

COPD Acute Exacerbation Action Plan

ACTION PLAN FOR: _____ **DOB:** _____

This plan provides information on what I may feel when my COPD gets worse and what I can do to take care of myself when I have a flare-up of COPD.

WHEN I FEEL WELL	ACTION: (My usual care)
• My breathing problems have not changed. • I have the usual amount of cough and phlegm/mucus. • Color of my phlegm is unchanged. • My activity level is unchanged. • My appetite is good and my sleep is unchanged from usual.	• Continue taking medications daily as prescribed. • Continue healthy diet and regular exercise. • Avoid things that make my symptoms – cigarette smoke and other irritants. • If already on oxygen, continue to use _____ L as prescribed.
WHEN I FEEL DIFFERENT (having a COPD flare-up or infection)	ACTION: (Need additional medications)
• I am more short of breath than usual. • I may be coughing more than usual and/or wheezing. • I may have more phlegm. • Color of my phlegm has changed. • I need to use my quick relief inhaler more than usual. • I may not be able to do my daily activities like usual.	If change in symptoms for less than 1 day: • Avoid or decrease exposure to irritants. • Continue all routine medications and oxygen if prescribed. • Use quick relief inhaler every _____ hours. If change in symptoms for more than 1 day: • Start PRESCRIPTIONS FOR COPD FLARE-UP: • Prednisone _____ for _____ days • Antibiotic _____ for _____ days • Call my health care provider to get advice. • Keep your appointment in clinic even if symptoms are improving.
WHEN I FEEL THAT I AM IN DANGER	ACTION: (Urgent)
• My symptoms are getting worse. • I am more short of breath even at rest. • I am not able to sleep because of difficulty breathing. • I am very short of breath; I have fever or chills; I feel confused and/or drowsy; I have chest pain.	• Seek medical care immediately – either contact my doctor/nurse practitioner or go to the local hospital Emergency Department. • Phone 911 for an ambulance to take me to hospital.
Important: See your physician or nurse practitioner at least once a year to review this action plan, and more often if use your COPD flare-up medications twice in 6 months.	