

# My COPD Checklist

This checklist is designed to help you self-manage your COPD. If you are unable to answer **YES**  to all of these questions, make an appointment with your doctor or other health professional to discuss the issue further.

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|--------------------------|--|---|
| <input type="checkbox"/> | <b>My diagnosis of COPD has been confirmed by spirometry</b> | 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.   |
| <input type="checkbox"/> | <b>I understand when and how to use my COPD Action Plan</b>  | 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.   |
| <input type="checkbox"/> | <b>I understand my medicines</b>                             | 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 you have questions about your medicines. |
| <input type="checkbox"/> | <b>I can use my inhaler device correctly</b>                 | 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.  |
| <input type="checkbox"/> | <b>My vaccinations are up-to-date</b>                        | Having vaccinations for influenza and pneumococcal pneumonia can reduce the risk of a flare-up (exacerbation) of symptoms, particularly during the winter months.   |
| <input type="checkbox"/> | <b>I have completed pulmonary rehabilitation</b>             | 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.  |
| <input type="checkbox"/> | <b>I exercise regularly</b>                                  | 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.                   |
| <input type="checkbox"/> | <b>If I smoke, I have been offered support to quit</b>       | 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.   |
| <input type="checkbox"/> | <b>I have regular visits with my health care team</b>        | 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.  |
| <input type="checkbox"/> | <b>I have been provided with information about COPD</b>      | There are steps you can take to control your symptoms and slow the progression of COPD. <b>Call Lung Foundation Australia on 1800 654 301 to access COPD information and resources</b>  |

