

# My COPD Action Plan

Name \_\_\_\_\_ 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

Medication/s for COPD

### Oxygen prescription

I need to use home oxygen on \_\_\_\_\_ setting or L/min for \_\_\_\_\_ hours/day

Reliever inhaler:

Puffs when I need it to relieve my symptoms

## My symptoms

## My plan

i'm unwell

### My symptoms are worsening if I am:

- Coughing more than usual
- More breathless
- Needing my reliever medication more often
- More tired / lethargic
- Having difficulty with usual activities.

#### If I get more out of breath

I will use my reliever inhaler more.  
Medication:

Take \_\_\_\_\_ puffs every \_\_\_\_\_ hours.

#### If I get more out of breath despite taking my reliever medications

I will start my rescue pack - prednisolone.

Medication: \_\_\_\_\_

\_\_\_\_\_ times per day

\_\_\_\_\_ mg

Daily for \_\_\_\_\_ days

#### If I get more phlegm and/or change in colour (dark yellow, green or brown)

I will start my rescue pack - antibiotics.

Medication: \_\_\_\_\_

\_\_\_\_\_ times per day

For \_\_\_\_\_ days

### My flare ups

Date prednisolone started

Date antibiotics started

days or weeks

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

## 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.



**If no urgent GP appointments are available, present to your local hospital emergency department.**

## My symptoms

## My plan

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 000** 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.

Plan prepared by \_\_\_\_\_

Doctor / Nurse Practitioner (circle)

Name: \_\_\_\_\_

Clinic phone: \_\_\_\_\_

Next review date: \_\_\_\_\_

Reminder created

Signature: \_\_\_\_\_

For more information about managing exacerbations, visit the dedicated clinical path resource.



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



**If you remain breathless, refer to your written Action Plan on the front (turn over).**

## 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

# 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.

