

My COPD Action Plan



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Name: _____	Date: ___/___/_____
Green Zone: I'm feeling well today	
Breathing: <ul style="list-style-type: none">• My breathing is normal for me• I have no change in coughing or amounts of phlegm/mucus• I sleep well at night	I Will: <ul style="list-style-type: none"><input type="checkbox"/> Take daily medications<input type="checkbox"/> Use oxygen as prescribed<input type="checkbox"/> Avoid cigarette smoke or things that make my breathing worse<input type="checkbox"/> Get my flu and pneumonia vaccines
Yellow Zone: I'm having a bad day/COPD flare	
Breathing: <ul style="list-style-type: none">• I am more short of breath than usual• I have less energy for my daily activities• I am coughing more or have increased or thicker phlegm/mucus• I feel like I have a "chest cold"• I am using my rescue inhaler/nebulizer more often• I am not sleeping well	I Will: <ul style="list-style-type: none"><input type="checkbox"/> Call my provider immediately if symptoms don't improve<input type="checkbox"/> Continue my daily medication<input type="checkbox"/> Use my rescue inhaler every ___ hours<input type="checkbox"/> Use oxygen as prescribed<input type="checkbox"/> Practice my breathing exercises<input type="checkbox"/> Avoid cigarette smoke or things that make my breathing worse
Red Zone: I need urgent medical care	
Breathing: <ul style="list-style-type: none">• I have severe shortness of breath even at rest• I am not able to do any activity• I am not able to sleep• I may have a fever or shaking chills• I may feel confused or very sleepy• I may be having chest pain• I may be coughing up blood• I am not able to eat	I Will: <ul style="list-style-type: none"><input type="checkbox"/> Call 911 or seek medical care immediately<input type="checkbox"/> Use my rescue inhaler/nebulizer while waiting for help<input type="checkbox"/> Call my provider's office to alert them I am going to hospital, if able

My Coastal Care Team:

Primary Care Provider: _____

Cardiologist: _____

Nurse Care Manager: _____

Pharmacist: _____

PULMONARY & SLEEP SPECIALISTS

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Coastal365™

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