



About My COPD Care Record

Use this chart to keep track of your provider visits and the progress you've made with your COPD goals.

Fill Out Before Each Visit		Visit Date / /	Visit Date / /	Visit Date / /
Symptoms in Past Week	Number of days with wheezing			
	Number of days with shortness of breath during activity			
	Number of days with coughing and mucus			
Treatment	Do I need help to quit smoking?			
	Do I take my medicine(s) as directed?			
	Am I using my medicine(s) the right way?			
	Have I received my annual flu vaccine?*			
Readiness	Do I have an up-to-date COPD treatment plan?			
	Am I confident that I can follow my treatment plan?			
	Have I scheduled my next COPD office visit?			

*You may also need to receive a pneumonia vaccine. A booster may be needed after 5 years.



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ABOUT COPD

Your Treatment & You:
Working Together to
Help Manage Your Health

Take your medicine
as directed.

Rx

Because it's important to know as much as you can

This booklet is designed to help you understand COPD* and the things you can do every day to help manage your symptoms.

As always, talk with your healthcare provider for more information.



Taking your medicine as directed by your provider is one of the most important things you can do. If you're like most people, this may be easier said than done.

- * **C**hronic means it's there for a long time
- O**bstructive means partially blocked airflow in the lungs
- P**ulmonary is another word for lungs
- D**isease is an illness (like emphysema or chronic bronchitis)



Talking With Healthcare Team

Strongly Agree Agree Neutral Disagree Strongly Disagree

7 My doctor/nurse and I work together to make decisions.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Behavior



Taking Medicines

Have You...

In the last week In the last month In the last 3 months More than 3 months ago Never

8 Taken a medicine more or less often than prescribed?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

9 Skipped or stopped taking a medicine because you didn't think it was working?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

10 Skipped or stopped taking a medicine because it made you feel bad?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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11 Skipped, stopped, not refilled, or taken less medicine because of the cost?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

12 Not had medicine with you when it was time to take it?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

If you checked any answers in the darker blue boxes, talk with your healthcare provider.

Taking Medicine— What Gets In The Way?



Think about all of the medicines you take. Mark one answer for each item below.



Inconvenience/Forgetfulness

Lifestyles

Strongly Agree Agree Neutral Disagree Strongly Disagree

1 I just forget to take my medicines some of the time.

☐ ☐ ☐ ☐ ☐

2 I run out of my medicine because I don't get refills on time.

☐ ☐ ☐ ☐ ☐

3 Taking medicines more than once a day is inconvenient.

☐ ☐ ☐ ☐ ☐


Treatment Beliefs

Attitudes and Beliefs

Strongly Agree Agree Neutral Disagree Strongly Disagree

4 I feel confident that each one of my medicines will help me.

☐ ☐ ☐ ☐ ☐

5 I know if I am reaching my health goals.

☐ ☐ ☐ ☐ ☐


Help From Others

Strongly Agree Agree Neutral Disagree Strongly Disagree

6 I have someone I can call with questions about my medicines.

☐ ☐ ☐ ☐ ☐

What You'll Find

Where You'll Find It

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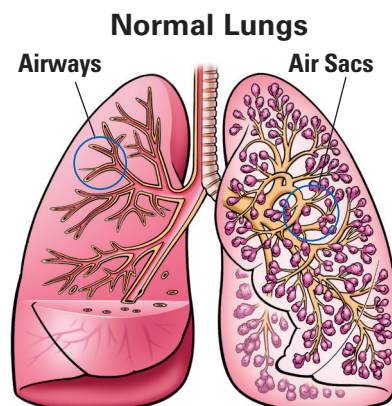
COPD—What Is It?

“Why is it so hard to catch my breath?”

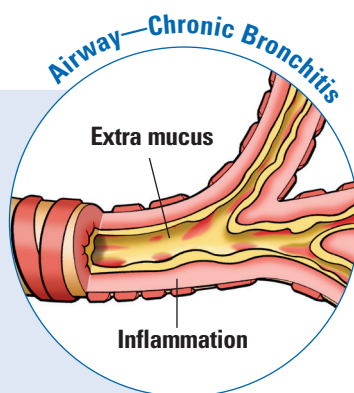
COPD is a disease of the lungs. COPD can make it hard to breathe.

When you have COPD, it's hard to get air through the airways and into and out of the air sacs.

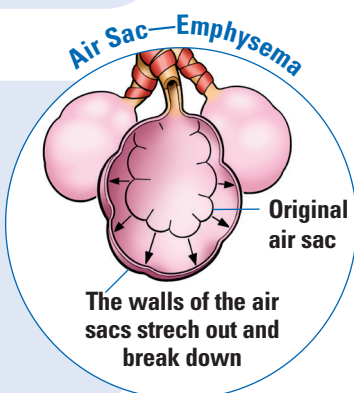
COPD includes chronic bronchitis and emphysema.



