






**My COPD Action Plan** \_\_\_\_\_ Date \_\_\_\_\_  
 Patient's Copy (Patient's Name)

This is to tell me how I will take care of myself when I have a COPD flare-up.

My goals are \_\_\_\_\_  
 \_\_\_\_\_

My support contacts are \_\_\_\_\_ and \_\_\_\_\_  
 (Name & Phone Number) (Name & Phone Number)

My Symptoms	I Feel Well 	I Feel Worse 	I Feel Much Worse <b>URGENT</b> 
I have sputum.	My usual sputum colour is: _____	Changes in my sputum, for <b>at least 2 days</b> . Yes <input type="checkbox"/> No <input type="checkbox"/>	My symptoms are not better after taking my flare-up medicine for 48 hours.
I feel short of breath.	When I do this: _____ _____	More short of breath than usual for <b>at least 2 days</b> . Yes <input type="checkbox"/> No <input type="checkbox"/>	I am very short of breath, nervous, confused and/or drowsy, and/or I have chest pain. 

My Actions	Stay Well	Take Action	Call For Help
	I use my daily puffers as directed.	If I checked 'Yes' to one or both of the above, I use my <b>prescriptions</b> for COPD flare-ups.	I will call my support contact and/or see my doctor and/or go to the nearest emergency department.
	If I am on oxygen, I use _____ L/min.	I use my daily puffers as usual. If I am <b>more</b> short of breath than usual, I will take ____ puffs of _____ up to a <b>maximum</b> of ____ times per day.	<b>I will dial 911.</b> 

**Notes:**

I use my breathing and relaxation methods as taught to me. I pace myself to save energy.

If I am on oxygen, I will increase it from \_\_\_\_ L/min to \_\_\_\_ L/min.

**Important information:** I will tell my doctor, respiratory educator, or case manager **within 2 days** if I had to use any of my flare-up prescriptions. I will also make follow-up appointments to review my COPD Action Plan twice a year.

## COPD ACTION PLAN (Patient's copy)

### Why do I need this COPD Action Plan?

- Your Action Plan is a written contract between you and your health care team. It will tell you how to manage your COPD flare-ups. Use it along with any other information you get from your health care team about managing your COPD every day.
- Your Action Plan will help you and your caregivers to quickly recognize and act to treat your flare-ups. This will keep your lungs and you as healthy as possible.

### How will I know that I am having a COPD “flare-up”?

- You will often see a change in your amount or colour of sputum and/or you may find that you are more short of breath than usual. Other symptoms can include coughing and wheezing more.
- Your flare-up Action Plan is to be used only for COPD flare-ups. Remember that there are other reasons you may get short of breath, such as when you have pneumonia, are anxious, or have heart problems.
- Before or during a flare-up you may notice changes in your mood, such as feeling down or anxious. Some people have low energy or feel tired before and during a COPD flare-up.

### What triggers a “COPD flare-up”?

- A COPD flare-up can sometimes happen after you get a cold or flu, or when you are stressed and run down.
- Being exposed to air pollution and changes in the weather can also cause COPD flare-ups. To learn about the daily air quality in your area, visit Environment Canada's Air Quality Health Index (AQHI) website at [www.ec.gc.ca/cas-aqhi/](http://www.ec.gc.ca/cas-aqhi/) and click on 'Your Local AQHI Conditions'. Ask your health care team about ways to avoid all possible triggers.

### When should I use this COPD Action Plan?

- Your COPD Action Plan is used only for COPD flare-ups.
- Remember that there are other reasons you may get short of breath, such as when you have pneumonia, are anxious, or have heart problems. If you become more short of breath but don't have symptoms of COPD flare-up, see a doctor as soon as possible.

### REMEMBER:

- Learn about your COPD from a respiratory educator, credible websites, such as [www.lung.ca](http://www.lung.ca), and education programs.
- Take your regular daily medicine as prescribed.
- Don't wait more than 48 hours after the start of a COPD flare-up to take your antibiotic and/or prednisone medicines. See your pharmacist quickly to get your prescriptions for COPD flare-up.
- When you start an antibiotic, make sure that you finish the entire treatment.
- Quitting smoking and making sure that your vaccinations are up-to-date (for flu every year and for pneumonia at least once) will help prevent flare-ups.
- Be as active as possible. Inactivity leads to weakness, which may cause more flare-ups or flare-ups that are worse than usual. Ask your doctor about pulmonary rehabilitation and strategies to help reduce your shortness of breath and improve your quality of life.
- Follow up with your doctor within 2 days after using any of your prescriptions for a COPD flare-up.

### MY NOTES AND QUESTIONS:
