


Horizon Family Medical Group Self-Management for COPD

<p style="text-align: center;">GREEN ZONE = ALL CLEAR</p> <ul style="list-style-type: none"> No cough, wheeze, chest tightness, or shortness of breath during the day or night No decrease in your ability to maintain normal activity 	<p style="text-align: center;">GREEN ZONE MEANS:</p> <ul style="list-style-type: none"> Your symptoms are under control Continue taking your medications as ordered Follow low salt diet Keep all physician appointments
<p style="text-align: center;">YELLOW ZONE = CAUTION</p> <ul style="list-style-type: none"> Sputum (phlegm) that increases in amount or color or becomes thicker than usual Increased cough or wheezing even after you take your medication and it has time to work Increased swelling of ankles or feet Increased shortness of breath with activity Weight loss or gain of 3 lbs. Fever of 100.5°F oral or 99.5°F under your arm Increased number of pillows needed to sleep or need to sleep in chair Anything else unusual that bothers you Call your home health nurse and/or physician if you are in the yellow zone. 	<p style="text-align: center;">YELLOW ZONE MEANS:</p> <ul style="list-style-type: none"> Add "Quick Relief Medicine" _____ Your symptoms may indicate that you need an adjustment in your medication Call your home health nurse or physician <div style="text-align: right; margin-top: 20px;">  </div> <p>Agency Name: _____</p> <p>Agency Phone Number: _____</p>
<p style="text-align: center;">RED ZONE – "MEDICAL ALERT"</p> <ul style="list-style-type: none"> Unrelieved shortness of breath Unrelieved chest pain Wheezing or chest tightness Increased or irregular heart beat Change in color of your skin, nail beds, or lips to gray or blue Mental changes Chest pain or pain that worses when you breathe or cough <p style="text-align: center; font-weight: bold;">CALL YOUR PHYSICIAN AND/OR HOME HEALTH NURSE IF YOU ARE IN THE RED ZONE</p> <p style="text-align: center; font-weight: bold;">IN AN EMERGENCY SITUATION CALL 911</p>	<p style="text-align: center;">RED ZONE MEANS</p> <p>This indicates that you need to be evaluated by a physician right away.</p> <p>Primary MD _____</p> <p>Telephone _____</p> <p>Agency Name: _____</p> <p>Agency Phone Number: _____</p> <p style="text-align: center; font-weight: bold;">IN AN EMERGENCY SITUATION CALL 911</p>