My COPD Action Plan Name_____

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Date of plan _



	My symptoms	My plan				
Normal for me	 My 'normal' is I have a usual amount of cough/phlegm I can do my usual activities. 	Medication/s for COPD Puffs every AM: Puffs every PM:	Medication/s for COPD Puffs every AM: Puffs every PM:	Oxygen prescription I need to use home oxygen on	Reliever inhale	r: Puffs when I need it to relieve my symptoms
	My symptoms	My plan				
unwell	 My symptoms are worsening if I am: Coughing more than usual More breathless Needing my reliever medication more often More tired / lethargic 	If I get more out of breath	despite taking my reliever	If I get more phlegm and/or change in colour (dark yellow, green or brown)	My flare ups	
					Date	Date antibiotics started
		I will use my reliever inhaler more. Medication:	prednisolone.	I will start my rescue pack - antibiotics. Medication:	prednisolone started	
						days or weeks
,E	• Having difficulty with usual activities.		times per day	times per day		
		Take puffs every hours.	mg	For days		

🕂 If I have had to use my plan twice, it's time to organise an appointment with my doctor or nurse for a review.

Daily for ____

days

	My symptoms	My plan			
Very unwell	 I am becoming more unwell if: I am getting worse despite the extra medications (including increased reliever, prednisolone and/or antibiotics). 	 Speak to my doctor today as I am no better. 			
	My symptoms	My plan	Plan prepared by		
Emergency	 I'm extremely unwell if: I am experiencing sudden shortness of breath I am not responding to my reliever I am feeling scared I am unusually confused or drowsy I am having chest pain. 	 Dial OOO for an ambulance or press my medical alarm button Continue to use my reliever as needed until the ambulance arrives Try my breathing control techniques. 	Doctor / Nurse Practitioner (circle) Name: Clinic phone: Next review date:	For more information about managing exacerbations, visit the dedicated clinical path resource.	
			Reminder created Signature:	Please turn page over	

Managing breathlessness

When feeling breathless



Stop what you are doing



Find a resting position



Use your fan or the breeze



Choose your preferred breathing technique, & continue for 2-3 minutes



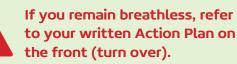
After 2-3 minutes evaluate your breathlessness

Are you feeling less breathless and more in control?

Yes: Continue with your activity

OR

No: Take your prescribed reliever inhaler medication through a spacer, then resume breathing technique for another 2-3 minutes



Common activities that can cause breathlessness when you live with COPD

Breathlessness is a common symptom in COPD. It can often seem to come on for no apparent reason or with very little exertion. This can cause people to feel frightened, out of control and anxious.



Self-management

Self-managing your condition helps to give you control. To learn more about these tools and how they can assist you in self-managing your condition, visit the Lung Foundation Australia website.

Self-management tool

Inhaler techniques

Correct inhaler technique helps you get the most benefit from your inhaled medications. Ask your doctor, nurse or pharmacist to check your technique.



Relaxed breathing and control

Bending over or leaning forward while resting your arms on a stable surface can assist with getting control of your breathing.

Chest clearance

Airway clearance techniques are breathing exercises that can help you cough up phlegm. Ask a physiotherapist skilled in airway clearance techniques for instructions on how to start.



Hand-held fans

A cool draft of air from a hand-held fan can help you feel less breathless and more in control.

COPD medications chart

It is important you understand your medicines, their role, how they work, and when and how to take them.



Pulmonary rehabilitation (PR)

PR is an exercise and education program that helps you to exercise safely and manage your breathlessness.

Vaccination

Vaccinations for influenza, pneumococcal pneumonia and COVID-19 can reduce the risk of a flare up. Ask your doctor to check if your vaccinations are up to date.





Access information and support today lungfoundation.com.au enquiries@lungfoundation.com.au 1800 654 301



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Access the My COPD Checklist and discuss with your doctor or nurse

