**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

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Strength</th>
<th>Colour of device</th>
<th>How much?</th>
<th>How often?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- ✓ 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

### 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)

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Strength</th>
<th>Colour of device</th>
<th>How much?</th>
<th>How often?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**ACTION:** Start prednisone (if prescribed)

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Strength</th>
<th>Number of tablets</th>
<th>When to take</th>
<th>Number of days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prednisone/prednisolone</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Strength</th>
<th>Number of tablets</th>
<th>When to take</th>
<th>Number of days</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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:  

---
**Your information**
(Ask your doctor or nurse to help you fill this in)

<table>
<thead>
<tr>
<th>Name:</th>
<th>GP name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Practice:</td>
</tr>
<tr>
<td>NHI:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Date of birth:</td>
<td></td>
</tr>
<tr>
<td>Name of next of kin:</td>
<td></td>
</tr>
<tr>
<td>Contact details:</td>
<td></td>
</tr>
<tr>
<td>CO\textsubscript{2} retainer:</td>
<td>Yes [ ] No [ ] Unknown [ ]</td>
</tr>
<tr>
<td>Home oxygen:</td>
<td>Yes [ ] No [ ] Flow rate: [ ]</td>
</tr>
</tbody>
</table>

**Baseline for me when I am well:**

- O\textsubscript{2} 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](http://www.healthnavigator.org.nz).
- Find out more about advance care planning (ACP) at [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz).