


# COPD Self-Management Plan

Name \_\_\_\_\_

Date \_\_\_\_\_

<b>Green Zone: In Control</b>		<b>Green Means I Should:</b>
<ul style="list-style-type: none"> <li>✓ I breathe easily without a cough or shortness of breath.</li> <li>✓ I am not wheezing.</li> <li>✓ I am not experiencing chest tightness.</li> <li>✓ I do not need to decrease my activity level as I am able to maintain my normal activity level.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Continue to take my medicine as ordered.</li> <li>✓ Continue regular activity as tolerated.</li> <li>✓ Follow a low salt diet.</li> <li>✓ Wear oxygen, if prescribed.</li> <li>✓ Keep all physician appointments.</li> </ul>
<b>Yellow Zone: Caution</b>		<b>Yellow Means I Should:</b>
<ul style="list-style-type: none"> <li>✓ I have an increased cough and/or sputum and symptoms.</li> <li>✓ I have an increase in shortness of breath with my usual activity level.</li> <li>✓ I have increased the amount of quick relief medications used.</li> <li>✓ I have had a change in my usual energy level—increase in either tiredness or restlessness.</li> <li>✓ I need more pillows to sleep.</li> <li>✓ I have swollen ankles more often than usual.</li> <li>✓ I have chest tightness.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Continue taking daily medications.</li> <li>✓ Use oxygen, if prescribed.</li> <li>✓ Contact my physician, nurse, or home health nurse to discuss my change in symptoms and possible adjustment of medication.</li> </ul> <p><b>Physician Contact:</b></p> <p>Doctor: _____</p> <p>Phone: _____</p>
<b>Red Zone—Medical Alert!</b>		<b>Red Means I Must:</b>
<ul style="list-style-type: none"> <li>✓ I have unrelieved shortness of breath, chest pain, or chest tightness.</li> <li>✓ I have shortness of breath, wheezing, or chest tightness at a rest state.</li> <li>✓ I have an increased or irregular heartbeat.</li> <li>✓ I have a fever or shaking chills.</li> <li>✓ I need to sleep sitting up or in a chair.</li> <li>✓ I have changes in the color of my skin, nail beds, or my lips are gray or blue.</li> <li>✓ I am experiencing confusion or I am coughing up blood.</li> </ul>		<ul style="list-style-type: none"> <li>✓ <b>Take action!</b></li> <li>✓ <b>Go to the Emergency Room or call 9-1-1 immediately!</b></li> </ul>