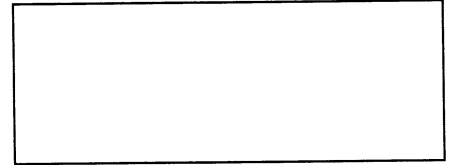


Chronic Obstructive Pulmonary Disease
COPD ACTION PLAN



Name _____ Severity _____ Latest FEV₁: _____ Date _____

Medications	Name of Medicine	How much to take	When to take it
Rescue Inhaler			
Controller			
Controller			
Inhaled Steroid			
Nebulizer			

<p style="text-align: center;">I AM HAVING A GOOD DAY</p> <ul style="list-style-type: none"> • Breathe easily doing usual activities • Mucus is clear/white, easy to cough up, small amount • Able to think clearly • Can do usual activities without tiring 		<p style="text-align: center;">ACTION TO CONTINUE</p> <ol style="list-style-type: none"> 1. Continue with your usual activities including exercise 2. Take medicines as ordered by your doctor
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<p style="text-align: center;">I AM HAVING A BAD DAY</p> <ul style="list-style-type: none"> • More shortness of breath, wheezing or coughing than usual • Mucus is thicker or stickier than usual • If by early afternoon mucus is still green, yellow or brown • Blood in mucus • Fever develops and is above 100.4 • Gained or lost weight for no reason; swelling in feet or ankles • Tired and not able to finish usual activities without resting • Trouble sleeping, sleeping with extra pillows 	<p style="text-align: center;">ACTION TO TAKE</p> <ol style="list-style-type: none"> 1. Take nebulizer treatment or rescue inhaler 2. Use pursed lip breathing and relaxation exercises 3. Pace yourself and limit activities 1. Drink more water if no fluid limits. Avoid coffee, tea or soda 2. Use flutter (Acapella) valve if you have one 3. Start antibiotics and prednisone if ordered by your doctor 4. Call your doctor/respiratory nurse and inform them about changes in how you feel 1. Contact your doctor: _____ 2. Call family member, if available.
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<p style="text-align: center;">I AM HAVING A VERY BAD DAY</p> <ul style="list-style-type: none"> • Breathing does not improve with rescue inhaler • Chest pain • Feel like you are going to faint • Frightened by not being able to breathe • Frightened by how tired or sleepy you are • Confused or restless 		<p style="text-align: center;">ACTION TO TAKE</p> <ol style="list-style-type: none"> 1. Call a family member NOW Phone #: _____ 2. Call 911 if unable to talk to doctor or nurse right away OR go to nearest emergency room.
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Provider Signature _____ Print Name _____ Date _____

Patient Signature _____ Date _____