



COPD Action Plan

Name: _____ Date of action plan: _____

Emergency contact's name: _____ Contact's phone number: _____

Doctor: _____ Doctor's phone number: _____

● Green Zone: "I feel well today."

- I am active and breathing as usual.
- I have the usual amount of mucus. No change in color.
- My appetite is good.
- I sleep well at night.

Action: What to do

- Take your usual medicine each day.
- Do all the things you normally do each day.
- Use your oxygen as instructed.
- Don't smoke. Avoid all things that bother your lungs.
- Eat a healthy diet.

Green Zone medicines:

Name of medicine	Type (inhaler, nebulizer, pill)	How much to take	When to take it

● Yellow Zone: "I don't feel well. I'm having a bad COPD day."

- I'm more breathless or wheezy than usual. I may be coughing more, too.
- I'm more tired than usual. I can't do normal activities.
- I have more mucus. It's thicker and darker than usual.
- I need to use my inhaler or nebulizer more than usual.
- My appetite is not good.
- I don't sleep well.

Action: What to do

- Take your usual medicine each day.
- Take other medicines if your doctor says so. He or she might tell you to take short-acting medicine. Or you might need an antibiotic or steroid medicine.
- Try to control your breathing. Pursed-lip breathing may help. It uses less energy and may help you relax.
- Use your oxygen as instructed.
- Get plenty of rest.
- Don't eat a big meal. Eat a little bit at a time and eat more often. If your doctor says it's OK, drink plenty of fluids.
- Call your doctor if:
 - Your symptoms don't get better.
 - Or, your symptoms get worse.
 - Or, you notice a change in your mucus.
 - Or, develop a fever.

Yellow Zone medicines:

Name of medicine	Type (inhaler, nebulizer, pill)	How much to take	When to take it

● Red Zone: "I need medical care right away. It's urgent!"

- I'm having a hard time breathing.
- I am not able to do any activity.
- I can't sleep because it's hard to breathe.
- I have a high fever. Or, I have chills and I'm shaking.
- I feel confused. Or, I feel very sleepy.
- I have chest pain.
- I'm having trouble talking.

Action: What to do

- Call 911 now! This is an emergency. You need care now.
- Follow all of your doctor's Red Zone orders.
- If you're able, call your emergency contact or have someone do this for you.

Notes: _____

Take care of your COPD. These tips may help:

- Work with your doctor. Don't miss visits.
- Take your medicines. Take them the way your doctor tells you to.
- Quit smoking. Stay away from other people's smoke.
- Avoid things that make your symptoms worse.
- Get your vaccines. Ask your doctor if flu or pneumonia shots are right for you.
- Use your action plan. Follow the action steps if your symptoms get worse.
- Write things down that you will share with your doctor:
 - How you feel each day.
 - What makes your COPD worse.
 - Questions you want to ask at your next visit.
 - Go over your Action Plan during your doctor's visit to make sure it doesn't need to be updated.

Use this handy chart

	Date	Date	Date	Date
Last flu vaccine				
Last pneumonia vaccine				
Last doctor appointment				
Lung function measurement — FEV1	Date:	Date:	Date:	Date:
	Result:	Result:	Result:	Result:
Last oxygen level test	Date:	Date:	Date:	Date:
	Result:	Result:	Result:	Result:
Oxygen levels	Resting:		Increased activity:	Sleeping:

Exercise

Exercise for _____ minutes each day — all at one time or broken up into _____ minutes at a time.
I can do the following types of exercises:

When you're short of breath

Practice these techniques before you need them. Remember, your doctor can show you how to do them too.

Pursed-lip breathing. May help keep your airways open and slow your breathing down. It may allow trapped air to leave your lungs and let fresh air in.

Take one simple step at a time:

1. Relax your neck and shoulders.
2. Slowly breathe in through your nose for a count of 2 or 3. Keep your lips closed.
3. Pucker your lips as if you're going to whistle. Slowly breathe out while counting to 5 or 6.

Some positions that may help you catch your breath:

- Sit with your head and shoulders dropping forward.
- Sit with a pillow at a table. Rest your head and arms on the pillow.
- Stand, leaning on a counter or table.
- Stand with your back against the wall, feet apart, relaxing head and shoulders.

Sources: National Institutes of Health, American Lung Association, Cleveland Clinic

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The material provided through this program is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Please discuss with your doctor how this information is right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program. It may be discontinued at any time.