

My COPD Action Plan

Name: _____ Date: _____

INSTRUCTIONS: Please review this Action Plan during a regularly scheduled appointment with your doctor. Have the doctor fill in the blanks, then sign and date the plan.

Doctor Phone #: _____ Emergency Contact Phone #: _____

I'm doing well

- Breathing without shortness of breath
- Able to do daily activities
- Usual amount of coughing and phlegm/mucus
- Sleeping well
- Appetite good

Take your medications every day to help manage your COPD* symptoms.

- Avoid cigarette smoke and inhaled irritants at all times

I feel worse due to my COPD

May have one or more of the following symptoms

- Shortness of breath
- Difficulty completing daily activities
- More coughing/wheezing
- Thicker and discolored mucus
- Using a quick-relief inhaler or nebulizer most often
- Trouble sleeping

Call your provider to discuss what to do.

I feel I am in danger

If you have any of the following symptoms

- Severe shortness of breath, even at rest
- Not able to do any activity because of difficulties breathing
- Not able to sleep because of breathing
- Fever or shaking chills
- Feeling confused or very drowsy
- Chest pains
- Coughing up blood

Call 911 or your emergency medical services now!

My COPD Checklist

INSTRUCTIONS: Please use the following checklist for doctor visits and for tips to help you manage your COPD symptoms.

Things to keep in mind for a visit with your doctor:

- Bring all of your medications, or a list of them, with you; include herbal and over-the-counter treatments
- Go over your daily and rescue medications
- Note any changes in your breathing
- Review your usual activities and any changes in your energy level
- If you are on oxygen, make sure you are using it properly
- Say if you have had trouble sleeping
- Take a list of questions—be specific
 - If you smoke, ask for help to quit
 - Ask if a pulmonary rehab program is appropriate for you
 - Ask when you should get a flu shot and pneumonia shot
 - Ask about things that make your COPD worse and how to deal with them

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