

Chronic Obstructive Pulmonary Disease (COPD) Action Plan

Feel Good - No short wind (easy to breathe)



- Feeling well
- No headaches, not dizzy
- Sleeping well

- Have lots of energy
- Taking normal medicine
- Normal amount of spit (sputum)



My Regular Medicine	Colour of Device	How Many Puffs or Tablets	How Often

Feeling a little bit sick - More short wind (harder to breathe)

(Call or see your Health Worker/ Nurse or Doctor)



- More coughing
- More spit (sputum) or thicker than usual
- A change of colour of spit (sputum)
- More short wind / can't walk as far

- Taking more reliever medicine than usual
- Loss of appetite
- Not sleeping well
- Not much energy



Extra Medicine	Colour of Device	How Many Puffs or Tablets	How Often

Not Good - Worse short wind (trouble breathing and wheezing)



- Very short wind at rest
- Drowsy
- Blood in your spit (sputum)
- Chest pain

- Afraid / scared
- Woken easily
- Ankle swelling
- Confused, slurring of speech



CALL AMBULANCE 000 IMMEDIATELY

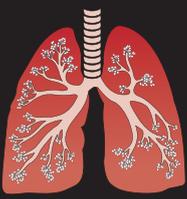
SHOW THEM THIS PLAN AND SAY YOU HAVE A FLARE UP OF YOUR COPD

Caution QAS / Paramedics: CO₂ Retainer No Yes N/A

Please keep SpO₂ between 88-92%

Patient Name:	Date of Birth:
GP Name:	GP Phone: A/H:
Health Worker Name:	Health Worker Phone:

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Things to talk about with the Health Worker, Nurse or Doctor



- What COPD is and how your lungs work
- How to manage COPD when it gets worse

NOTE:

If there is a lot of spit (sputum) speak with your doctor as you may require a scan as chronic bronchitis may be bronchiectasis

WHEN YOU ARE FEELING NORMAL:

- How breathless (short wind) are you?
- How far can you walk?
- How well do you sleep and eat?
- What is the colour of your spit (sputum)?
- How much spit (sputum) do you cough up?

1 Relievers (Puffers to be used with spacer)



Ventolin Puffer



Atrovent Puffer



Bricanyl Turbuhaler (Not used with spacer)

- Work fast
- Help your short wind, cough or wheeze

3 Preventers



Flixotide Puffer



Qvar Puffer



Pulmicort Turbuhaler

- Make airways less sensitive
- Reduce Swelling
- Dries up thick spit/mucus

2 COPD Medicine



Spiriva Handihaler



Onbrez Breezhaler

4 Combination Medications



Symbicort Turbuhaler



Seretide Puffer

Inhaled preventer and symptom controller. Prevent inflammation and swelling of the lining of the airways and keeps your airways open longer.

What you do to stay well

- Don't smoke
- Avoid tobacco smoke
- Get flu and pneumo needles
- Drink more water
- Join a support group
- Exercise regularly/ walk daily



- Attend lung health rehab
- Eat a balanced diet
- Learn to control your breathing and cough
- Use medicines and oxygen as prescribed
- Plan your activities and pace yourself
- Keep in touch with friends



Resources



Flip Charts that have been completed in partnership with Queensland Department of Health, Indigenous Respiratory Outreach Care program and Menzies School of Health Research are available on: <http://www.menzies.edu.au/RespiratoryFlipcharts>

- COPD
- Asthma
- Pneumonia
- Chronic Lung Disease

