

# My COPD Action Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

INSTRUCTIONS: Please review this Action Plan during a regularly scheduled appointment with your doctor. Have the doctor fill in the blanks, then sign and date the plan. Your Action Plan should be reviewed by your doctor every year or more often if you are having problems.

Doctor Phone #: \_\_\_\_\_ Emergency Contact Phone #: \_\_\_\_\_

## I'm doing well

- Breathing without shortness of breath
- Able to do daily activities
- Thinking clearly
- Mucus is easy to cough up
- Sleeping well
- Appetite good
- Able to exercise as my doctor directed

**Take your medications every day to help maintain control of your COPD symptoms.**

## I feel worse due to my COPD

(may have one or more of the following symptoms)

- Shortness of breath
- Difficulty completing daily activities
- More coughing/wheezing
- Thicker and discolored mucus
- Fever
- Trouble concentrating
- Trouble sleeping
- Decreased appetite

**Continue to take your medications every day to help maintain control of COPD symptoms. Call your doctor and report the change in symptoms. Let your doctor answer any questions you have.**

### Additional Instructions:

If you live alone, call a neighbor, friend, or relative to let them know that you feel worse. Avoid doing or being around things that make you feel worse. If you use oxygen, ask the doctor how and when to use it. Do breathing exercises and other things to help you relax.

## I feel I am in danger

If you have any of the following symptoms:

- Severe shortness of breath (I feel like I can't breathe)
- Trouble coughing up mucus, coughing frequently
- Blood in mucus
- Chest pain
- Confused, slurred speech
- Feel faint
- Rescue medicine is not helping
- Fever and chills

**Take your rescue medications and call 911 or your emergency medical services now!**

# My COPD Checklist

INSTRUCTIONS: Please use the following checklist for doctor visits and for tips to help you manage your COPD symptoms.

## Things to keep in mind for a visit with your doctor:

- Bring all of your medications, or a list of them, with you; include herbal and over-the-counter treatments
- Go over your daily and rescue medications
- Note any changes in your breathing
- Let your doctor know if you feel nervous, sad, or 'down in the dumps'
- Review your usual activities and any changes in your energy level
- Mention your diet and changes in your weight or appetite
- If you are on oxygen, let your doctor know how and when you use it
- Let your doctor and family members know if you're going out of town
- Say if you have had trouble sleeping
- Review symptoms and action plans for other diseases such as diabetes, heart failure, etc
- Take a list of questions—be specific
- If you smoke or use tobacco in other ways, ask for help to quit
- Review breathing exercises and forceful coughing
- Ask if you are able to join a pulmonary rehab program
- Ask when you should get a flu shot
- Ask if you are in need of a pneumonia shot
- Ask about things that make your COPD worse and how to deal with them

## You should do the following at least once a year:

- Get a flu shot
- Check with your doctor about a spirometry test
- Review and update your COPD Symptom Action Plan
- Have a complete physical exam
- Discuss any questions that you may have regarding your health with your doctor

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