

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.

UK-WEL-2300007 January 2024

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?

As part of your action plan, your health care professional may prescribe you a rescue pack of medications (steroid tablets and antibiotics) for you to keep at home. Make sure you know when you should start to take these medications.

If you are unsure how or when to take these medications, or if the medication in your rescue pack is low or out of date, please contact your doctor, nurse or pharmacist.

WHERE CAN I FIND OUT MORE?

Asthma + Lung UK
Helpline: 0300 222 5800
Website: asthmaandlung.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.

COPD&Me
Website: copdandme.co.uk

This website has been initiated and funded by the biopharmaceutical company, Chiesi Ltd. This website is for UK residents only.

For further information and advice on COPD, please contact your healthcare professional.

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

Breathlessness is a common symptom of COPD. Getting out of breath can be scary, but finding the right breathing technique for you can really help.

BREATHING POSITIONS

If you feel breathless, get into a position that helps you to regain control of your breathing. You can 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. Count to yourself as you walk or move. For example, breathe in for one step and then take either one or two steps as you breathe out.

Take more steps as you breathe in or as you breathe out, if that feels better for you. Try different combinations to find what works best for you. You can use this technique at the same time as both the pursed-lips breathing technique and the blow-as-you-go technique.



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 standing up, breathe in before you step or stand up, and then blow out as you stand up. Try pursing your lips as you blow out.



Breathe in



Breathe out

MY SYMPTOMS

MY PLAN

My COPD symptoms are normal for me.

I will continue to take my usual medication as prescribed.

I am more out of breath than usual, but I have no fever or chest pain. My phlegm is normal.

I will use my reliever medication

Reliever medication name: _____

Colour: _____

Number of puffs: _____

I am much more breathless than normal despite taking my usual reliever medicines.

I will use my usual medicines and the steroids in my rescue pack.

Steroid: _____

I will tell my doctor, nurse or pharmacist within two days of starting my rescue pack.

I will ask my doctor, nurse or pharmacist for a COPD review.

I am much more breathless than normal, and I am coughing up more sputum, or my sputum has changed colour.

I will use my usual medicines and the steroids and antibiotics in my rescue pack.

Steroid: _____

Antibiotic: _____

I will tell my doctor, nurse or pharmacist within two days of starting my rescue pack.

I will ask my doctor, nurse or pharmacist for a COPD review.

My breathing is much worse than normal, despite my medicines.

I will call my doctor or nurse as soon as I get this bad.

I have chest discomfort or high fever.

A carer or family member will ring if I cannot.

People around me are noticing I seem confused.

I'm struggling to breathe or have sudden shortness of breath and:

I will call 999. A carer or family member will ring if I cannot.

- My chest feels tight or heavy
- I have a pain that has spreads to my arms, back, neck and jaw
- I feel or am being sick.

You should have a flare-up action plan you've agreed with your doctor, nurse or pharmacist, so you know what to do if your symptoms flare up.

If you don't have a plan, please book a COPD review with your doctor, nurse or pharmacist.