

My COPD Medication is

My Appointment Diary

My Flare-Up Diary

My Allergies are:

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YOUR COPD ACTION PLAN

NAME:

DATE:



My Symptoms



My symptoms are normal for me

Learn to understand what symptoms are normal for me. Use my maintenance medication as prescribed by my doctor. Remember good inhaler technique.



Mild deterioration

I am more breathless than normal but have no fevers or change in sputum colour or volume. I will continue my regular treatment and use reliever inhaler as prescribed.



Moderate deterioration

I am more breathless than normal and coughing up more sputum or sputum has changed in colour.

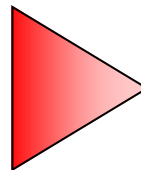
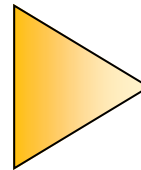
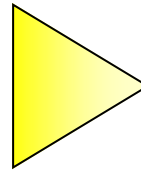
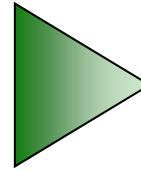
Or I am much more breathless despite taking my reliever medication.

I will use steroids and antibiotics as prescribed.



Severe deterioration

My breathing is much worse than normal despite treatment, or I have chest pain and/or high fevers.



Management Plan

When I am well.

I continue to take my usual medication as prescribed.

When I have a mild deterioration

I will use my reliever medication.

This is: _____

I have a moderate deterioration in my symptoms. I will continue to use my medication and

Steroid: _____

Antibiotic: _____

I will tell my COPD nurse within 2 days of starting the treatment.

I am much worse than normal.

I will call my GP the same day or call 999 if I am too unwell to wait to see my doctor.