

MY COPD ACTION PLAN

Your doctor, nurse and other members of your healthcare team can help you fill in your COPD Action Plan. Review it each year, and also after a flare-up.

MY DETAILS

Name

Date of birth

Date of influenza immunisation (annual)

Date of pneumococcal immunisation

MY HEALTHCARE TEAM

Doctor

Phone

Other members of your healthcare team

Name

Profession

If I am unwell, I can call _____
on _____ for after hours advice.

I have a usual amount of phlegm/breathlessness. I can do my usual activities.

ACTION: Take your usual COPD medicines.

My FEV₁ is _____ I retain CO₂ ☐ Yes ☐ No ☐ Unknown

Medicine	Inhaler colour	Number of puffs	Times per day

☐ I need to use home oxygen on _____ setting or L/min for _____ hours /day.

I am coughing more. I have more phlegm. It is harder to breathe than normal.

ACTION: Take your flare-up medicines. Monitor your COPD symptoms closely. Call your doctor. ☐

Take _____ puffs of _____ (reliever) _____ times every _____ hours / A.M. / P.M. (circle)
☐ Use a spacer

I have taken my extra medicines but I am not getting better.

Take action now to manage your symptoms. Call your doctor.

Shortness of breath or wheeze	Phlegm has changed colour or fever
ACTION: Take _____ prednisolone tablets 1mg, 5mg, 25mg (circle) _____ times per day for _____ days.	ACTION: Take _____ antibiotic tablets _____ times per day for _____ days. Antibiotic name _____

My COPD symptoms have changed a lot. I am worried.

Difficulty sleeping/woken easily
Blood in phlegm or swollen ankles.

Very short of breath/wheezy
High fever or confusion
Chest pain or slurred speech.

ACTION: Call your healthcare team today.

ACTION: Call 000 now.

CAUTION: Ambulance/Paramedics: Oxygen supplementation to maintain SpO₂ 88 – 92% to reduce risk of hypercapnia.

Health professional authorisation

This COPD Action Plan was prepared on ____ / ____ / ____ by _____
in consultation with the patient.

Signature: _____

Profession: _____

Authorised by (if prepared by a non-prescriber): _____

Signature: _____

☐ Entered into recall system



**Lung
Foundation
Australia**

1800 654 301 | Lungfoundation.com.au

Get to know your baseline

Your *baseline* is when you feel your usual self. You may have one or more symptoms at your baseline. Think about:

- How breathless you feel at rest
- Your usual amount of phlegm
- The colour of your phlegm
- How well you sleep
- How far you can walk.

Know your COPD medicines and inhalers

Your COPD medicines help control your symptoms, such as breathlessness, and reduce the risk of flare-ups. Take your COPD medicines as prescribed by your doctor. Use your inhaler device correctly to get the most benefit from your medicine.

You can reduce the risk of a flare-up

COPD flare-ups are serious health events. There are things you can do to reduce the risk of a flare-up, including:

- Quit smoking
- Exercise daily
- Join a pulmonary rehabilitation program
- Get influenza and pneumonia immunisations
- Take your COPD medicines daily, as prescribed by your doctor.



Relievers	Maintenance		
SABA: Short-acting beta₂-agonists  Ventolin® MDI  Asmol® MDI  Airmir™ Autohaler®  Bricanyl® Turbuhaler®	LAMAs: Long-acting muscarinic antagonists  Incruse® Ellipta®  Braltus® Zonda®  Spiriva® Respimat®  Spiriva® HandiHaler®  Seebri® Breezhaler®	LAMA/LABA combinations  Ultibro® Breezhaler®  Spiolto® Respimat®  Anoro® Ellipta®  Brimica® Genuair®	LABAs: Long-acting beta₂-agonists  Onbrez® Breezhaler®  Foradil® Aerolizer®  Oxis® Turbuhaler®  Serevent® Accuhaler®
	ICS/LABA combinations  Bretaris® Genuair®  Symbicort® Rapihaler™  Symbicort® Turbuhaler®	ICS: Inhaled corticosteroids (for patients with COPD and Asthma)  Fluticasone Cipla® MDI  Flixotide® MDI  Annuity® Ellipta®  QVAR® MDI  Alvesco® MDI  Flixotide® Accuhaler®  Pulmicort® Turbuhaler®	
SAMA: Short-acting muscarinic antagonist  Atrovent® MDI	 Seretide® Accuhaler®  Seretide® MDI  DuoResp® Spiromax®  Breo® Ellipta®  Fluticasone + Salmeterol Cipla®/SalplusF® MDI	ICS/LABA/LAMA  Trelegy® Ellipta®	ICS/LABA combination  Flutiform® MDI

My local support

Pulmonary rehabilitation program

Lungs in Action class

Support Group