- 1 **Chronic bronchitis**—The walls of the airways become inflamed, swell, and clog with mucus. This makes it hard to breathe air into and out of the lungs.



- 2 **Emphysema**—The air sacs are damaged. The walls of the air sacs stretch out and break down. Air becomes trapped inside the air sacs, and your lungs feel full.



For more help and information, contact one or more of these COPD resources:

American Lung Association®
800-LUNGUSA (800-586-4872)
www.lung.org

National Heart, Lung, and Blood Institute
301-592-8573
www.nhlbi.nih.gov

American Association for Respiratory Care (AARC)
972-243-2272
www.aarc.org

Global Initiative for Chronic Obstructive Lung Disease™
www.goldcopd.org

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Have you felt moody or blue?

It is common for people with chronic conditions, like COPD, to feel moody or blue from time to time. If these feelings continue, you may lose interest in the things you used to like to do. Or you may have problems sleeping or working. The good news is that you don't have to deal with these feelings by yourself. Talk with your family, friends, and provider for help.



COPD Support— Where Can I Go for Help?

“I’m having difficulty handling this alone.”

- Ask a family member or friend for support, such as going with you to your next provider visit.
- Ask your provider about a COPD support group. You can find a group in your area at www.lung.org.
- If you live with someone who smokes, ask them to quit. Ask for help keeping the air clean in your home.
- If you smoke, ask your provider about a program to help you quit.

If you have trouble paying for your medicine(s):

- If you have Medicare or think you are eligible for Medicare, call 800-MEDICARE (800-633-4227) or visit www.medicare.gov.
- For more information on Medicaid, contact your state Medicaid agency.

To learn more about what may be getting in the way of taking your medicine, go to the Medicine section of www.HealthCoach4Me.com.

What are the symptoms of COPD?

COPD may cause one or more of these symptoms:

- Shortness of breath, especially with activity
- Coughing up mucus
- Coughing
- Wheezing
- Chest tightness

What causes COPD?

Smoking is the most common cause of COPD. Other risk factors include family history, exposure to dusts or chemicals in the workplace and home, and air pollution.

What is an exacerbation (ig-zas-er-BAY-shun)?

Flare-up is another name for exacerbation. It is when your symptoms are worse than usual. This can last for a few days or longer. You may need different medicines. You may need to go to the hospital.

Taking care of COPD every day

The damage to your airways and lungs is permanent. But there are things you can do to help take care of your COPD.



If you smoke, quit.



Exercise regularly, but first ask your provider what activities are best for you.



Eat well and get enough rest.



Take your medicines as directed by your provider.

In general, avoid things that make your symptoms worse. Protect yourself from airway infections.



My COPD Goals

You are the most important person in managing your COPD. Talk with your provider to help you choose one or more goals you are ready to work on now.

Goal 1



Smoking

- ☐ I will think of the reasons why I want to quit smoking.
- ☐ I will ask my provider about how I can quit smoking and then take the steps to quit.
- ☐ If I start smoking again, I will try to quit again.
- ☐ I will _____.

Goal 2



Medicine

- ☐ I will take my medicine(s) as directed by my provider.
- ☐ I will ask questions when I do not understand my provider's instructions.
- ☐ I will learn how to use my inhaler, if prescribed, and have my provider check how I use it at every visit.
- ☐ I will _____.

Goal 3



Provider Visits

- ☐ I will keep my provider appointments, even when my breathing is stable.
- ☐ I will ask my provider to test my lung function.
- ☐ I will ask my provider about getting flu and pneumonia shots.
- ☐ I will ask my provider questions when I do not understand something.
- ☐ I will _____.

EMERGENCY — I will get emergency help right away if:

- ① it's hard to breathe, talk, or walk; ② my lips or fingernails look blue; ③ my heartbeat is fast or irregular; or

Prepare before you go to your provider's office. Check off the statements that apply to you, and discuss them with your provider.

Since my last visit:

- ☐ I have coughed more than usual.

- ☐ I have coughed up more mucus than usual.

- ☐ My mucus has been different (color, thickness).

- ☐ My breathing has been worse.

- ☐ I have been awakened by my breathing.

- ☐ My COPD has caused me to miss activities.

- ☐ My appetite has decreased/I have lost weight.

- ☐ I have taken my medicine(s) as directed every day.

- ☐ I used an antibiotic or oral steroid to treat a flare-up.

- ☐ I have used my short-acting rescue medicine more than usual.

- ☐ _____



My Healthcare Provider Visits — How Can I Get Ready?

