au/copd</a>
Doubts about puffers. Which Medications should I take and when ?	Be informed about my medications so that I'm getting the best possible response.	* Regular LABA better than Ventolin * Regular Spiriva (better puff and endurance) * ICS : may reduce decline in lung function. * Regular Combination inhaler therapy : Unclear benefit.	GP  Respiratory Physician
Lung infection	Reduce the risk of catching influenza and pneumonia	Vaccination against Influenza : Every Year. Pneumococcal Vaccine with booster at 5 years.	GP, Practice Nurse
Managing Exacerbations of COPD	Improve self management and reduce the need for hospitalization.	Self Management Plan Inform GP of worsening symptoms. Have antibiotics and oral cortisone available for early treatment at home  Support : Australian Lung Foundation LungNet National Support Network  Nebulised Ventolin Oral Antibiotics Oral Cortisone Oxygen Hospitalisation	<a href="http://www.lungnet.org.au">www.lungnet.org.au</a> GP Chronic Disease Management Teams  1800654301

Copy of GP Management Plan offered to patient?

Copy / relevant parts of the GP Management Plan supplied to other providers

GP Management Plan added to the patient's records?

Date service was completed:

Proposed Review Date: (recommended 6 months)

I have explained the steps and any costs involved, and the patient has agreed to proceed with the plan.

GP's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Dr Keren Witcombe**  
**Ellen Street Family Practice**  
**59 Ellen Street**  
**Fremantle WA 6959**