

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 FEV₁ is I retain CO₂ Yes No Unknown

Medicine	Inhaler colour	Number of puffs	Times per day
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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
ACTION: Take <input type="text"/> prednisolone tablets 1mg, 5mg, 25mg (circle) <input type="text"/> times per day for <input type="text"/> days.	ACTION: Take <input type="text"/> antibiotic tablets <input type="text"/> times per day for <input type="text"/> days. Antibiotic name <input type="text"/>

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 SpO₂ 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



Lung Foundation Australia

1800 654 301 | Lungfoundation.com.au

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	Maintenance	Maintenance
SABA: Short-acting beta₂-agonists  Ventolin [®] MDI  Asmol [®] MDI  Airmir [™] Autohaler [®]  Bricanyl [®] Turbuhaler [®] SAMA: Short-acting muscarinic antagonist  Atrovent [®] MDI	LAMAs: Long-acting muscarinic antagonists  Incruse [®] Ellipta [®]  Bratus [®] Zonda [®]  Spiriva [®] Respimat [®]  HandiHaler [®]  Spiriva [®] HandiHaler [®]  Seebri [®] Breezhaler [®]	LAMA/LABA combinations  Ultibro [®] Breezhaler [®]  Spiolto [®] Respimat [®]  Anoro [®] Ellipta [®]  Brimica [®] Genuair [®]	LABAs: Long-acting beta₂-agonists  Onbrez [®] Breezhaler [®]  Foradil [®] Aerolizer [®]  Oxis [®] Turbuhaler [®]  Serevent [®] Accuhaler [®]
	ICS/LABA combinations  Bretaris [®] Genuair [®]  Symbicort [®] Rapihaler [™]  Symbicort [®] Turbuhaler [®]	ICS: Inhaled corticosteroids (for patients with COPD and Asthma)  Fluticasone Cipla [®] MDI  Flixotide [®] MDI  Annuity [®] Ellipta [®]  QVAR [®] MDI	 Alvesco [®] MDI  Flixotide [®] Accuhaler [®]  Pulmicort [®] Turbuhaler [®] ICS/LABA combination  Flutiform [®] MDI
	 Seretide [®] Accuhaler [®]  Seretide [®] MDI  DuoResp [®] Spiromax [®]	ICS/LABA/LAMA  Trelegy [®] Ellipta [®]	My local support Pulmonary rehabilitation program <input type="text"/> Lungs in Action class <input type="text"/> Support Group <input type="text"/>

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.



GET ZAPPAR ZAP THE CODE

