

About me

(tick all that apply)

I am a known CO₂ retainer

I have an Advance Care Plan

Long-term home oxygen and flow rate: L/min

Remember

- Keep your action plan up to date
- Make sure your inhalers aren't empty or expired
- Take your medications as prescribed
- Regularly check your inhaler technique with your healthcare practitioner

Tips for managing your breathlessness

Scan this QR code for a guide on managing your breathlessness.



My Breathlessness Plan



1. Stop what you are doing



2. Find a resting position



3. Use your fan, or the breeze



4. Begin your preferred breathing technique for 2-3 minutes

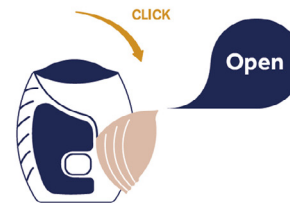
If you are still feeling breathless, follow your Action Plan on the next page

Using an Ellipta inhaler

Only open the mouthpiece cover if you are about to take a dose. If you open and close the cover without inhaling the medicine, the dose will be lost.

1. OPEN cover to prepare a dose

- Slide the mouthpiece cover down until you hear a 'click' (the dose counter window will count down one number).
- Hold the inhaler away from your mouth and breathe out fully.



2. INHALE your medicine

- With your head in a neutral position and chin up, put the mouthpiece between your lips, and close your lips firmly around it.
- Take one long, steady, deep breath in through your mouth. Hold this breath for at least 3-4 seconds.



3. CLOSE the inhaler

- While holding your breath, remove the inhaler from your mouth.
- Breathe out slowly and gently, away from the inhaler.
- Slide the cover over the mouthpiece to close the inhaler.



COPD

(Chronic Obstructive Pulmonary Disease)

Action Plan



This COPD Action Plan belongs to:

Produced by Asthma and Respiratory Foundation NZ

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 asthmaandrespiratory.org.nz

Better breathing, better living.

Name _____

Healthcare practitioner _____

Date of plan _____

Healthcare practice phone _____

Know your COPD symptoms...

Know when and how to take your medicine...

NORMAL FOR ME

When I am well my 'normal' is

- I have a usual amount of cough/sputum
- I can do my usual activities
- I can walk _____ metres/km
- Oxygen saturations _____ % breathing room air

[name]	puffs every morning
	puffs every night
[name]	puffs every morning
	puffs every night

Reliever:	puffs when you need it to relieve your symptoms
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I'M UNWELL

These signs suggest my COPD is worse:

- I am more breathless
- I need my reliever medicine more often
- I am more tired/fatigued
- I am losing my appetite
- I may have a fever (hot/cold flushes, temperature)
- I may have more sputum

What should I do?

- Breathing control techniques – scan QR code on back page
- Rest more
- Sputum clearance
- Take reliever inhaler regularly (for example every 4 hours)
- Make an appointment to see my Primary Health Care team within 3 days

Start prednisone:

_____ mg for _____ days

If I have all of the following symptoms it is a sign of a chest infection:

- There is an increase in the amount of sputum
- My sputum has changed to a darker colour
- I am more breathless than usual

Start antibiotics for signs of a chest infection:

[name]	_____ times per day for _____ days
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I'M VERY UNWELL

I am becoming more unwell if:

- I am getting worse despite the extra medicines
- OR
- I am no better 48 hours after taking prednisone

What should I do?

- Breathing control techniques – scan QR code on back page
- Rest more
- Sputum clearance
- Phone my Primary Health Care team to make an urgent appointment today or go to After Hours Medical Centre

Important: See a healthcare practitioner today

Other instructions:

EMERGENCY

I'm extremely unwell

- I am very breathless
- I am not getting any relief from my reliever medicine
- I am scared
- I may be unusually confused or drowsy
- I may have chest pain

What should I do?

- **Dial 111** for an ambulance or press your medical alarm button
- Take extra reliever as needed until the ambulance arrives
- Breathing control techniques

Plan prepared by _____
Next review date _____
Signature _____