

Chronic Obstructive Pulmonary Disease (COPD) Action Plan

Name: _____ Date: _____

Doctor and phone number: _____

Complete this plan with your doctor and bring it to each appointment to update it. Based on the symptoms below, determine your zone and take action accordingly. Remember, your symptoms may be different than those noted below. If you are unsure of what to do, call your doctor.

	SYMPTOMS	ACTIONS															
I FEEL WELL	<ul style="list-style-type: none"> • Able to do usual activity and exercise level • Usual amount of cough and phlegm/mucus • Sleep well at night • Appetite is good 	<ul style="list-style-type: none"> • Continue to take daily medicines • Use oxygen as prescribed • Continue regular exercise/diet plan • Avoid cigarette smoke and inhaling irritants at all times 															
I FEEL WORSE DUE TO MY COPD	<ul style="list-style-type: none"> • More breathless than usual • Have less energy for my daily activities • Change in color or amount of phlegm/mucus • More coughing than usual • Trouble sleeping or symptoms woke me up • Appetite is decreased • My daily medicines are not helping 	<ul style="list-style-type: none"> • Avoid unnecessary activity • Use pursed-lip breathing • Call your physician • Increase oxygen to _____ lpm • Continue daily medicines and add: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">MEDICINE</th> <th style="text-align: left;">DOSE</th> <th style="text-align: left;">WHEN</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> 	MEDICINE	DOSE	WHEN												
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I NEED URGENT MEDICAL CARE	<ul style="list-style-type: none"> • Severe shortness of breath, even at rest • Not able to do daily activities • Not able to sleep because of difficulty breathing • Fever or shaking chills • May have chest pain, slurred speech, be confused, or feel faint • Frequent coughing, may cough up blood 	<ul style="list-style-type: none"> • Call 911 or have someone to take you to the emergency room • Increase oxygen to _____ lpm 															

If you are extremely breathless, anxious, fearful, drowsy, or having chest pain, call 911 for an ambulance to take you to the emergency room.

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