

COPD ACTION PLAN



Name: _____

Date: _____

Provider: _____

Provider Phone: _____

Specialist: _____

Specialist Phone: _____

Mild	Moderate	Severe	Very Severe
<ul style="list-style-type: none"> ▪ FEV₁/FVC < 70% ▪ FEV₁ ≥ 80% predicted 	<ul style="list-style-type: none"> ▪ FEV₁/FVC < 70% ▪ 50% ≤ FEV₁ < 80% predicted 	<ul style="list-style-type: none"> ▪ FEV₁/FVC < 70% ▪ 30% ≤ FEV₁ < 50% predicted 	<ul style="list-style-type: none"> ▪ FEV₁/FVC < 70% ▪ FEV₁ < 30% predicted <u>OR</u> FEV₁ < 50% predicted plus chronic respiratory failure

SMOKING CESSATION

Is patient a smoker? : Y N
 If YES, is patient ready to Quit? Y N
 Counseled : Y N Meds: _____

VACCINES:

Flu / Date : _____
 Pneumovax / Date : _____

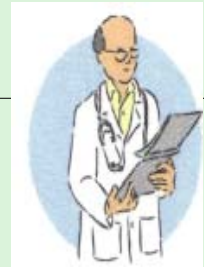
Room Air O₂ Sat: _____
 Oxygen L/min : _____
 Hrs/day : _____

GREEN-GO (able to do usual activities)

- Breathing is good
- Sleeping well, appetite good
- Minimal sputum
- Able to think clearly



- Take ALL your medication
- Go to your doctor appointments and bring all your medicines to every appointment
- Eat healthy foods, do exercises



COPD MEDS:



	<u>Medicine</u>	<u>How much to take</u>	<u>When to Take</u>
1.	_____		
2.	_____		
3.	_____		

YELLOW-CAUTION (Moderate Attack) (feeling unwell but not severe)



- More cough, wheeze, more shortness of breath with usual activities, chest tightness
- Sputum thicker, more colored
- Poor appetite and sleep, trouble concentrating, more restless and tired, less able to do usual activities

- Keep using your everyday medicine (above)
- Use reliever medicines as instructed by your doctor
- Use pursed lip breathing and relaxation techniques
- Check your oxygen equipment to see if it is working. Increase oxygen ONLY if ordered by your doctor
- Call your doctor about your condition

COPD RELIEVER MEDS

	<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
1.	_____		
2.	_____		
3.	_____		



RED-SEVERE-Take Action!



- Severe shortness of breath
- Rescue medicine is not helping
- Trouble coughing up sputum or blood in sputum
- Fever or chest discomfort
- Feel faint, confused
- Drowsy, difficult to awaken



Get help from your doctor NOW!



*****Call 911 if you are having severe chest pain*****