

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) TOOL FOR SYMPTOMS MANAGEMENT

GREEN ZONE

UNDER CONTROL

YOUR GOAL:

- > Activity and exercise level as usual
- > Amount of cough and phlegm/mucus as usual
- > Sleeps well at night
- > Appetite is good

YOU ARE IN CONTROL

- > Your COPD is under control
- > Continue taking medications as ordered
- > Use oxygen as prescribed
- > Continue regular exercise/diet plan
- > Avoid cigarette smoke, environmental irritants

YELLOW ZONE

CAUTION

If you have any of the following signs and symptoms:

- > More out of breath than usual
- > Lack of energy for daily activities
- > Increased or thicker phlegm/mucus
- > Coughing more than usual
- > Using quick relief inhaler/nebulizer more often
- > Swelling of ankles more than usual
- > Poor sleep/waking up at night
- > Poor/lack of appetite
- > Medication is not helping

TAKE ACTION TODAY

- > These symptoms may indicate that the medications need to be adjusted
- > Use oxygen as prescribed
- > Get plenty of rest
- > Use pursed lip breathing
- > Avoid cigarettes/environmental irritants at all times
- > Call your physician, nurse coordinator, or home health nurse

RED ZONE

MEDICAL ALERT

If you have any of the following signs and symptoms:

- > Severe shortness of breath even at rest
- > Unable to perform any activity because of shortness of breath
- > Not able to talk because of shortness of breath
- > Fever, shaking, or chills
- > Feeling confused or very drowsy
- > Coughing up blood

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

TAKE ACTION NOW

> These symptoms may indicate that you need to be evaluated by a physician immediately

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

Physician Name:
Physician #:

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) TOOL FOR SYMPTOMS MANAGEMENT

EVERY DAY

- > Take your medications and oxygen as prescribed
- > Avoid or limit exposure to all kinds of smoke (tobacco, fireplace, environmental irritants)
- > Activity get at least 30 minutes of physical activity for 5 days, such as brisk walking (check with your physician before beginning any exercise program)
- > Use pursed lip breathing
- > Get plenty rest

ACE

ALTUS ACCOUNTABLE CARE ENTITY

ALTUSACE.COM