

The Bronchiectasis Patient Checklist

As a patient with bronchiectasis I should expect the following:

- 1 I understand what bronchiectasis is and I know where to find additional information and support if needed
- 2 My doctor or nurse has performed tests to find out why I developed bronchiectasis. I have been told the cause of my bronchiectasis, or that no cause has been found despite testing
- 3 I give a sample of sputum at least once per year to check for new infections and to help to choose the right antibiotic if I have an infection
- 4 I understand how to recognise a chest infection (exacerbation), and I have been given advice about what to do when my symptoms get worse
- 5 When I develop a chest infection, I am given antibiotics for 2 weeks
- 6 I have been shown exercises (airway clearance techniques) to help me to cough up sputum
- 7 If I have trouble with coughing up sputum despite doing airway clearance techniques, I have been offered extra help, such as seeing a physiotherapist or additional medication
- 8 If I am having 3 or more chest infections per year, my doctor or nurse has spoken to me about medication or other treatments to help reduce the frequency of my chest infections
- 9 If I suffer from breathlessness, I have been offered pulmonary rehabilitation (a series of classes that improve exercise capacity)
- 10 If I suffer from breathlessness I have discussed with my doctor or nurse whether I need to take an inhaler
- 11 I know what all of my medication is for, and I know when and how to take my medication
- 12 I know the importance of taking responsibility for my own health by eating healthily, avoiding smoking, taking regular exercise and having an annual flu vaccination



Ask your specialist, doctor or nurse to go through the list and make sure that you understand your condition.

Please note that not all of these recommendations will apply to all patients.

The Bronchiectasis Patient Checklist is based on the European Bronchiectasis Guidelines 2017 which was developed by a team of expert doctors, physiotherapists, other healthcare professionals and patients. The recommendations above reflect what most patients with bronchiectasis should expect from their care according to these guidelines. In some cases, the treatments described above may not be suitable for you. Your doctor or nurse will explain which apply to you.

This document does not contain detailed information on bronchiectasis and should be used in discussion with your doctor.