

# My COPD Action Plan

My name

Prepared with

Healthcare professional  
name, practice and phone

Date

/ /

This plan should be reviewed at least every 6-12 months

## I am well 😊

### NORMAL FOR ME

- I can do my usual activities
- I have my usual symptoms e.g. shortness of breath, cough, sputum (phlegm or mucus)

## My Action Plan

My COPD medication I take every day

My reliever (if I need it)

Home oxygen?    No    Yes

## I am unwell 😞

### SIGNS OF A FLARE-UP

- More breathless than usual (using more reliever medication)
- My usual activities or exercise feel harder than normal (I need to stop and rest more)
- Coughing more than usual
- More sputum (phlegm or mucus) than usual

## My Action Plan

Keep using my breathlessness management techniques or episode recovery plan

1

Use more reliever medication

Rescue pack?    YES (go to **2**)    NO (skip straight to **3**)

If my breathlessness gets worse                      >>> I can take PREDNISOLONE

2

If I have signs of infection  
e.g. • More sputum than usual  
      • Change in colour, taste, or consistency of sputum  
      • With or without a fever                      >>> I can take ANTIBIOTICS

If I take one or both medications                      >>> I will leave a message with the clinic to let them know I started my COPD rescue pack

3

If I am not getting better after 2-3 days              >>> I will arrange an urgent (same day) appointment

## I am very unwell 😞

### SIGNS OF EMERGENCY

- Symptoms get worse quickly
- Very hard to breathe or talk
- I feel very anxious about my breathing
- I feel confused or drowsy

## My Action Plan

### CALL AMBULANCE

### DIAL 000 IMMEDIATELY

#### While I wait for help

- >>> I will keep using my breathlessness management techniques or episode recovery plan
- >>> I will use my reliever

Notes (optional)  
e.g. first aid reliever protocol

Other emergency contact details on page 2

# 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 CO<sub>2</sub> retainer, target SpO<sub>2</sub> 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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