

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 : _____

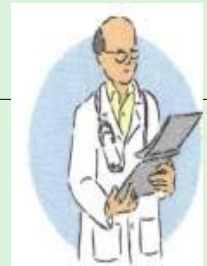
Room Air O₂ Sat: _____
 Oxygen L/min : _____
 Hrs/day : _____

GREEN-GO (able to do usual activities)

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



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



COPD MEDS:



Medicine	How much to take	When to Take
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

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



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

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

COPD RELIEVER MEDS

Medicine	How much to take	When to take it
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____



RED-SEVERE-Take Action!



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



Get help from your doctor NOW!



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