

MY COPD *action plan*

Name: _____ Date created: __/__/__

My next COPD review: _____ My next pulmonary rehabilitation session: __/__/__

I need to make sure this action plan is reviewed with my healthcare team each year to make sure it's still offering me the best possible control. For each action plan review, I should remember to bring:

My action plan – to see if any updates are needed

My inhaler and spacer – to check my technique

Any questions I have about my COPD

My next plan review date: ____/____/____
____/____/____
____/____/____

— Yes / NO —
Changes needed? Y / N
Y / N
Y / N

My personalised COPD action plan can help me to stay in control of my condition, recognise when my symptoms are getting worse and know exactly what to do if this happens.

Using my action plan means I am less likely to be admitted to hospital for my COPD!

The triggers I should avoid:

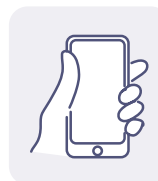
My healthcare team's contact details:

My emergency (out-of-hours) healthcare team's contact details:

To get the most out of my plan I need to:



Put it somewhere easy to find
– such as on my fridge door or bedside table.



Take a photo of my plan – so I can check it wherever I am, or share it with a family member or friend.



Read through it monthly so I'm familiar with my plan – putting a reminder in my calendar or phone can help me remember.



Take my plan with me every time I see a healthcare professional – this includes my reviews and any other medical visits, such as a trip to A&E.

Reporting of side effects: If you get any side effects, talk to your doctor, nurse, or pharmacist. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of medicines.



MY COPD IS UNDER CONTROL

My current situation:

- I'm able to breathe without difficulty while doing my usual activities
- My phlegm (thick, sticky substance when I cough) is clear or white
- I can do my usual activities without feeling over tired

What I need to do:

- Take my medication as prescribed, even if I feel well
- Continue my usual activities
- Exercise as directed by my healthcare team
- Avoid cigarette smoke and other triggers
- Eat a balanced diet and drink plenty of fluids



MY COPD IS GETTING WORSE

My current situation:

- I am wheezing or coughing more than usual
- I am more breathless than usual
- My phlegm (thick, sticky substance when I cough) is thicker or stickier than usual and has changed colour
- I am more tired than usual and cannot do my usual activities without needing rest
- I have a fever

What I need to do:

- Use my medication as prescribed by my healthcare team
- Try breathing in gently through my nose and out through pursed lips (as if blowing out a candle)
- Drink plenty of fluids
- Limit my activities where possible

I must see a healthcare professional straight away if my symptoms don't improve within 24-48 hours



I'M HAVING A SEVERE FLARE-UP

My current situation:

- I'm finding it very difficult to breathe, even when I'm resting
- There is blood in my phlegm (thick, sticky substance when I cough)
- I am not able to do any activities
- I feel very drowsy and confused

What I need to do:

- **Call my doctor immediately**
- **Call 999** if I cannot speak to a doctor or nurse straight away

I must go to my nearest hospital A&E department if I am still worried about my breathing

