



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

University Hospital of Llandough  
Ysbyty Athrofaol Llandochau

Physiotherapy Department 02920 715474

## Treatment Plan

To get the most from your medications and physiotherapy we recommend you complete them in the following order. Your physiotherapist will discuss your personalised treatment plan with you.

Name: .....

Date agreed: ..... Physiotherapist: .....

### 1. **Bronchodilators**

These help to relax the muscles in your airways, reducing chest tightness.

Your bronchodilator is.....Take.....times daily

### 2. **Hypertonic saline**

This helps to make your phlegm easier to clear.

Your dose is.....Take.....times daily

### 3. **Airways clearance technique** (physiotherapy)

Your airways clearance technique is.....

Do.....times daily.

### 4. **Antibiotic** nebulised

This helps to control the growth of bacteria in the phlegm in your lungs.

Your antibiotic is.....Take.....times daily

### 5. **Long acting inhalers**

Your inhalers are:

..... Take.....time(s) daily

..... Take.....time(s) daily

If you have any problems please contact your physiotherapist on 02920 715474.