




# COPD Action Plan

While your COPD (chronic obstructive pulmonary disease) will not go away, you may not feel the same symptoms each day. Understanding your typical day with COPD and tracking your symptoms can help you know when you are experiencing flare-ups and need to take action. When you know what to do and who to contact, you may feel more prepared to deal with flare-ups.

*Fill out this action plan with your healthcare provider to help you know what to do if your symptoms change.*

 <b>My Typical Day</b>	 <b>My Flare-up/Exacerbation</b>	 <b>My Emergency</b>
<p><b>How my COPD usually feels:</b></p> <ul style="list-style-type: none"> <li>I feel short of breath when I:           <ul style="list-style-type: none"> <li><input type="radio"/> exercise</li> <li><input type="radio"/> walk at my own pace</li> <li><input type="radio"/> get dressed</li> <li><input type="radio"/> other: _____</li> </ul> </li> <li>I cough:           <ul style="list-style-type: none"> <li><input type="radio"/> rarely</li> <li><input type="radio"/> sometimes</li> <li><input type="radio"/> every day</li> <li><input type="radio"/> all day, every day</li> </ul> </li> <li>I cough up mucus that is:           <ul style="list-style-type: none"> <li><input type="radio"/> clear</li> <li><input type="radio"/> white</li> <li><input type="radio"/> yellowish</li> <li><input type="radio"/> green</li> <li><input type="radio"/> other: _____</li> </ul> </li> <li>I cough up _____ (amount of mucus)           <ul style="list-style-type: none"> <li><input type="radio"/> Teaspoon</li> <li><input type="radio"/> Tablespoon</li> <li><input type="radio"/> Other</li> </ul> </li> <li>I have other symptoms           <ul style="list-style-type: none"> <li>- _____</li> <li>- _____</li> <li>- _____</li> </ul> </li> </ul>	<p><b>What my provider recommends when my COPD symptoms are worse than my typical day:</b></p> <ul style="list-style-type: none"> <li>I am more short of breath or wheezing  <i>Recommendation</i> _____            _____            _____</li> <li>I cough more  <i>Recommendation</i> _____            _____            _____</li> <li>My mucus is darker or a different color  <i>Recommendation</i> _____            _____            _____</li> <li>I cough up more mucus  <i>Recommendation</i> _____            _____            _____</li> <li>My other symptoms are worse _____  <i>Recommendation</i> _____            _____            _____</li> </ul>	<p><b>Danger. I will seek emergency care if:</b></p> <ul style="list-style-type: none"> <li>I have chest pain</li> <li>I'm having a hard time catching my breath or talking</li> <li>My symptoms are getting worse even though I am doing what my provider recommended</li> <li>Other symptoms           <ul style="list-style-type: none"> <li>- _____</li> <li>- _____</li> <li>- _____</li> <li>- _____</li> <li>- _____</li> <li>- _____</li> </ul> </li> </ul> <p><b>I will work with my provider to decide when to call 911, go to the hospital, or call my provider.</b></p>

**I will take my COPD maintenance medicines daily as directed to help control my symptoms. If I am using my rescue inhaler more often than usual, I will contact my provider.** *Work with your provider to write down all of your medicines in the chart on the next page.*

*Work with your provider to write down all of your medicines below. Include medicines that you take for all reasons.*

**For your COPD medicines:**

- Be sure to take your maintenance medicine every day, even if you are feeling better. Taking your maintenance medicine every day can help prevent flare-ups
- Always keep your short-acting rescue medicine with you. It can provide fast relief when your symptoms worsen
- Contact your provider when you are using your short-acting rescue medicine more than usual

My Medicines			
Name and strength of medicine	How much I take and when I take it	What I take it for	Special instructions
<b>My COPD Medicines</b>			
<b>My Other Medicines</b>			

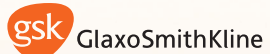
**+ EMERGENCY NUMBER**  
\_\_\_\_\_

**+ Provider number**  
\_\_\_\_\_

**+ Pharmacy number**  
\_\_\_\_\_

**+ Other important number**  
\_\_\_\_\_

Work with your healthcare provider to complete this action plan. Track your symptoms, and know what to do when they change.  
Share your plan with family and friends.



This material was developed by GlaxoSmithKline.