

Chronic Obstructive Pulmonary Disease (COPD) Action/Management Plan

Name: _____ Date: _____ Physician: _____ Physician Phone: _____

Green Zone – Breathing as Usual

- Able to breathe without difficulty when you are doing your usual activities
- Your sputum is clear and/or white. It is easy to cough up
- You are alert and able to think/concentrate clearly
- You don't have a fever
- No changes in your appetite
- No changes/disruption in your sleep pattern

Resting pulse rate range: _____

Best FEV1: _____

Take these rescue and/or controller medicines daily:

Medicine	Dose	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____

Nebulizer treatment (if prescribed): _____

Oxygen instructions (if prescribed): _____

Additional instructions: _____

Please be sure to follow your physician's instructions regarding the following:

- Weigh yourself weekly
- Drink _____ ounces/cc/mL of fluid daily
- Do pursed lip breathing exercises _____ times/day
- Do diaphragmatic breathing exercises

Things to remember for visits with your doctor or other members of the healthcare team:

- ✓ Take a list or bring all of your medications (including herbals and over-the-counter medicines)
- ✓ Review and discuss this COPD Action/Management Plan
- ✓ Report any changes in your breathing
- ✓ Review your usual activities and any changes in your energy level
- ✓ If you are on oxygen, don't forget to review how and when you use it
- ✓ Discuss any problems or changes with your sleeping habits
- ✓ Take a list of questions, repeat your doctor's instructions to make sure you heard correctly and take notes to make sure you do not forget anything
- ✓ Speak up – tell your doctor if you don't understand
- ✓ Review breathing exercises and forceful coughing
- ✓ Ask if you are eligible for a pulmonary rehabilitation program
- ✓ Discuss any increased feelings of anxiety and/or sadness
- ✓ Discuss your diet and any changes in your appetite or weight
- ✓ Ask for a copy and review your pulmonary function test results
- ✓ If you smoke or use tobacco, discuss your challenges in quitting and options that may be available to you
- ✓ Keep up to date with vaccinations such as the pneumonia and flu shots

Yellow Zone – Breathing is Getting Worse

- Breathing is becoming more difficult especially with activity
- Your sputum is thicker and/or more difficult to cough up
- Your sputum is green, yellow or brown for more than 12 hours
- You are having difficulty concentrating, unable to think clearly, forgetful
- You feel hot and/or have chills
- You have lost your appetite or are having difficulty eating
- You are restless and unable to sleep

Pulse rate above: _____ Current FEV1: _____

Continue your daily medications and add the following medications:

Medicine	Dose	Time
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Nebulizer treatment (if prescribed): _____

Oxygen instructions (if prescribed): _____

Additional instructions: _____

Contact your physician if your breathing or condition continues to worsen.

Please be sure to check with your physician on the following:

- Check your oxygen delivery system
- Check for swelling in your feet and legs
- Drink _____ ounces/cc/mL of fluid daily
- Use flutter valve and/or chest percussion or try productive coughs to loosen sputum
- Do pursed lip breathing exercises _____ times/day
- Do diaphragmatic breathing exercises _____ times/day
- Preplan your activities and allow more time for rest.

Red Zone – Severe Symptoms

- You have increased trouble breathing at rest and/or have severe shortness of breath
- You are unable to cough up sputum or have blood in your sputum
- You have chest pain
- Your speech is slurred, you have increased confusion or you are difficult to wake up
- You have increased dizziness or feel faint
- You have a high fever _____ or feel very warm.
- You have increased agitation and/or increased restlessness
- You have increased swelling/pitting edema
- Pulse rate is above _____

SEEK EMERGENCY HELP.

CALL 911 OR HAVE SOMEONE TAKE YOU TO THE NEAREST EMERGENCY ROOM.



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2009-336-HO

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