My diagnosis of COPD has been confirmed by spirometry

Spirometry is a simple breathing test used to confirm a diagnosis of COPD. Your doctor will read the results to tell if you have COPD or another lung condition such as asthma. It is important to have an accurate diagnosis so you can start the right treatment.

I understand when and how to use my COPD Action Plan

A flare-up (exacerbation) is when your symptoms worsen. It is important that you can identify a flare-up early so you can start treatment. A COPD Action Plan provides instructions on what to do if you have symptoms of a flare-up.

I understand my medicines

There are a number of different medicines that can help improve your breathing. Some medicines help open or widen your airways. Others relax the muscles around your airways making breathing easier. Taking your medicines as prescribed by your doctor will help you control your COPD symptoms. Speak to your doctor if have questions about your medicines.

I can use my inhaler device correctly

Using an inhaler device is a skill. A trained health professional should show you how to use each inhaler and assist you to practice to get the technique right.

My vaccinations are up-to-date

Having vaccinations for influenza and pneumococcal pneumonia can reduce the risk of a flare-up (exacerbation) of symptoms, particularly during the winter months.

I have completed pulmonary rehabilitation

Pulmonary rehabilitation is an exercise and education program provided by specially trained health professionals. It teaches you how to exercise safely and how to manage your breathlessness. Research shows that pulmonary rehabilitation reduces frequency of COPD flare-ups and can prevent hospital admissions.

I exercise regularly

After you finish pulmonary rehabilitation it is important to continue exercising. This will help maintain your physical and respiratory fitness. Lung Foundation Australia’s Lungs in Action program is a safe and fun community-based exercise class. Call Lung Foundation Australia on 1800 654 301 to find your closest Lungs in Action class.

If I smoke, I have been offered support to quit

Quitting smoking will dramatically help your health. Many people need help to quit smoking. Speak to your doctor about treatment options like nicotine replacement therapy (NRT), other oral medications and support such as coaching or counselling.

I have regular visits with my health care team

Living well with COPD is based on a partnership between you and your health care team. Your COPD may change over time. It is important to monitor your symptoms and discuss any change with your health care team.

I have been provided with information about COPD

There are steps you can take to control your symptoms and slow the progression of COPD. Call Lung Foundation Australia on 1800 654 301 to access COPD information and resources.

Lung Foundation Australia

when you can't breathe. nothing else matters'

1800 654 301 | Lungfoundation.com.au