

Information for the ambulance

Other information you might need for the ambulance

My home address

Emergency contact

Name:

Phone number:

Available and up to date documents in My Health Record (MHR) and copy given to patient

Health Summary in MHR

Yes

No

Advanced Care Plan in MHR

Yes

No

GP notes for first responder

e.g. if CO₂ retainer, target SpO₂ range, etc.

Managing breathlessness

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.



Preparing and eating meals



Hanging out washing



Bending down to tie shoes



Walking



Vacuuming



Showering and dressing

After 10 minutes evaluate your breathlessness

Are you feeling less breathless and more in control?

YES Continue with your activity **OR**

NO Take your reliever inhaler as prescribed, then resume breathing technique for another 2-3 minutes

When feeling breathless



Stop

- Stay calm
- Take a moment



Think

- I have felt this way before
- What has worked for me in the past



Position

- Comfortable position e.g. lean forward



Breath control

- Around the rectangle
- Pursed lip breathing



Airflow

- Handheld fan
- Cool air or damp cloth on my face

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Lung Health Helpline (Free call) 1800 654 301

enquiries@lungfoundation.com.au

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My COPD Action Plan