

COPD ACTION PLAN



Which Zone Are You in Today? Your Dr's. Name: _____

● **GREEN** ● **YELLOW** or ● **RED** Your Dr's. Phone no.: _____

GREEN Zone	<p>● You are Feeling Well → FOR YOU TO DO:</p> <p>SYMPTOMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> No shortness of breath when resting. <input type="checkbox"/> No shortness of breath with activities. <input type="checkbox"/> No increase or change in mucus. <input type="checkbox"/> No change in appetite. <input type="checkbox"/> No trouble sleeping. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take your daily medicines. <input type="checkbox"/> Eat healthy foods. <input type="checkbox"/> Be active every day. (Get up and do things). <input type="checkbox"/> Balance activity with rest periods. <input type="checkbox"/> Use Pursed Lip Breathing. <input type="checkbox"/> Do not smoke.
	<p>● You are Feeling Worse → FOR YOU TO DO:</p> <p>SYMPTOMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> More shortness of breath. <input type="checkbox"/> Wheezing or worsening cough. <input type="checkbox"/> Change in mucus (color, thickness, amount) <input type="checkbox"/> Increased need for rescue medicine. <input type="checkbox"/> No energy, or feeling more tired. <input type="checkbox"/> Fever and chills. <input type="checkbox"/> Changes in weight. <input type="checkbox"/> More swelling in feet, legs or ankles. <input type="checkbox"/> Sleeping poorly. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take your medicines. <input type="checkbox"/> Use nebulizer or rescue inhaler. <input type="checkbox"/> Start Magic Pack. <input type="checkbox"/> Limit activities. <input type="checkbox"/> Use Pursed Lip Breathing. <input type="checkbox"/> Check oxygen machine and tubing. <input type="checkbox"/> Eat smaller meals more often. <input type="checkbox"/> Call your doctor with a weight gain of: <ul style="list-style-type: none"> ● 3 pounds in 1 day ● 5 pounds or more in 1 week <input type="checkbox"/> Call your doctor if symptoms don't improve– don't wait longer than 2 days.
RED Zone	<p>● EMERGENCY — You Feel You are in Danger</p> <p>SYMPTOMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Severe shortness of breath, can't catch breath. <input type="checkbox"/> Chest pain. <input type="checkbox"/> More sleepy or feel faint. <input type="checkbox"/> Confusion or can't think clearly. <input type="checkbox"/> Slurred speech. <input type="checkbox"/> Blue lips or fingernails. 	<p>FOR YOU TO DO:</p> <p>CALL 911</p> <p>or</p> <p>Go to the Hospital Emergency Room</p>

revised 09.26.17

What is COPD?

Chronic obstructive pulmonary disease (COPD) is a disease of the lungs. It includes emphysema and chronic bronchitis. COPD can make it hard to breathe.

What causes COPD?

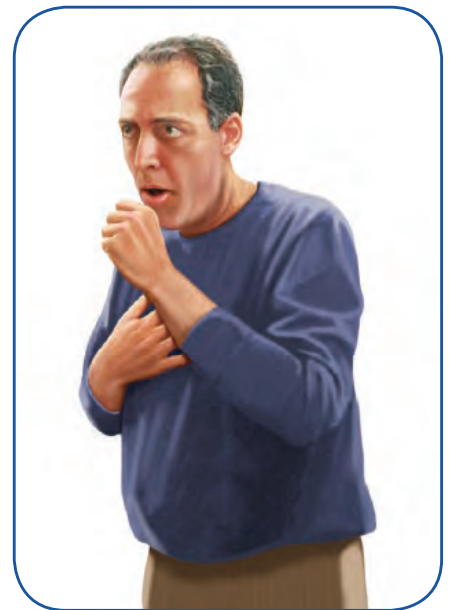
Smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. Some things that increase the risk for COPD are exposure to air pollutants in the home or workplace and family health history.

What are the symptoms?

COPD develops slowly and worsens over time. It may be many years before you notice symptoms. Most of the time, COPD is diagnosed in middle-aged or older people.

Common symptoms include:

- Shortness of breath while doing activities you used to be able to do
- Coughing up extra mucus
- Constant coughing, sometimes called “smoker’s cough”
- Feeling like you can’t breathe
- Wheezing



How can you help manage COPD?

- If you smoke, talk with your healthcare provider about ways to quit
- Stay away from smoke, dust, pollutants, strong odors, and chemicals
- Seek treatment if your symptoms get worse
- Take your medicines the way your provider tells you to

Can COPD be cured? No. There is no cure for COPD. The good news is that COPD can be managed. Talk to your provider about a treatment plan that is right for you.



GlaxoSmithKline

This material was developed by GlaxoSmithKline.



We Want You Well.

Using an Inhaler for Asthma

An inhaler delivers medicine directly to your lungs. There are many kinds of inhalers. One kind of inhaler is a metered-dose inhaler. Your healthcare provider will choose the kind that works best for you.

How to Use a Metered-Dose Inhaler*:

- 1 Open the inhaler (take the cap off).
- 2 Hold the inhaler with the mouthpiece towards you.
- 3 Check for and remove any loose objects in the inhaler.
- 4 Shake the inhaler (if recommended by inhaler instructions).
- 5 Breathe out all the way through your mouth.
- 6 Put the mouthpiece in your mouth and close your lips around it (as shown in the picture).
- 7 Use one dose of inhaler while you breathe in deeply and slowly through your mouth.
- 8 Remove the inhaler from your mouth.
- 9 Hold your breath to the count of 10 or for as long as is comfortable. This allows the medicine time to get into your airways.
- 10 Breathe out normally.
- 11 Wait about 1 minute, prepare inhaler for next dose, and repeat these steps—as instructed by your provider.
- 12 If your inhaler is a corticosteroid medicine, rinse your mouth with water and spit out the rinse. Do not swallow it.



Show your healthcare provider how you use your inhaler
to make sure you are using it correctly.

*You may need to prime your inhaler before using. To learn about this and how to use and care for your inhaler, always follow the instructions that come with your inhaler.



GlaxoSmithKline

This material was developed by GlaxoSmithKline.

Using a Spacer With Your Inhaler

A spacer is a hollow tube that attaches to your metered-dose inhaler. It slows down the delivery of your inhaled asthma medicine by “holding” it in the tube until you are able to breathe it in. A spacer can make it easier for some people to take their inhaler medicine correctly.

Spacers can help children and adults get the most from their inhaled asthma medicine. Your healthcare provider will tell you if you should use a spacer. Spacers should not be used with dry-powder inhalers.

- You need a prescription from your provider to get a spacer from your pharmacy
- Spacers come in different sizes and shapes. Your provider can tell you which spacer is best for you. Ask your provider to show you exactly how to use your spacer
- These pictures show some of the different types of spacers



Keep your spacer clean

Medicine can build up inside the spacer. Cleaning your spacer often will help to make sure it works correctly.

To clean your spacer, follow the instructions that come with it. Talk with your provider or ask at your pharmacy if you have questions. Ask about when and exactly how to clean your spacer.

If you use a spacer, show your provider how you use it with your inhaler. This will help you know if you are using them correctly.



GlaxoSmithKline

This material was developed by GlaxoSmithKline.



HOW TO USE A NEBULIZER



A nebulizer (sometimes referred to as a breathing machine) turns your asthma medicine into a mist. It is easy and pleasant to breathe the medicine into your lungs this way. If you use a nebulizer, your asthma medicines will come in liquid form.

With a nebulizer, medicine goes into your lungs when you take **slow, deep breaths** for 10 to 15 minutes. You can attach either a soft mask or a mouthpiece on your nebulizer to make it more comfortable to use.

You need electricity to run a nebulizer. Most nebulizers plug into a wall socket, but some can run on batteries. Most nebulizers use an air compressor. A different kind uses sound vibrations. These are called “ultrasonic nebulizers.” They are quieter, but they cost more money.

Steps to set up and use your nebulizer:

Always wash your hands before setting up your nebulizer

1. Connect one end of the hose to the nebulizer.
2. Fill the medicine cup with your asthma medicine and close the lid tightly.
3. Attach the other end of the hose and mouthpiece to the medicine cup.
4. Place the mouthpiece in mouth. Breathe through your mouth. Some people use a nose clip to help them breathe only through their mouth. If you are using a mask, place it over your mouth and adjust the strap so it fits securely.
5. Turn on the nebulizer. Once on, you will see the vapors rising from the mouthpiece or mask. Breathe through your mouth with slow deep breaths until all the medicine is used. If you are using a mask, breathe normally. It could take 10 to 15 minutes. A sputtering noise from the nebulizer will tell you that the treatment is nearing an end.

Note:

Many patients with asthma do not need to use a nebulizer. Another way to get your medicine is with an inhaler. Inhalers work just as well, and are easier to use.



[Turn page over to see how to clean your nebulizer](#)

HOW TO CLEAN A NEBULIZER

You should clean your nebulizer every time you use it. Keeping it clean will not only prevent clogs and the spread of germs and bacteria, but will also help your machine last longer.

Steps to clean your nebulizer:

1.

Turn off your nebulizer and remove the hose from the medicine cup. The hose **should not be washed, instead it should be replaced** when it looks cloudy or isn't attaching securely to the nebulizer or the medicine cup securely.



2.

Wash the mouthpiece or mask and cup in hot soapy water or soak in a solution of one part vinegar to three parts water.



3.

Rinse thoroughly. Shake the pieces to remove excess water and let them air dry on a clean paper towel.

4.

When the pieces are mostly dry, connect the hose to the medicine cup and close the lid. Connect the hose to the nebulizer. Run the nebulizer for 20 seconds to finish drying the pieces. Remember to attach the mask or mouthpiece before you use the nebulizer again.

5.

Use a damp, soapy cloth or disinfectant wipes to clean the surface of the nebulizer machine. Cover the machine until its next use.