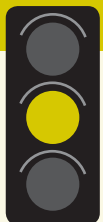


MY HEALTH MANAGEMENT PLAN: COPD



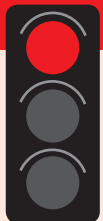
Green Zone: All Clear

- No more coughing, wheezing, chest tightness or shortness of breath than usual
- No need to use rescue inhalers
- Ability to maintain normal activities and routines
- **Keep following your daily routines**



Yellow Zone: Caution

- Increased sputum (phlegm) and it is thicker than usual, or color has changed
- Increased cough or wheezing even after taking medicines
- Increased swelling of ankles or feet
- Increased shortness of breath with activity
- Fever of 100.5 oral or 99.5 under arm
- Need for more pillows to sleep at night
- **Call your health care provider TODAY**



Red Zone: Medical Alert

- Sudden need to sleep in a chair
- Wheezing or chest tightness when taking a deep breath or coughing
- **Call your Doctor IMMEDIATELY**

CALL

911

DANGER ZONE

- Unrelieved shortness of breath or chest pain
- Blue nail beds or lips
- Significant mental changes

CALL 911 IMMEDIATELY!!



Medicine

I will...

- take my medicine every day as directed
- ask questions when I do not understand
- learn how to use my inhaler, if prescribed, and have my nurse ensure I am using it correctly



Managing My Breathing & Cough

I will...

- learn and perform breathing exercises
- learn ways to manage my mucus and keep my lungs clear
- perform stretches that can help my breathing



Healthy Lifestyle

I will...

- increase my activity levels gradually over time
- pace myself and take breaks throughout the day to conserve my energy
- wash my hands and try to avoid people with colds or flu
- eat a healthy diet to promote better breathing
- seek help and support to quit smoking
- get enough rest at night (6-8 hrs)



Weather & Air Quality

I will...

- avoid exposure to irritants (smoke/fumes, etc.) in my home and community
- limit going outside when air quality is poor or it is very hot or cold

Other Goals _____

Barriers to reaching my goals _____

BETTER BREATHING FOR BETTER LIVING



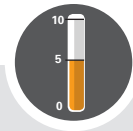
Managing COPD by Monitoring Symptoms

- More short of breath than usual
- Frequent dry hacking cough
- Coughing up more mucus
- Increased fatigue or weakness
- Increased swelling of ankles/feet
- More trouble sleeping- waking up short of breath or using more pillows
- Become ill or get an infection



Managing My Breathing & Cough

- Pursed Lip Breathing: Breathe in slowly through my nose for 2 counts—purse my lips and breathe out for 4 counts
- Deep Coughing or Huff Coughing: Take in a breath while tightening stomach muscles and hold for 2 to 3 seconds—keep my throat open and force out a “who” through my mouth in one quick burst of air
- Perform stretches to help my breathing muscles work better



My Perceived Dyspnea

I can rate how difficult it is to breathe using a rating scale from 0-10 (refer to handout). If I rate my breathing as a 7 “very severe” I should stop and rest for a while.



My Medicine Is Important

- Keep a list of my medicines and know **WHEN** and **HOW** to take them
- Know possible side effects
- Use a pillbox to take the right dose
- Take only my prescribed dose at the same time every day
- Talk to my doctor before starting a new over-the-counter medicine
- If I forget to take my medicine don't take more than one dose to catch up
- Reorder medicines when I am down to a one-week supply
- Store my medicine safely



Conserving My Energy

- Plan ahead
- Balance rest & activity
- Alter the task
- Adapt the environment
- Use equipment to make things easier to do



Working Together With My Doctor

- Keep my appointment with my doctor
- Bring a list of my medicines and questions for my doctor with me to every appointment
- Between appointments, report important symptoms



Staying Active

- Activity can increase my physical strength and endurance levels
- Activity should be built up slowly- adding more as tolerated
- Start with 5-10 minutes and gradually increase as able



Meal Plan & Diet

- Limit daily salt intake
- Avoid foods that cause gas
- Avoid overeating
- Drink 6-8 glasses of non-caffeinated fluids every day
- Add high calorie food to keep my weight levels up