

# STEPWISE MANAGEMENT OF STABLE BRONCHIECTASIS

## General Management of Bronchiectasis in Adults

- Airway clearance
- Influenza and pneumonia immunisations
- Pulmonary rehabilitation
- Smoking cessation
- Sputum surveillance
- Prompt treatment of exacerbations
- Treat underlying cause\*
- ICS/LABD only for concomitant asthma or COPD\*

	Mild	Moderate	Severe
	or persistent symptoms despite standard care		
<b>Typical symptoms</b>	<ul style="list-style-type: none"> <li>⊙ few symptoms</li> <li>⊙ breathless on moderate exertion</li> <li>⊙ recurrent chest infections</li> <li>⊙ little or no effect on daily activities</li> </ul>	<ul style="list-style-type: none"> <li>⊙ breathless walking on level ground</li> <li>⊙ increasing limitation of daily activities</li> <li>⊙ Increased cough and sputum production</li> <li>⊙ exacerbations requiring oral corticosteroids and/or antibiotics</li> </ul>	<ul style="list-style-type: none"> <li>⊙ breathless on minimal exertion</li> <li>⊙ daily activities severely curtailed</li> <li>⊙ experiencing regular sputum production and chronic cough</li> <li>⊙ exacerbations of increasing frequency and severity</li> </ul>
<b>Airway Clearance Techniques</b>	<p><b>Daily physiotherapy</b> - consider strategies such as Active Cycle Breathing Technique and Forced Expiration/Huff Technique</p> <p><b>Physiotherapy adjuncts</b> - consider introducing devices and hyperosmolar agents</p>		
<b>Pharmacological Interventions</b>	<p><b>Inhaled corticosteroids</b> - selected patients only <b>Macrolides</b> - consider macrolides for patients with frequent exacerbations (exclude presence of NTM)</p> <p><b>Inhaled antibiotics*</b> - for new Pseudomonas aeruginosa colonisation</p>		

**REFER PATIENTS TO LUNG FOUNDATION AUSTRALIA FOR INFORMATION AND SUPPORT – FREECALL 1800 654 301**

Lung Foundation Australia has a range of resources to promote understanding of Bronchiectasis and assist with management.



**Lung Foundation Australia**

1800 654 301 | Lungfoundation.com.au

\*specialist referral recommended