

PATIENT ACTION PLAN

for COPD signs & symptoms

Purpose: To promote patient identification and self-directed action for onset of symptoms related to COPD

COPD — Your Plan for ACTION

Use this guide to help you report changes in your symptoms to your health care provider. When you report symptoms **early**, you are less likely to have to go to the hospital for treatment.

You are doing well when:

- You can do your normal activities
- You have no changes in your symptoms
- Your usual medicines are controlling your symptoms

Call your health care provider in the next 24 hours when:

- You have increased shortness of breath with normal activity
- You are coughing more than usual
- You have increased wheezing
- You have increased sputum or it has changed in color
- You have to use short acting medicines more often
- You feel more tired or restless

Call 911 RIGHT AWAY when:

- You have severe shortness of breath or shortness of breath at rest
- You have chest pain that doesn't go away
- Your lips or fingernails turn gray or blue
- You feel unusually sleepy or confused

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Reference: National Heart, Lung, and Blood Institute (NHLBI) World Health Organization Workshop (2004). Global strategy for the diagnosis, management and prevention of chronic obstructive pulmonary disease: Executive summary
Available online: www.goldcopd.org

Health care provider _____

Phone number _____

Member Services 1-866-431-0801 (toll free)

HOME CARE PLAN FOR COPD

Symptoms You May Experience	- Increased anxiety and restlessness - Easily tired - Increased shortness of breath with activity - Decreased appetite - Difficulty sleeping - Increased cough and sputum production - It takes longer to recover from an infection	Reasons to Call Your Health Care Provider	- Increased shortness of breath with normal activity - Increased cough - Increased sputum production/purulent (yellow) sputum - Decreased energy - Decreased appetite - Increased amount of quick relief medicine used
Medications	- Take your medications only as directed by your health care provider - Never skip doses - Continue taking medications even when you are feeling well - Talk with your health care provider about your medicine at each visit - Use oxygen therapy as prescribed - If you have any questions about your medications, contact your pharmacist or health care provider Healthy Habits - Get a flu shot yearly - Get a pneumonia shot	Breathing Techniques	Breathing exercises and techniques can help you when you have trouble breathing Posture: Leaning forward often makes it easier to breath Pursed-lip breathing helps you push the air out of your lungs better Diaphragmatic breathing helps the diaphragm move Smoking - Smoking will only aggravate your condition - Get help to quit! Contact your health care provider or call the Mayo Clinic Tobacco Quitline at 1-800-474-3186.
Diet/Nutrition	- Eat a balanced diet with enough calories - Drink enough fluids—this helps keep your mucous looser - Include fiber in your diet to decrease constipation - Eat a diet low in carbohydrates—it may decrease shortness of breath and improve your ability to exercise - Decrease the amount of gas-forming foods you eat—they make your stomach fuller. This may increase shortness of breath. - Eat smaller meals more often - Eat slowly and talk less while you eat - Sit in a chair that allows for good posture while you eat - Avoid activity or exercise for an hour after you eat	Energy Conservation and Activity	Activity - Exercise will help do the following: - Cope with shortness of breath - Increase your energy level - Make you feel less tired - Start slow - Know your limits - Don't overdo it - Stop and rest if you feel tired or short of breath - Find exercises you like to do - Ask a family member or friend to join you - Talk with your health care provider about the right exercise program for you Energy Conservation: - Learn to pace your activities or do them an easier way - Walk at a slow/comfortable pace - Do things slowly - Dress and do things sitting down - Prepare for and do activities when you feel your best - Ask for help when you need it

Bring your medication bottles/list with you every time you visit your health care provider or hospital.

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

Attention. If you need free help interpreting this document, call the above number.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

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Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သျှ်ဟ်သးဘၣ်တက့ၢ်. ဖဲနမ့ၢ်လိၣ်ဘၣ်တၢ်မၤစၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘၣ် လိတဲစိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

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Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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