



Chronic Obstructive Pulmonary Disease (COPD) Action Plan

Use this plan to help look after your Chronic Obstructive Pulmonary Disease (COPD).
It tells you what to do if your lungs don't feel so good.



Feel Good - no short wind (easy to breathe)

- Feeling well
- No headaches, not dizzy
- Sleeping well
- Doing my normal things
- Taking my normal medicine
- Normal amount of spit (sputum)



My normal medicine for COPD - take every day, even when you feel good.
This medicine keeps your lungs at their best.

Medicine	Colour	How many puffs or tablets	How often

Medicine to help my breathing more (reliever)

Medicine	Colour	How many puffs or tablets	How often



Feeling a little bit sick - more short wind (harder to breathe)

- More coughing
- More spit (sputum) or thicker than normal
- A change in colour of spit (sputum)
- More short wind/can't walk as far
- Taking more reliever medicine than normal
- Difficult to do my normal activities.
- Loss of appetite
- Not sleeping well
- Not much energy, more tired



Use reliever more

Medicine	Colour	How many puffs or tablets	How often

AM | PM



Talk to your doctor, nurse or Aboriginal/Torres Strait Islander health worker to get an appointment for review.

You may be started on other medicines to help your lungs.

Start prednisolone

Medicine	Number of tablets	How often

Start antibiotics

Medicine	Number of tablets or capsules	How often

Date started

Date started



Not Good - worse short wind (trouble breathing and wheezing)

- Very short wind when resting
- Drowsy
- Blood in my spit (sputum)
- Chest pain
- Afraid/scared
- Woken easily
- Ankle swelling
- Confused, slurring of speech



CALL 000 for AMBULANCE IMMEDIATELY

Show them this plan and say you have a flare-up of your COPD

Caution Paramedics: CO2 Retainer No | Yes | N/A

Please keep SpO2 between 88-92%

What you can do to help your COPD

1 Quit smoking

The best thing you can do for your COPD is quit smoking. Quitting the smokes helps slow down your lungs getting worse.

If you need help to quit talk to your doctor, nurse or Aboriginal/Torres Strait Islander health worker or contact your local Quit line.

137 848



2 Get your vaccinations

Vaccinations help keep you well by making your immune system stronger.

They reduce the chance of a flare-up of your COPD and your lungs getting worse. Talk to your doctor, nurse or Aboriginal/Torres Strait Islander health worker about flu, COVID-19 and pneumonia vaccinations.



3 Pulmonary rehabilitation

Pulmonary rehabilitation programs help you exercise safely, manage your short wind (breathlessness) and stay well and out of hospital.

Pulmonary rehabilitation includes exercise and education. Trained health professionals lead the program. Talk to your doctor, nurse or Aboriginal/Torres Strait Islander health worker about a program.



4 Look after the whole body

Look after the whole body to stay healthy and have energy for the things you like.

Eat healthy food



Keep at a healthy weight



Avoid drinking alcohol



Get good sleep



Do some things you enjoy like being with family and friends.



Plan prepared by:	Name: Doctor Health practitioner Health worker (circle)
Clinic/AMS:	
Clinic Phone:	A/H:
Health Worker Name:	Phone: