

# MY COPD ACTION PLAN

Your doctor, nurse and other members of your healthcare team can help you fill in your COPD Action Plan. Review it each year, and also after a flare-up.

## MY DETAILS

Name

Date of birth

Date of influenza immunisation (annual)

Date of pneumococcal immunisation

## MY HEALTHCARE TEAM

Doctor

Phone

Other members of your healthcare team

Name

Profession

If I am unwell, I can call \_\_\_\_\_ on \_\_\_\_\_ for after hours advice.

I have a usual amount of phlegm/breathlessness. I can do my usual activities.

**ACTION:** Take your usual COPD medicines.

My FEV<sub>1</sub> is  I retain CO<sub>2</sub> ☐ Yes ☐ No ☐ Unknown

Medicine	Inhaler colour	Number of puffs	Times per day

☐ I need to use home oxygen on  setting or L/min for  hours /day.

I am coughing more. I have more phlegm. It is harder to breathe than normal.

**ACTION:** Take your flare-up medicines. Monitor your COPD symptoms closely. Call your doctor. ☐

Take  puffs of  (reliever)  times every  hours / A.M. / P.M. (circle)  
☐ Use a spacer

I have taken my extra medicines but I am not getting better.

**Take action now to manage your symptoms. Call your doctor.**

Shortness of breath or wheeze	Phlegm has changed colour or fever
<b>ACTION:</b> Take <input type="text"/> prednisolone tablets 1mg, 5mg, 25mg (circle) <input type="text"/> times per day for <input type="text"/> days.	<b>ACTION:</b> Take <input type="text"/> antibiotic tablets <input type="text"/> times per day for <input type="text"/> days. Antibiotic name <input type="text"/>

My COPD symptoms have changed a lot. I am worried.

Difficulty sleeping/woken easily Blood in phlegm or swollen ankles.	Very short of breath/wheezy High fever or confusion Chest pain or slurred speech.
<b>ACTION:</b> Call your healthcare team <u>today</u> .	<b>ACTION:</b> Call 000 <u>now</u> .

**CAUTION:** Ambulance/Paramedics: Oxygen supplementation to maintain SpO<sub>2</sub> 88 – 92% to reduce risk of hypercapnia.

## Health professional authorisation

This COPD Action Plan was prepared on  /  /  by  in consultation with the patient.

Signature:

Profession:

Authorised by (if prepared by a non-prescriber):

Signature:

☐ Entered into recall system



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## Get to know your baseline

Your *baseline* is when you feel your usual self. You may have one or more symptoms at your baseline. Think about:

- How breathless you feel at rest
- Your usual amount of phlegm
- The colour of your phlegm
- How well you sleep
- How far you can walk.

## Know your COPD medicines and inhalers

Your COPD medicines help control your symptoms, such as breathlessness, and reduce the risk of flare-ups. Take your COPD medicines as prescribed by your doctor. Use your inhaler device correctly to get the most benefit from your medicine.

## You can reduce the risk of a flare-up

COPD flare-ups are serious health events. There are things you can do to reduce the risk of a flare-up, including:

- Quit smoking
- Exercise daily
- Join a pulmonary rehabilitation program
- Get influenza and pneumonia immunisations
- Take your COPD medicines daily, as prescribed by your doctor.



Relievers		Maintenance					
<b>SABA: Short-acting beta<sub>2</sub>-agonists</b>  Ventolin® MDI  Asmol® MDI  Airomir™ Autohaler®  Bricanyl® Turbuhaler®		<b>LAMAs: Long-acting muscarinic antagonists</b>  Spiriva® HandiHaler®  Spiriva® Respimat®  Incruse® Ellipta®  Seebri® Breezhaler®		<b>LAMA/LABA combinations</b>  Ultibro® Breezhaler®  Spiolto® Respimat®  Anoro® Ellipta®  Brimica® Genuair®		<b>LABAs: Long-acting beta<sub>2</sub>-agonists</b>  Onbrez® Breezhaler®  *Foradil® Aerolizer®  *Oxis® Turbuhaler®  *Serevent® Accuhaler®	
		<b>ICS/LABA combinations</b>  Bretaris® Genuair®  Symbicort® Rapihaler™  Symbicort® Turbuhaler®		<b>ICS: Inhaled corticosteroids (for patients with COPD and Asthma)</b>  *Flixotide® MDI  *Flixotide® Accuhaler®  *Alvesco® MDI			
<b>SAMA: Short-acting muscarinic antagonist</b>  Atrovent® MDI		 Seretide® Accuhaler®  Seretide® MDI  DuoResp® Spiromax®		<b>ICS/LABA combination</b>  Breo® Ellipta®  Fluticasone + Salmeterol Cipla®/SalplusF® MDI  Trelegy® Ellipta®			

**My local support**  
 Pulmonary rehabilitation program   
 Lungs in Action class   
 Support Group

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3. Scan this page.
4. Choose the inhaler device video.



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