

My Blue Card for COPD

Action plan to stay well and keep out of hospital



1. When I'm well - I will make sure I have a good supply of all my medicines and take as directed

- ✓ I can do my usual activities
- ✓ I sleep and eat as usual
- ✓ I am taking my usual medicines
- ✓ I have my usual amount of sputum

My usual medicines	Strength	Colour of inhaler	How much?	How often?



2. When I'm becoming unwell or it is harder to breathe, I will watch out for

- More wheeze, coughing and/or shortness of breath
- Less energy and/or poor sleep
- Eating less

ACTION: follow the plan below for extra medicines and keep taking your usual medicines

ALSO: Plan your day. Get rest. Relax. Eat small amounts regularly.

Use breathing techniques and huff and cough to clear sputum as needed (2-3 times a day)

Extra medicines (reliever)	Strength	Colour of device	How much?	How often?

If you are taking extra reliever (as above) 3-4 hourly but not getting good relief

ACTION: Start prednisone (if prescribed)

Extra medicines (steroid)	Strength	Number of tablets	When to take	Number of days
Prednisone/prednisolone				

If you have any signs of infection: a change in colour or increase in the amount of sputum, or fever

ACTION: Start antibiotics along with your prednisone (if prescribed)

Extra medicines (antibiotic)	Strength	Number of tablets	When to take	Number of days

Remember this plan does not replace your doctor, it just enables you to start treatment early – you should still arrange to see your doctor as soon as possible.



EMERGENCY: If I am very short of breath when sitting or lying down, OR if I am feeling unusually restless, confused, drowsy or have chest pain:

ACTION: Call 111

While waiting:

- Keep taking your inhaler through your spacer every
- Show this plan to the ambulance staff (paramedic)

Date of plan:	Review Date:
Plan completed/approved by:	Signature:

Place magnet here

Your information

(Ask your doctor or nurse to help you fill this in)

Name:	GP name:
Address:	Practice:
NHI:	Phone:
Date of birth: / /	CO₂ retainer: Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/>
Name of next of kin:	Home oxygen: Yes <input type="checkbox"/> No <input type="checkbox"/> Flow rate:
Contact details:	

Baseline for me when I am well:

- O₂ saturation (%)
- Exercise tolerance
- Sleep
- Sputum
- Appetite
- Weight

Special notes or requirements:

Allergies/alerts:

Advance Care Plan (ACP): Y/N

After-hours: When my doctor's practice is closed, I should contact:

What to do to stay well:

- ✓ The most important treatment for any lung disease is to be smokefree and avoid smoke exposure.
- ✓ Ensure you are using your inhaler correctly by checking with your doctor, nurse or pharmacist. This will ensure you get the most benefit from your medicines.
- ✓ Walk daily and keep active.
- ✓ Ask your doctor or nurse about attending a Pulmonary Rehabilitation Programme (also called Better Breathing).
- ✓ Get a flu vaccination each year.
- ✓ Ask about the pneumonia vaccination.
- ✓ Contact your nearest lung (COPD) support group on
- ✓ Find out more about lung disease and inhalers at www.healthnavigator.org.nz
- ✓ Find out more about advance care planning (ACP) at www.advancecareplanning.org.nz