

# MY COPD ACTION PLAN

Your doctor, nurse and other members of your healthcare team can help you fill in your COPD Action Plan. Review it each year, and also after a flare-up.

## MY DETAILS

Name

Date of birth

Date of influenza immunisation (annual)

Date of pneumococcal immunisation

## MY HEALTHCARE TEAM

Doctor

Phone

Other members of your healthcare team

Name

Profession

If I am unwell, I can call \_\_\_\_\_  
on \_\_\_\_\_ for after hours advice.

**I have a usual amount of phlegm/breathlessness. I can do my usual activities.**

**ACTION:** Take your usual COPD medicines.

My FEV<sub>1</sub> is \_\_\_\_\_ I retain CO<sub>2</sub> ☐ Yes ☐ No ☐ Unknown

Medicine	Inhaler colour	Number of puffs	Times per day

☐ I need to use home oxygen on \_\_\_\_\_ setting or L/min for \_\_\_\_\_ hours /day.

**I am coughing more. I have more phlegm. It is harder to breathe than normal.**

**ACTION:** Take your flare-up medicines. Monitor your COPD symptoms closely. Call your doctor. ☐

Take \_\_\_\_\_ puffs of \_\_\_\_\_ (reliever) \_\_\_\_\_ times every \_\_\_\_\_ hours / A.M. / P.M. (circle)  
☐ Use a spacer

**I have taken my extra medicines but I am not getting better.**

**Take action now to manage your symptoms. Call your doctor.**

Shortness of breath or wheeze	Phlegm has changed colour or fever
<b>ACTION:</b> Take _____ prednisolone tablets 1mg, 5mg, 25mg (circle) _____ times per day for _____ days.	<b>ACTION:</b> Take _____ antibiotic tablets _____ times per day for _____ days. Antibiotic name _____

**My COPD symptoms have changed a lot. I am worried.**

Difficulty sleeping/woken easily  
Blood in phlegm or swollen ankles.

Very short of breath/wheezy  
High fever or confusion  
Chest pain or slurred speech.

**ACTION:** Call your healthcare team today.

**ACTION:** Call 000 now.

**CAUTION:** Ambulance/Paramedics: Oxygen supplementation to maintain SpO<sub>2</sub> 88 – 92% to reduce risk of hypercapnia.

## Health professional authorisation

This COPD Action Plan was prepared on \_\_\_\_ / \_\_\_\_ / \_\_\_\_ by \_\_\_\_\_  
in consultation with the patient.

Signature: \_\_\_\_\_

Profession: \_\_\_\_\_

Authorised by (if prepared by a non-prescriber): \_\_\_\_\_

Signature: \_\_\_\_\_

☐ Entered into recall system



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## Get to know your baseline

Your *baseline* is when you feel your usual self. You may have one or more symptoms at your baseline. Think about:

- How breathless you feel at rest
- Your usual amount of phlegm
- The colour of your phlegm
- How well you sleep
- How far you can walk.

## Know your COPD medicines and inhalers

Your COPD medicines help control your symptoms, such as breathlessness, and reduce the risk of flare-ups. Take your COPD medicines as prescribed by your doctor. Use your inhaler device correctly to get the most benefit from your medicine.

## You can reduce the risk of a flare-up

COPD flare-ups are serious health events. There are things you can do to reduce the risk of a flare-up, including:

- Quit smoking
- Exercise daily
- Join a pulmonary rehabilitation program
- Get influenza and pneumonia immunisations
- Take your COPD medicines daily, as prescribed by your doctor.



Relievers	Maintenance
<b>SABA: Short-acting beta<sub>2</sub>-agonists</b>  <p>Ventolin<sup>®</sup> MDI</p>  <p>Asmol<sup>®</sup> MDI</p>  <p>Aiomir<sup>™</sup> Autohaler<sup>®</sup></p>  <p>Bricanyl<sup>®</sup> Turbuhaler<sup>®</sup></p> <b>SAMA: Short-acting muscarinic antagonist</b>  <p>Atrovent<sup>®</sup> MDI</p>	<b>LAMAs: Long-acting muscarinic antagonists</b>  <p>Incruse<sup>®</sup> Ellipta<sup>®</sup></p>  <p>Braltus<sup>®</sup> Zonda<sup>®</sup></p>  <p>Spiriva<sup>®</sup> Respimat<sup>®</sup></p>  <p>Spiriva<sup>®</sup> HandiHaler<sup>®</sup></p>  <p>Seebri<sup>®</sup> Breezhaler<sup>®</sup></p> <b>LAMA/LABA combinations</b>  <p>Ultibro<sup>®</sup> Breezhaler<sup>®</sup></p>  <p>Spiolto<sup>®</sup> Respimat<sup>®</sup></p>  <p>Anoro<sup>®</sup> Ellipta<sup>®</sup></p>  <p>Brimica<sup>®</sup> Genuair<sup>®</sup></p> <b>LABAs: Long-acting beta<sub>2</sub>-agonists</b>  <p>Onbrez<sup>®</sup> Breezhaler<sup>®</sup></p>  <p>Foradil<sup>®</sup> Aerolizer<sup>®</sup></p>  <p>Oxis<sup>®</sup> Turbuhaler<sup>®</sup></p>  <p>Serevent<sup>®</sup> Accuhaler<sup>®</sup></p> <b>ICS/LABA combinations</b>  <p>Bretaris<sup>®</sup> Genuair<sup>®</sup></p>  <p>Symbicort<sup>®</sup> Rapihaler<sup>™</sup></p>  <p>Symbicort<sup>®</sup> Turbuhaler<sup>®</sup></p> <b>ICS: Inhaled corticosteroids (for patients with COPD and Asthma)</b>  <p>Fluticasone Cipla<sup>®</sup> MDI</p>  <p>Flixotide<sup>®</sup> MDI</p>  <p>Annuity<sup>®</sup> Ellipta<sup>®</sup></p>  <p>QVAR<sup>®</sup> MDI</p>  <p>Alvesco<sup>®</sup> MDI</p>  <p>Flixotide<sup>®</sup> Accuhaler<sup>®</sup></p>  <p>Pulmicort<sup>®</sup> Turbuhaler<sup>®</sup></p> <b>ICS/LABA combination</b>  <p>Flutiform<sup>®</sup> MDI</p> <b>ICS/LABA/LAMA</b>  <p>Trelegy<sup>®</sup> Ellipta<sup>®</sup></p>

### My local support

Pulmonary rehabilitation program

Lungs in Action class

Support Group

## Learn how to use your inhaler device by watching our helpful videos.

1. Download **ZAPPAR** from Google Play or iTunes app store.
2. Open the app.
3. Scan this page.
4. Choose the inhaler device video.



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