

My COVID-19 Advance Care Plan

Name: [REDACTED] I like to be known by my first name.	NHS number : [REDACTED]
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Summary of my health conditions :

I have **three** health conditions – condition 2 and 3 are connected to and probably as a result of my main condition 1.

1. Common variable immunodeficiency (CVID) – a rare disease which is caused by the severely reduced ability to produce functioning B-lymphocytes and therefore causes susceptibility to infections, respiratory infections particularly. I also have Splenomegaly as a result. See also CT chest from 2011-may have shown some early bronchiectatic change.
The name of my specialist at [REDACTED]
2. Inflammatory Arthropathy
The name of my specialist is [REDACTED]
3. Chronic Rhinosinusitis – which has caused some right side hearing loss. I get repeated sinus infections requiring antibiotics for extended periods, throat infections and have had severe mouth and throat blisters/ulcers on many occasions.

Who am I?

I am 65 years old and I have been married to my wonderful husband, [REDACTED], for 43 years. I am the mother of two fantastic daughters, [REDACTED] and [REDACTED], and Nana to a much loved Grandson, [REDACTED] who is just one year old. I retired 4 years ago from my fulltime career as a Science/Maths/Careers teacher and Head of Year. When well/before COVID-19, I attended a weekly Art class, a twice monthly Art Club and am learning to paint in watercolours and acrylics. I am proud to be a Patient Rep. for my local Hospital Immunology Dept., for the charity PIDUK and a [REDACTED]. The second Wednesday evening each month was for the local WI meetings and on Mondays I had started to help out with a group of teenage girls at Youth Group. So, as you can see, I kept myself pretty busy!

Three important things I want you to know :

- **I want to see my Grandson grow up, so I don't want you to 'write me off as past it'.** If necessary, I want to be taken to hospital and given whatever treatment is required, bed rest, Oxygen, CPAP, sedation and ventilation – whatever. Please try not to damage my lungs – I have a toddler to keep up with!
- **I tend to have a low body temperature – 36.4C** (this should be in my Immunoglobulin Infusion records in my notes) and a high blood pressure 150ish/84ish
- I can be 'moody' and easily get upset when stressed (I think my husband would agree strongly with this).
Please don't give me AMOXICILLIN – last time that I had this I had a reaction that caused me extreme distress and I don't wish to repeat it again or worse. My specialist doubts that I could have an allergy to it because of my CVID, but if I have COVID-19 I think that's enough to deal with!

Medication I take :

Amlodipine 10mg one tablet daily (evening)
Ramipril 10mg one tablet daily (evening)
Leflunomide 10mg one tablet daily (morning)
Gabapentin 300mg one tablet, three times a day
Co-codamol (Zapain) two tablets up to 4 times daily as required
Mometasone 50mcg nasal spray – two sprays in each nostril once daily
Immunoglobulin intra-venous infusion (IV) – Intratect 10% 30g once every four weeks

How I communicate : English is my language. I have some hearing loss in my right ear and wear a hearing aid in public. I am likely to get very upset if I am unable to speak, possibly withdrawn

My emergency contact is :

1. My husband - [REDACTED] : home phone [REDACTED] phone has a 'Call minder'
Mobile [REDACTED]
2. Daughter- [REDACTED] : Mobile [REDACTED]
3. Daughter – [REDACTED] : Mobile [REDACTED]

My husband has a copy of this Care Plan.

[REDACTED]