

MY COPD ACTION PLAN

Your doctor, nurse and other members of your healthcare team can help you fill in your COPD Action Plan. Review it each year, and also after a flare-up.

MY DETAILS

Name

Date of birth

Date of influenza immunisation (annual)

Date of pneumococcal immunisation

MY HEALTHCARE TEAM

Doctor

Phone

Other members of your healthcare team

Name

Profession

If I am unwell, I can call _____ on _____ for after hours advice.

I have a usual amount of phlegm/breathlessness. I can do my usual activities.

ACTION: Take your usual COPD medicines.

My FEV₁ is I retain CO₂ ☐ Yes ☐ No ☐ Unknown

Medicine	Inhaler colour	Number of puffs	Times per day

☐ I need to use home oxygen on setting or L/min for hours /day.

I am coughing more. I have more phlegm. It is harder to breathe than normal.

ACTION: Take your flare-up medicines. Monitor your COPD symptoms closely. Call your doctor. ☐

Take puffs of (reliever) times every hours / A.M. / P.M. (circle)
☐ Use a spacer

I have taken my extra medicines but I am not getting better.

Take action now to manage your symptoms. Call your doctor.

Shortness of breath or wheeze	Phlegm has changed colour or fever
ACTION: Take prednisolone tablets 1mg, 5mg, 25mg (circle) times per day for days.	ACTION: Take antibiotic tablets times per day for days. Antibiotic name

My COPD symptoms have changed a lot. I am worried.

Difficulty sleeping/woken easily Blood in phlegm or swollen ankles.	Very short of breath/wheezy High fever or confusion Chest pain or slurred speech.
ACTION: Call your healthcare team <u>today</u> .	ACTION: Call 000 <u>now</u> .

CAUTION: Ambulance/Paramedics: Oxygen supplementation to maintain SpO₂ 88 – 92% to reduce risk of hypercapnia.

Health professional authorisation

This COPD Action Plan was prepared on / / by in consultation with the patient.

Signature:

Profession:

Authorised by (if prepared by a non-prescriber):

Signature:

☐ Entered into recall system



Lung Foundation Australia

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Get to know your baseline

Your *baseline* is when you feel your usual self. You may have one or more symptoms at your baseline. Think about:

- How breathless you feel at rest
- Your usual amount of phlegm
- The colour of your phlegm
- How well you sleep
- How far you can walk.

Know your COPD medicines and inhalers

Your COPD medicines help control your symptoms, such as breathlessness, and reduce the risk of flare-ups. Take your COPD medicines as prescribed by your doctor. Use your inhaler device correctly to get the most benefit from your medicine.

You can reduce the risk of a flare-up

COPD flare-ups are serious health events. There are things you can do to reduce the risk of a flare-up, including:

- Quit smoking
- Exercise daily
- Join a pulmonary rehabilitation program
- Get influenza and pneumonia immunisations
- Take your COPD medicines daily, as prescribed by your doctor.



Relievers		Maintenance					
SABA: Short-acting beta₂-agonists  Ventolin® MDI  Asmol® MDI  Airomir™ Autohaler®  Bricanyl® Turbuhaler® SAMA: Short-acting muscarinic antagonist  Atrovent® MDI		LAMAs: Long-acting muscarinic antagonists  Spiriva® HandiHaler®  Spiriva® Respimat®  Incruse® Ellipta®  Seebri® Breezhaler®		LAMA/LABA combinations  Ultibro® Breezhaler®  Spiolto® Respimat®  Anoro® Ellipta®  Brimica® Genuair®		LABAs: Long-acting beta₂-agonists  Onbrez® Breezhaler®  *Foradil® Aerolizer®  *Oxis® Turbuhaler®  *Serevent® Accuhaler®	
		ICS/LABA combinations  Bretaris® Genuair®  Symbicort® Rapihaler™  Symbicort® Turbuhaler®		ICS: Inhaled corticosteroids (for patients with COPD and Asthma)  *Flixotide® MDI  *Flixotide® Accuhaler®  *Alvesco® MDI			
		 Seretide® Accuhaler®  Seretide® MDI  DuoResp® Spiromax®		 *Pulmicort® Turbuhaler®  *QVAR® MDI ICS/LABA combination  *Flutiform® MDI			
		ICS/LAMA/LABA combination  Trelegy® Ellipta®		My local support Pulmonary rehabilitation program Lungs in Action class Support Group			

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