

COPD

(Chronic Obstructive Pulmonary Disease)

See your doctor for an influenza
vaccination every March

This COPD Management Plan belongs to:

Supported by



Boehringer
Ingelheim



the asthma foundation
Better respiratory health for New Zealanders

COPD Management Plan

SYMPTOMS

ACTION

MEDICATIONS

WELL

WHEN I AM WELL I

- (appetite) _____
- (activity) _____
- (sputum) _____
- (sleep) _____

LIFESTYLE TIPS

- Stop smoking and avoid smoky places
- Exercise every day
- Always keep enough medicine

Reliever @ puffs as required

@ puffs

Other @ puffs times a day

@ puffs times a day

@ times a day

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WORSENING

BECOMING UNWELL

- More breathless, wheezy or coughing
- Change in amount and/or colour of sputum
- Tired, not hungry

WHAT TO DO

- If you have a fever and/or yellow/ green sputum start antibiotics and see your doctor
- Clear sputum with huff and cough techniques
- Eat little and often
- Use the breathing tips (in this leaflet)

Continue your usual medications.
Start the following medications:

times a day

SEVERE

REALLY UNWELL

If no better in days

Contact the doctor for an urgent review

Daytime tel:

After hours tel:

Continue your usual medications.
Start the following medications:

times a day

EMERGENCY

EMERGENCY

- Very short of breath at rest
- Chest pains
- A feeling of agitation, fear, drowsiness or confusion
- High fever

**Dial 111
for an ambulance**

Patient Name:

Doctor:

Date plan prepared: / / By:

Review Date: / / By: