

COPD Action Plan



Breathing well

This plan shows how to recognise when your COPD is getting worse and what course of action you need to take. It shows you what medication(s) you are taking and when to take them.

Produced as a service to medicine by Chiesi Limited.

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Your details

Name: _____

Name of doctor, nurse or pharmacist: _____

Surgery contact number: _____

Date plan updated: _____

Date of next review: _____

Drug allergies/COPD triggers: _____

Other important information: _____

Surgery stamp

Your appointments

Pulmonary rehab next session: _____

Contact number: _____

Check-up dates: _____

Date for flu vaccination: _____

Your medication

Name of medication: _____

How much should I take: _____

How often should I take this? _____

This is for: _____

Name of medication: _____

How much should I take: _____

How often should I take this? _____

This is for: _____

Name of medication: _____

How much should I take: _____

How often should I take this? _____

This is for: _____

Name of medication: _____

How much should I take: _____

How often should I take this? _____

This is for: _____

Name of medication: _____

How much should I take: _____

How often should I take this? _____

This is for: _____

What is a rescue pack?

A rescue pack is a supply of standby medication to take if your COPD flares up before you are able to see your doctor. There are two different COPD rescue medications (oral steroids and antibiotics) and your doctor will explain how and when to take these.

If you use your rescue pack drugs or they are out of date, contact your doctor as soon as possible so you can replace them.

WHERE CAN I FIND OUT MORE?

British Lung Foundation
73-75 Goswell Road
London EC1V 7ER
Helpline:
03000 030 555
Website:
www.blf.org.uk

Please note: these links may take you to a website that is not owned or controlled by Chiesi Limited. Chiesi Limited is not responsible for the content provided on such websites.

Reporting of side effects If you get any side effects, talk to your doctor, pharmacist or nurse. 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 your medicines.

Breathlessness

When you are out of breath, the following practices should help you breathe more comfortably and recover more quickly:

BREATHING POSITIONS

Try one of these positions when you need to.



Standing leaning forwards



Sitting leaning forwards



Sitting with pillows

When you are out of breath, the following breathing techniques should help control and slow down your breathing:

PURSED-LIPS BREATHING

This can be used at any time to help you control your breathing. Breathe in gently through your nose, then purse your lips as though you're going to blow out a candle. Blow out with your lips in this pursed position. Imagine blowing out a candle when you breathe out. Blow out only as long as is comfortable - don't force your lungs to empty.



PACED BREATHING

This is useful when you are active. You pace your steps to your breathing. To use it when walking, count to yourself in time with your walk. For example, count one step as you breathe in and then count either two/three steps as you breathe out. Count for longer if that feels better for you. The right number will depend on you and your lung condition. Your physiotherapist can help you choose the right number to count to.



One step, breathe in

Two steps, breathe out

BLOW AS YOU GO

This can be used whilst doing something that makes you breathless and with pursed-lips breathing. Breathe in before you make the effort. Then breathe out whilst making the effort. For example, when lifting a heavy bag, breathe in before you lift and out as you lift. It can be helpful to use pursed-lips as you blow.



Breathe in



Breathe out

YOUR SYMPTOMS

YOUR ACTIONS

GREEN ZONE

Breathing: You are able to breathe without difficulty while doing your usual activities.

Sputum: Your sputum is clear/white and easy to cough up. You have your usual amount.

Energy: You can do your usual activities without being over tired.

- Continue with your usual activities
- Exercise as directed by your Healthcare Professional
- Take your medications as prescribed
- Avoid cigarette smoke and inhaled irritants at all times
- Eat a balanced diet and drink adequate fluids

YELLOW ZONE

Breathing: You have more shortness of breath, wheezing or coughing than usual.

Sputum: Your sputum is thicker or stickier than usual. Your sputum has changed colour. You have a temperature or a fever.

Energy: You are tired and not able to finish usual activities without resting. You are more tired than usual and feel like you need to sleep more.

- Continue to use your medication as prescribed and begin to use your rescue pack as advised by your doctor
- Steroid: _____ Antibiotic: _____
- Use pursed-lips breathing and relaxation exercises
- If you have been prescribed oxygen, use as prescribed and ensure that you are monitored regularly so that your prescription can be adjusted according to your needs
- Drink plenty of fluids to avoid getting dehydrated
- Use chest clearance techniques to clear any sputum
- Pace yourself and limit your activities
- Call your doctor or nurse straight away to arrange an appointment if symptoms don't improve within 24-48 hrs

RED ZONE

Breathing: You are having a lot of trouble breathing. You have increased trouble breathing at rest.

Sputum: You have blood in your sputum. You have chest pain.

Energy: You are not able to do any activities. You are very drowsy and confused.

- Call your doctor immediately
- Get into a position which eases your breathing with or without a fan
- Call 999 if you are unable to talk to the doctor or nurse right away
- Go to your nearest accident and emergency department if you are frightened that you are not able to breathe