

## COPD Acute Exacerbation Action Plan

**ACTION PLAN FOR:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

This plan provides information on what I may feel when my COPD gets worse and what I can do to take care of myself when I have a flare-up of COPD.

WHEN I FEEL WELL	ACTION: (My usual care)
<ul style="list-style-type: none"> <li>• My breathing problems have not changed.</li> <li>• I have the usual amount of cough and phlegm/mucus.</li> <li>• Color of my phlegm is unchanged.</li> <li>• My activity level is unchanged.</li> <li>• My appetite is good and my sleep is unchanged from usual.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue taking medications daily as prescribed.</li> <li>• Continue healthy diet and regular exercise.</li> <li>• Avoid things that make my symptoms – cigarette smoke and other irritants.</li> <li>• If already on oxygen, continue to use _____ L as prescribed.</li> </ul>
WHEN I FEEL DIFFERENT (having a COPD flare-up or infection)	ACTION: (Need additional medications)
<ul style="list-style-type: none"> <li>• I am more short of breath than usual.</li> <li>• I may be coughing more than usual and/or wheezing.</li> <li>• I may have more phlegm.</li> <li>• Color of my phlegm has changed.</li> <li>• I need to use my quick relief inhaler more than usual.</li> <li>• I may not be able to do my daily activities like usual.</li> </ul>	<p><b>If change in symptoms for less than 1 day:</b></p> <ul style="list-style-type: none"> <li>• Avoid or decrease exposure to irritants.</li> <li>• Continue all routine medications and oxygen if prescribed.</li> <li>• Use quick relief inhaler every _____ hours.</li> </ul> <p><b>If change in symptoms for more than 1 day:</b></p> <ul style="list-style-type: none"> <li>• Start PRESCRIPTIONS FOR COPD FLARE-UP:</li> <li>• Prednisone _____ for _____ days</li> <li>• Antibiotic _____ for _____ days</li> <li>• Call my health care provider to get advice.</li> <li>• Keep your appointment in clinic even if symptoms are improving.</li> </ul>
WHEN I FEEL THAT I AM IN DANGER	ACTION: (Urgent)
<ul style="list-style-type: none"> <li>• My symptoms are getting worse.</li> <li>• I am more short of breath even at rest.</li> <li>• I am not able to sleep because of difficulty breathing.</li> <li>• I am very short of breath; I have fever or chills; I feel confused and/or drowsy; I have chest pain.</li> </ul>	<ul style="list-style-type: none"> <li>• Seek medical care immediately – either contact my doctor/nurse practitioner or go to the local hospital Emergency Department.</li> <li>• <b>Phone 911 for an ambulance to take me to hospital.</b></li> </ul>
<p><b>Important:</b> See your physician or nurse practitioner at least once a year to review this action plan, and more often if use your COPD flare-up medications twice in 6 months.</p>	