



### MY COPD ZONE TOOL AND ACTION PLAN

This plan should be discussed at each office visit and updated as needed.

The green, yellow and red zones show symptoms of COPD. The list of symptoms is not complete, and you may experience other symptoms. In the “Actions” column, there are recommended actions for you to take based on your symptoms by checking the appropriate boxes.

Green Zone: I am doing well today	Actions
<ul style="list-style-type: none"> <li>• Usual activity and exercise level</li> <li>• Usual amounts of cough and phlegm/mucous</li> <li>• Slept well last night</li> <li>• No shortness of breath, no weight gain more than 2 pounds, no swelling</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take daily medications</li> <li><input type="checkbox"/> Use oxygen as prescribed</li> <li><input type="checkbox"/> Continue regular exercise/diet plan</li> <li><input type="checkbox"/> At all times avoid cigarette smoke and inhaled irritants</li> <li><input type="checkbox"/> _____</li> </ul>
Yellow Zone: I am having a bad day or a COPD flare	Actions
<ul style="list-style-type: none"> <li>• More breathless than usual</li> <li>• I have less energy for my daily activities</li> <li>• Increased or thicker phlegm/mucus</li> <li>• Using quick relief inhaler/nebulizer more often</li> <li>• Swelling of ankles more than usual</li> <li>• More coughing or wheezing than usual</li> <li>• I feel like I have a “chest cold”</li> <li>• Poor sleep and my symptoms woke me up</li> <li>• Weight loss or gain of 3 pounds</li> <li>• My medicine is not helping</li> <li>• Fever of 100.5 F oral or 99.5 under the arm</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Continue taking daily medications</li> <li><input type="checkbox"/> Use quick relief inhaler every _____ hours</li> <li><input type="checkbox"/> Use oxygen as prescribed</li> <li><input type="checkbox"/> Get plenty of rest</li> <li><input type="checkbox"/> Use pursed lip/abdominal breathing</li> <li><input type="checkbox"/> At all times avoid cigarette smoke, inhaled irritants</li> <li><input type="checkbox"/> Call provider immediately if symptoms don’t improve: they may indicate that an adjustment in medication or oxygen therapy is needed</li> <li><input type="checkbox"/> Start an oral corticosteroid if ordered (specify name, dose, and duration)</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> Start antibiotic if ordered (specify name, dose, and duration)</li> </ul>
Red Zone: I need urgent medical care	Actions
<ul style="list-style-type: none"> <li>• Severe shortness of breath even at rest</li> <li>• Not able to do any activity because of breathing</li> <li>• Fever or shaking chills, chest pain</li> <li>• Feeling confused or very drowsy</li> <li>• Coughing up blood</li> <li>• Change in color of your skin, nail beds or lips to gray or blue</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Call 911 or seek medical care immediately</li> <li><input type="checkbox"/> While getting help, immediately do the following:</li> </ul>