



MY COPD ACTION PLAN



Action plan belongs to:

Name:
Date of birth:
Next revision due:

Doctor's contact details:

Name:
Phone:
Address:
.....

Who to contact in case of emergency?

Name:
Relationship:
Phone:

This COPD Action Plan should be completed together with your health provider and should be updated every 6 months.



I FEEL WELL

- I have usual amounts of cough and phlegm.
- I can do my usual activities/exercise.
- My appetite is good.

Daily COPD routine:

I use my daily puffers as directed:
..... (name) puffs in the morning.
..... (name) puffs in the evening.
If I am on oxygen, I use L/min.

My reliever in case of symptoms:

..... (name)
..... puffs



Always carry your reliever with you, even if you don't have symptoms



I FEEL WORSE

- I am more breathless.
- I need my reliever more often.
- I am losing my appetite.
- I am less energetic.
- I cough more than usual.
- I may show signs of a fever.

What should you do:

- Use your breathing techniques.
- Pace yourself and your activities to save energy.
- Apply airway clearance techniques.
- Take your daily puffers AND take up to (puffs) of (name reliever) up to max puffs a day.
- If I am on oxygen, I will increase it from L/min to L/min.

Start rescue medication:

..... (name oral steroid) mg for days

Important

If you have used your rescue medication for COPD flare-up, it's important to see your doctor within 2 days for a check-up.

If I have the following symptoms, it is a sign of infection.

- Increased amount of phlegm.
- Phlegm has changed colour.
- More breathless than usual.
- Signs of a fever (not always)

Start antibiotic: (name)
..... times a day for days.



I FEEL MUCH WORSE

- I am getting worse despite taking extra medication.
- OR
- My symptoms are not improving after taking my rescue medication.

What should you do:

- Use your breathing techniques.
- Pace yourself and your activities to save energy.
- Apply airway clearance techniques.
- Call your HCP immediately for a same-day appointment or go to the ER.

Urgent!

- I am very breathless even at rest.
- I am not getting any relief from my reliever inhaler.
- I feel confused or drowsy or other people around me notice this.
- I may have chest pain.
- I may cough up blood.
- I start to feel anxious,



Call the emergency services. 112 (Europe), 999 (UK), 911 (USA/Canada) or 000 (Australia)
While waiting for the ambulance to arrive, take extra reliever as needed.
Try to remain calm and apply breathing techniques.