

COPD ZONES

My COPD Action Plan

It is recommended that patients and providers complete this action plan together.

This plan should be discussed at each physician visit and updated as needed.

The green, yellow and red zones show symptoms of COPD. The list of symptoms is not comprehensive, and you may experience other symptoms. In the “Actions” sections, your healthcare provider will recommend actions for you to take based on your symptoms by checking the appropriate boxes. Your healthcare provider may write down other action in addition to those listed here.

GREEN ZONE

I am doing well today

- Usual activity & exercise level
- Usual amount of cough & phlegm/mucus
- Sleep well at night
- Appetite is good

Actions

- Take daily medicine
- Use oxygen
- Continue regular exercise/diet plan
- At all times, avoid cigarette smoke, inhaled irritants

YELLOW ZONE

I am having a bad day or a COPD flare

- More breathless than usual
- I have less energy for my daily activities
- Increased or thicker phlegm/mucus
- Using a quick relief inhaler/nebulizer more often (*more than 4 times a day*)
- Swelling of ankles more than usual
- More coughing than usual
- I feel like I have a “chest cold”
- Poor sleep and my symptoms woke me up
- My appetite is not good
- My medicine is not helping

Actions

Call your healthcare provider immediately

- Continue to use daily medicines
- Use relief inhaler _____ every _____ hours
- Start antibiotic (*when provided*)
Name, dose & duration _____
- Start oral corticosteroid (*when provided*)
Name, dose & duration _____
- Use oxygen as prescribed
- Get plenty of rest
- Use pursed lip breathing
- At all times, avoid cigarette smoke, inhaled irritants
- _____

RED ZONE

I need urgent medical care

- Severe shortness of breath even at rest
- Not able to do activity because of breathing
- Not able to sleep because of breathing
- Fever or shaking chills
- Feeling confused or very drowsy
- Chest pain
- Coughing up blood
- Wheezing & chest tightness

Actions

- Call 911 or seek medical care immediately
- While getting help, immediately do the following:
 - _____
 - _____
 - _____
 - _____