

COPD

(Chronic Obstructive Pulmonary Disease)

Action Plan



Using a spacer

If you use a metered dose inhaler (MDI), a spacer will help get the correct dose of medication into your lungs and make it more effective.



Ask your doctor about a spacer, they can provide them free of charge.

Washing your spacer

Wash your spacer once a week with warm water and dishwashing liquid.

Do not rinse off the soap, and leave to air dry.

Breathing tips

- Breathe in through the nose
- Breathe out with pursed or puckered lips (as if you are whistling)
- Try to keep your shoulders relaxed and lean forward with your arms supported on a hard surface

Keep active

- People with COPD can feel short of breath with activity even when well
- Regular exercise makes breathing easier and helps keep you well

**Ask your doctor/or nurse about
Pulmonary Rehabilitation**

Using your inhaler

1. Shake the inhaler well (holding it upright)
2. Fit the inhaler into the opening at the end of the spacer
3. Seal lips firmly around the mouth piece
 - Press the inhaler once only
4. Take 4-6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths
 - Remove the spacer from your mouth
5. Repeat steps 1-4 for further doses



Produced by the Asthma and Respiratory Foundation NZ

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This COPD Action Plan belongs to:

Better breathing, better living

COPD Action Plan

Name: _____

Date of plan: _____

Doctor: _____

Doctor phone: _____

SYMPTOMS

WELL

WHEN I AM WELL I

- (appetite) _____
- (activity) _____
- (sputum) _____
- (sleep) _____

ACTION

LIFESTYLE TIPS

- Stop smoking and avoid smoky places
- Exercise every day
- Always keep enough medicine

MEDICATIONS

Reliever _____ @ _____ puffs as required

_____ @ _____ puffs _____

Other _____ @ _____ puffs _____ times a day

_____ @ _____ puffs _____ times a day

_____ @ _____ times a day

O² _____

WORSENING

BECOMING UNWELL

- More breathless, wheezy or coughing
- Change in amount and/or colour of sputum
- Tired, not hungry

WHAT TO DO

- If you have a fever and/or yellow/green sputum start antibiotics and see your doctor
- Clear sputum with huff and cough techniques
- Eat little and often
- Use the breathing tips (in this leaflet)

Continue your usual medications.

Start the following medications:

_____ times a day

SEVERE

REALLY UNWELL

If no better in _____ days

Contact the doctor for an urgent review

Daytime tel: _____

After hours tel: _____

Continue your usual medications.

Start the following medications:

_____ times a day

EMERGENCY

EMERGENCY

- Very short of breath at rest
- Chest pains
- A feeling of agitation, fear, drowsiness or confusion
- High fever

**Dial 111
for an ambulance**

Patient Name: _____

Doctor: _____

Date plan prepared ____ / ____ / ____ By: _____

Review Date: ____ / ____ / ____ By: _____