You and your provider are a team in managing your COPD.
Talk openly and honestly with your provider.

“*I’m embarrassed to ask my doctor questions.*”

- All questions are important. Do not be afraid to speak up if you do not understand something.
- Review the checklist on the next page before each provider visit.
- Talk with your provider about any changes in your symptoms—even small changes in how much you cough or how much mucus you have.

If you have trouble understanding what your provider says:

- Ask your provider to repeat anything you don’t understand.
- Ask your provider or pharmacist for written information about your medicine. Is it available in large print or another language?
- Ask your provider or pharmacist to show you how and when to use your inhaler.
- Ask a family member to join you at your provider visits. They can write down your provider’s answers.

Goal 4



Exercise and Healthy Lifestyle

- ☐ I will learn breathing exercises.
- ☐ I will walk or exercise for ____ minutes, ____ days every week, as directed by my provider.
- ☐ I will learn how to save energy by pacing myself.
- ☐ I will take breaks after activity and get enough sleep.
- ☐ I will eat a balanced diet and drink enough fluids.
- ☐ I will wash my hands and try to avoid people with colds or flu.

Goal 5



Air Pollutants

- ☐ I will keep my home free of smoke, fumes, and other irritants.
- ☐ I will stay away from smoky places.
- ☐ I will stay inside as much as possible when the air quality outside is poor.

Goal 6



Help From Others

- ☐ I will talk with family and friends about how it feels to have COPD.
- ☐ I will join a COPD support group.
- ☐ I will let my provider know if I feel moody, blue, or stressed.
- ☐ I will _____.

④ my symptoms suddenly get worse and don’t get better after taking my short-acting rescue medicine.



Treating COPD

There are a number of treatments that may help your breathing. Talk with your provider about what treatment is right for you. **If you are still smoking, the most important thing you can do is quit.**

Daily maintenance medicine

- Includes inhaled medicines that you take every day to help manage your COPD.
- It is important to use your daily maintenance medicine every day, even if you are feeling fine, unless directed by your provider to stop.
- Some of these medicines may help prevent flare-ups.

Short-acting rescue medicine

- Includes inhaled medicines you use when your breathing suddenly gets worse.
- Your provider will tell you when and how to use a short-acting rescue medicine.
- It is very important that you always carry your rescue inhaler with you for sudden symptoms of COPD.

Keep track of your symptoms and how your medicines help

- Watch for symptoms like more shortness of breath, increased mucus production, or more coughing than usual. Look for changes in the color of your mucus.
- Tell your provider if new symptoms appear or if you have a flare-up.

Avoid exacerbations

- Ask your provider how you can prevent a flare-up and what to do if you have one.

If you often forget to take your medicine:

- Wear a watch. Set an alarm.
- Leave yourself a note on the bathroom mirror.
- Keep your daily maintenance medicine in a place where you will see it every day.

If you often forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- If your COPD medicine has a dose counter, use it to keep track of the number of doses you have left.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



Work with your healthcare provider to find ways to take your COPD medicine every day as directed.



Sticking With My Medicine — What Will Work?

Taking your COPD medicine as directed by your provider is one of the most important things you can do to help manage your COPD.

Not taking your daily maintenance medicine as directed by your provider means:

- Your medicine may not work the way it should.
- It may be harder to breathe.
- You may have symptoms more often, and the symptoms you have may be more severe.

“I’m so busy. Taking medicine gets in the way of my day.”

The key is to create a routine that fits your life:

- Try taking your daily maintenance medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

Pulmonary rehabilitation

- Provides education and support and helps with exercises and breathing techniques to help you manage your COPD.
- Talk with your provider to see if you may benefit from this kind of program.

Oxygen

- Patients with more severe COPD may benefit from oxygen therapy.
- If your oxygen level is low, you may need extra oxygen to help you breathe better.

“How can diet and exercise help?”

- Exercising may help increase your strength to do everyday activities.
- Your provider or respiratory healthcare provider can show you the right exercises and how to do them safely.
- Ask your provider or dietitian to review your diet and help you plan meals that are right for you.

Follow your treatment plan exactly as directed by your healthcare provider.



My Medicines—Am I Taking Them As Directed?

Fill out a medicine chart like the one below, and talk with your provider. This may help you take the right dose at the right time. Include all medicines that you take for all reasons.

- Always keep your short-acting rescue medicine with you. It can give you fast relief when your symptoms get worse.
- Do not stop taking your daily maintenance medicine once you feel better. Your airways still need it every day to treat COPD. Talk with your provider before you stop taking your medicine.

Date Started	Name and Strength of Medicine	How Much I Take	When I Take It	I Take It For	What My Medicine Looks Like	Dates to Refill My Rx	Special Instructions