

Home Action Plan

For adults with COPD



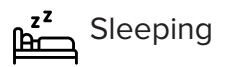
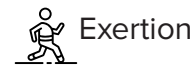
When you feel well

You are doing your usual activities. You have usual levels of breathlessness and phlegm.

Perform these actions, and **take** these medications for your COPD.

- Follow our tips for things you can do to keep well on the other side of this plan

Medicine	Dose	When
_____	_____	_____
_____	_____	_____
_____	_____	_____



_____ L/min _____ L/min _____ L/min

Keep taking all your regular medicines.



When you feel unwell

You are coughing more. You have more phlegm. You are finding it hard to breathe.

Perform these actions, and **increase** your reliever medicine.

- Tell your emergency contact person, prepare to contact your GP

Medicine	Dose	When
_____	_____	_____

If increasing your reliever medicine isn't helping

Perform these actions, and **start** your **steroid**.

- Contact your GP and make an appointment **ASAP**

Prednisolone _____

If you also have fever or changes in phlegm

Start your **antibiotic**.



When you feel horrible or very worried

You are very short of breath. You are very wheezy. You have a high fever or confusion. You have chest pain or slurred speech.

Perform these actions, and **increase** your reliever medicine

- Go to your nearest Emergency Department
- or
- Call **000** for an ambulance



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YOU AND YOUR PLAN

Your name _____

Prepared by _____

Profession _____

Date _____

Signature _____

If above person is not a prescriber:

Prepared by _____

Signature _____

Review your plan with your care team every year, or after changes in symptoms or medications.

YOUR SUPPORT NETWORK

GP _____

After hours GP _____

Respiratory specialist _____

Emergency contact _____

O2 supplier _____

Asthma WA respiratory health educators are available for consultation:

8:30 – 4:30 AWST M – F **08 9289 3600**

WHAT “WELL” LOOKS LIKE FOR YOU



Knowing what a typical good day looks like for you is important. It means you can act early if something gets worse.

Get to know your usual...

- level of breathlessness
- amount of coughing
- amount of phelgm
- colour of phelgm
- sleep pattern
- level of activity
- level of tiredness

THINGS YOU CAN DO TO KEEP WELL



Don't smoke tobacco or vape



Get the right COPD tests



Join a pulmonary rehabilitation program



Visit your healthcare team regularly



Know your medications



Visit your GP 1 week after being in hospital



Learn how to use your inhaler and spacer



Eat healthy food and exercise



Keep your vaccinations up to date



Be aware of things that can irritate your lungs



Learn about COPD



Look after your mental health

