

# My COPD Checklist

Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, is a long-term lung condition that makes it harder to breathe.

This quick checklist helps you see what's going well and what steps you can take to better manage your COPD, so you're ready to talk with your GP or healthcare team.

## How many steps have you completed?

- |          |   |   |     |    |
|----------|---|---|-----|----|
| <b>1</b> |  | I have had a breathing test called spirometry to diagnose COPD.   | Yes | No |
| <b>2</b> |  | I have a written COPD Action Plan completed with my GP, nurse or specialist. This helps me manage my COPD and flare-ups (exacerbations).  | Yes | No |
| <b>3</b> |  | I know what each of my COPD medicines do and when to take them.   | Yes | No |
| <b>4</b> |  | In the past 12 months, my GP, nurse, specialist or pharmacist have checked how I use my inhalers (medicines I breathe in).                | Yes | No |
| <b>5</b> |  | In the past 12 months, I have asked my GP or nurse to check I am up to date with vaccinations that protect me from respiratory illnesses. | Yes | No |

Please turn page over to complete the checklist



**6**  I have done a pulmonary rehabilitation program (classes to help me exercise safely and learn about my COPD). Yes    No

**7**  Most days of the week, I am active for 30 minutes, where I breathe harder than normal but am still able to talk. Yes    No

**8**  If I smoke or vape, I have been offered support to quit. Yes    No  
N/A

**9**  I know it's important to take care of my mental health and where to get help if I need it. Yes    No

**10**  I see my GP, nurse or specialist at least once a year to review my COPD and how I manage it. Yes    No

## Your results

How many times did you answer "Yes"?

**/ 10**



Bring your results to your next appointment with your GP, nurse or specialist and agree on the next steps together.



### You can also take our online interactive COPD Checklist.

Complete the online COPD checklist for your personalised report with a list of questions to ask your doctor, nurse or specialist.  
[mycopdchecklist.lungfoundation.com.au](https://mycopdchecklist.lungfoundation.com.au)



For information, support and guidance free call our **Lung Health Helpline**

Our team provides trusted information and compassionate support for people living with lung disease, lung cancer and their carers.

[lungfoundation.com.au](https://lungfoundation.com.au) | Lung Health Helpline 1800 654 301 | [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

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