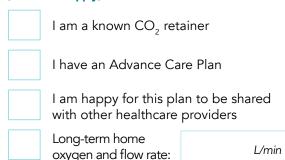
#### About me

#### (tick all that apply)



#### Remember

- Keep your action plan up to date
- Make sure your inhalers aren't empty or expired
- Take your medications as prescribed
- Ensure you always carry your reliever
- Regularly check your inhaler technique with your healthcare professional

## 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

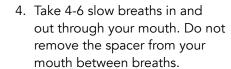
#### Using a spacer

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



Ask your healthcare professional about a spacer, they can provide them free of charge. If you don't already have one, you need one. Spacers increase your medication's effectiveness.

- 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.



**OR** take one slow deep breath in and hold this for 10 seconds.

5. Repeat steps 1-4 for further doses.

# 3



### Washing your spacer

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

**Do not rinse, drip dry** to ensure that your medicine gets into your lungs and doesn't stick to the sides of the spacer.

Produced by Asthma and Respiratory Foundation NZ



## COPD

(Chronic Obstructive Pulmonary Disease)

Action Plan



This COPD Action Plan belongs to:

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...

#### When I am well my 'normal' is

- I have a usual amount of cough /phlegm.
- I can do my usual activities.
- Exercise / activity
- 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

#### These signs suggest my COPD is worse:

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

#### What should I do?

- Breathing control techniques
- Energy conservation techniques
- Chest 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:



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

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

#### Start antibiotics for signs of a chest infection:

times per day for	days

#### 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
- Energy conservation techniques
- Chest clearance
- Phone my Primary Health Care team to make an urgent appointment today or go to After Hours Medical Centre

#### **Important:** You need to see a doctor today

#### Other instructions:

#### 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	

**FOR ME** 

NORMAL