

Chronic Obstructive Pulmonary Disease Management Plan

This plan was created for _____ on _____ Doctor's name _____ Phone _____
 (Name) (Date)

Green zone — Breathing as usual

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

Take these medicines each day

Medicine	Dose	Time

Oxygen instructions: _____

Things you can do to keep breathing at your best.

- Do not smoke.
- Take your medicines every day.
- Drink _____ ounces of fluid every day.
- Weigh yourself weekly.
- Eat healthy food.
- Follow your exercise plan.
- Avoid your COPD triggers.
- Avoid people who are ill.
- Get a flu shot each year.
(and ask your doctor about a pneumonia shot).

Yellow zone — Breathing is worse

- Increased shortness of breath
- Increase in amount or change of color of mucous (sputum or phlegm)
- Fever more than 100 degrees
- More coughing or wheezing
- Swelling in feet or legs
- Unable to do usual activities, very tired
- Pulse above _____

Always quickly call the doctor if your breathing gets worse. Add these medicine(s):

Medicine	Dose	Time

Oxygen instructions: _____

Additional instructions: _____

Things to do when your breathing is worse.

- Call your doctor and follow your plan.
- Rest.
- Limit your activities.
- Get away from things that are making your breathing worse.
- Practice pursed lip and diaphragmatic breathing.
- Focus on relaxing.

Red zone — Danger signs

- A lot of trouble breathing
- Trouble thinking clearly
- Trouble talking
- Trouble waking or hard to wake up
- Chest pain
- Faint feeling
- Bloody mucous (sputum or phlegm)

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

✓ Stay in the **green** zone, by taking your medicine and following your treatment plan. If you get in the **yellow** zone, prompt treatment and following your plan helps you avoid the emergency **red** zone.

Disease Management
 800-392-4247 (TTY 800-257-9980)
 8:30 a.m. to 5 p.m., Monday through Friday

Quit the Nic program
 800-811-1764 (TTY 800-240-3050)
 24 hours a day, 7 days a week



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