



# My COPD action plan

This plan was created for \_\_\_\_\_ on \_\_\_\_\_

Doctor's name \_\_\_\_\_ Phone \_\_\_\_\_

Stay in the **GREEN ZONE** by taking your medicine and following your treatment plan. If you get in the **YELLOW ZONE**, fast treatment and following your plan can help you avoid the **RED ZONE**.

## GREEN ZONE: Breathing as usual

- No increase in coughing, wheezing or shortness of breath
- Usual amount of mucus (sputum or phlegm)
- Able to do usual activities
- No fever
- Alert, thinking well
- Pulse:

## Keep breathing at your best:

- Do not smoke
- Take your medicines every day
- Drink \_\_\_\_\_ ounces of fluid daily
- Eat healthy food
- Follow your exercise plan
- Avoid your triggers
- Stay away from those who are sick
- Get a flu shot each year, and ask your doctor about getting a pneumonia shot

Daily medicine \_\_\_\_\_ Dose \_\_\_\_\_ Time \_\_\_\_\_

Daily medicine \_\_\_\_\_ Dose \_\_\_\_\_ Time \_\_\_\_\_

Daily medicine \_\_\_\_\_ Dose \_\_\_\_\_ Time \_\_\_\_\_

Oxygen instructions \_\_\_\_\_

\_\_\_\_\_

## YELLOW ZONE: Breathing is worse

- Increased shortness of breath
- Increase in amount or change of color of mucus
- More coughing or wheezing
- Fever above 100°
- Swelling in feet or legs
- Unable to do usual activities, very tired
- Pulse above:

## When your breathing is worse:

- Call your doctor and follow your plan
- Rest
- Limit your activities
- Get away from triggers that make your breathing worse
- Practice pursed-lip breathing
- Focus on relaxing

Always call your doctor quickly when your breathing gets worse. Add the following medicines:

Additional medicine \_\_\_\_\_ Dose \_\_\_\_\_ Time \_\_\_\_\_

Additional medicine \_\_\_\_\_ Dose \_\_\_\_\_ Time \_\_\_\_\_

Additional medicine \_\_\_\_\_ Dose \_\_\_\_\_ Time \_\_\_\_\_

Additional instructions \_\_\_\_\_

\_\_\_\_\_

## RED ZONE: Danger signs

- A lot of trouble breathing
- Trouble thinking clearly
- Trouble talking
- Trouble waking up
- Chest pain
- Feeling faint
- Bloody mucus

Seek emergency help. Call 911 or go to the nearest emergency room.

Always call your primary care physician after you go to an emergency room or have a hospital stay. He or she will arrange follow-up care for you.



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