

COPD Self-Management Plan

Name _____

Date _____

Do not smoke and avoid secondhand smoke.

Green Zone: In Control

- ✓ I breathe easily without a cough or shortness of breath.
- ✓ I am not wheezing.
- ✓ I am not experiencing chest tightness.
- ✓ I do not need to decrease my activity level as I am able to maintain my normal activity level.



Green Means I Should:

- ✓ Continue to take my medicine as ordered.
- ✓ Continue regular activity as tolerated.
- ✓ Follow a low sodium diet.
- ✓ Wear oxygen, if prescribed.
- ✓ Keep all doctor appointments.

Yellow Zone: Caution

- ✓ I have an increased cough and/or mucus (phlegm) production.
- ✓ I have an increase in shortness of breath at rest or with activity.
- ✓ I have increased the amount of quick relief medications used.
- ✓ I have had a change in my usual energy level—increase in either tiredness or restlessness.
- ✓ I need more pillows to sleep.
- ✓ I have swollen ankles more often than usual.
- ✓ I have chest tightness.



Yellow Means I Should:

- ✓ Continue taking daily medications.
- ✓ Use oxygen, if prescribed.
- ✓ Contact my doctor to discuss my change in symptoms and possible adjustment of medication.

Doctor Contact:

Doctor: _____

Phone: _____

Red Zone—Medical Alert!

- ✓ I am coughing up colored mucus and/or blood.
- ✓ I have worsening shortness of breath, wheezing, or chest tightness at rest or with activity.
- ✓ I have an increased or irregular heartbeat.
- ✓ I have a fever of 100.5°F or greater by mouth, or 99.5°F or greater under the arm.
- ✓ I need to sleep sitting up or in a chair.
- ✓ I have changes in the color of my skin, nail beds, or my lips are gray or blue.
- ✓ I am experiencing confusion.
- ✓ I am cold and shivering; I can't get warm.



Red Means I Must:

- ✓ **Take action!**
- ✓ **Go to the Emergency Room or call 9-1-1 immediately!**

American Lung Association. COPD Action Plan. <https://www.lung.org/getmedia/c7657648-a30f-4465-af92-fc762411922e/fy20-ala-copd-action-plan.pdf>. National Heart, Lung, and Blood Institute. <https://www.nhlbi.nih.gov/health-topics/copd>

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