

MY COPD ACTION PLAN

Your doctor, nurse and other members of your healthcare team can help you fill in your COPD Action Plan. Review it each year, and also after a flare-up.

MY DETAILS

Name

Date of birth

Date of influenza immunisation (annual)

Date of pneumococcal immunisation

MY HEALTHCARE TEAM

Doctor

Phone

Other members of your healthcare team

Name

Profession

If I am unwell, I can call _____
on _____ for after hours advice.

I have a usual amount of phlegm/breathlessness. I can do my usual activities.

ACTION: Take your usual COPD medicines.

My FEV₁ is _____ I retain CO₂ ☐ Yes ☐ No ☐ Unknown

Medicine	Inhaler colour	Number of puffs	Times per day

☐ I need to use home oxygen on _____ setting or L/min for _____ hours /day.

I am coughing more. I have more phlegm. It is harder to breathe than normal.

ACTION: Take your flare-up medicines. Monitor your COPD symptoms closely. Call your doctor. ☐

Take _____ puffs of _____ (reliever) _____ times every _____ hours / A.M. / P.M. (circle)
☐ Use a spacer

I have taken my extra medicines but I am not getting better.

Take action now to manage your symptoms. Call your doctor.

Shortness of breath or wheeze	Phlegm has changed colour or fever
ACTION: Take _____ prednisolone tablets 1mg, 5mg, 25mg (circle) _____ times per day for _____ days.	ACTION: Take _____ antibiotic tablets _____ times per day for _____ days. Antibiotic name _____

My COPD symptoms have changed a lot. I am worried.

Difficulty sleeping/woken easily
Blood in phlegm or swollen ankles.

Very short of breath/wheezy
High fever or confusion
Chest pain or slurred speech.

ACTION: Call your healthcare team today.

ACTION: Call 000 now.

CAUTION: Ambulance/Paramedics: Oxygen supplementation to maintain SpO₂ 88 – 92% to reduce risk of hypercapnia.

Health professional authorisation

This COPD Action Plan was prepared on ____ / ____ / ____ by _____
in consultation with the patient.

Signature: _____

Profession: _____

Authorised by (if prepared by a non-prescriber): _____

Signature: _____

☐ Entered into recall system



**Lung
Foundation
Australia**

1800 654 301 | Lungfoundation.com.au

Get to know your baseline

Your *baseline* is when you feel your usual self. You may have one or more symptoms at your baseline. Think about:

- How breathless you feel at rest
- Your usual amount of phlegm
- The colour of your phlegm
- How well you sleep
- How far you can walk.

Know your COPD medicines and inhalers

Your COPD medicines help control your symptoms, such as breathlessness, and reduce the risk of flare-ups. Take your COPD medicines as prescribed by your doctor. Use your inhaler device correctly to get the most benefit from your medicine.

You can reduce the risk of a flare-up

COPD flare-ups are serious health events. There are things you can do to reduce the risk of a flare-up, including:

- Quit smoking
- Exercise daily
- Join a pulmonary rehabilitation program
- Get influenza and pneumonia immunisations
- Take your COPD medicines daily, as prescribed by your doctor.



Relievers

SABA: Short-acting beta₂-agonists



Ventolin® MDI
salbutamol



Asmol® MDI
salbutamol



Airomir® Autohaler®
salbutamol



Bricanyl®
Turbuhaler®
terbutaline

SAMA: Short-acting muscarinic antagonist



Atrovent® MDI
ipratropium

Maintenance

LAMAs: Long-acting muscarinic antagonists



Incruse®
Ellipta®
umecidinium



Braltus®
Zonda®
tiotropium



Spiriva®
Reusable
Respimat®
tiotropium



Spiriva® HandiHaler®
tiotropium



Seebri® Breezhaler®
glycopyrronium

LAMA/LABA combinations



Ultibro® Breezhaler®
indacaterol/
glycopyrronium



Spiolto®
Reusable Respimat®
tiotropium/
olodaterol



Anoro® Ellipta®
umecidinium/
vilanterol



Brimica® Genuair®
aclidinium/
formoterol

LABAs: Long-acting beta₂-agonists



Onbrez® Breezhaler®
indacaterol



Foradil® Aerolizer®
formoterol



Oxis® Turbuhaler®
formoterol



Serevent® Accuhaler®
salmeterol

ICS/LABA combinations



Bretaris® Genuair®
aclidinium



Symbicort® Rapihaler™
budesonide/formoterol



Symbicort® Turbuhaler®
budesonide/formoterol



Seretide® Accuhaler®
fluticasone propionate/
salmeterol



Seretide® MDI
fluticasone propionate/
salmeterol



DuoResp® Spiromax®
budesonide/formoterol

ICS: Inhaled corticosteroids (for patients with COPD and Asthma)



Fluticasone
Cipla MDI
fluticasone
propionate



Flixotide® MDI
fluticasone
propionate



Arnuity® Ellipta®
fluticasone furoate



QVAR® MDI
beclomethasone



Alvesco® MDI
ciclesonide



Flixotide® Accuhaler®
fluticasone
propionate



Pulmicort® Turbuhaler®
budesonide

ICS/LABA/LAMA



Trelegy® Ellipta®
fluticasone
furoate/
umecidinium/
vilanterol



Breztri® Aerosphere®
budesonide/
glycopyrronium/
formoterol fumarate



Trimbow® MDI
beclomethasone/
formoterol/
glycopyrronium

ICS/LABA combination



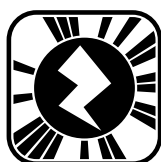
Flutiform® MDI
fluticasone propionate/
formoterol



Fostair™ MDI
beclomethasone/
formoterol

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1. Download **ZAPPAR** from Google Play or iTunes app store.
2. Open the app.
3. Scan this page.
4. Choose the inhaler device video.



GET ZAPPAR
ZAP THE CODE



My local support

Pulmonary rehabilitation program

Lungs in Action class

Support Group