

Fact Sheet for Patients: Chronic Obstructive Pulmonary Disease Action Plan



Delivering a Healthy WA

The Chronic Obstructive Pulmonary Disease (COPD) Action Plan has been developed to provide people with COPD information and advice to manage their health.

Government of Western Australia
Department of Health

Respiratory Health Network

Chronic Obstructive Pulmonary Disease Action Plan

SAMPLE

Name _____

Phone _____

UMRN Public Hospital _____

Medicare No _____

If found please contact or return to

Usual GP _____

Phone _____

Usual treatment—Chronic Obstructive Pulmonary Disease (COPD) under control

- Inhaler 1: Dose: _____ Freq: _____
- Inhaler 2: Dose: _____ Freq: _____
- Symptom reliever: _____ as required.

Beware if required more than four (4) hourly

- Other treatment: _____
- Dose: _____ Freq: _____
- Combined therapy: _____
- Freq: _____

Worsening Chronic Obstructive Pulmonary Disease (COPD)

Gradual deterioration: symptoms worsen progressively, maybe over several days or longer.

- Increasing cough, sputum, breathlessness, wheeze, chest tightness, fever, chills, muscle aches and pains; off food.
- Relief from normally used reliever medication is not as good as usual and doesn't last as long. A need for more frequent medication may be your strongest warning.

Act on additional treatment →

Additional treatment—for worsening Chronic Obstructive Pulmonary Disease (COPD)

- Increase medication (preventer and reliever)
- Dose: _____ Freq: _____
- Dose: _____ Freq: _____
- Add medication (e.g. Prednisolone; antibiotics)
- Dose: _____ Freq: _____
- Dose: _____ Freq: _____

If there is no satisfactory and lasting reversal of deterioration in hours act on emergency plan and call ambulance.

When you improve with increased medication you should call your case manager and also see your doctor as soon as possible for re-assessment and review of medication.

Case manager name: _____

Contact number: _____

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Severe Chronic Obstructive Pulmonary Disease (COPD)

Warning Signs

- Severe breathlessness
- Needing reliever medication more than 2 hourly
- Unable to speak more than a couple of words
- Unable to walk more than a few paces
- Attack is frightening or unusual.

With these symptoms an ambulance is needed.
Dial 000 and ask for ambulance

Indicate "severe Chronic Obstructive Pulmonary Disease (COPD) attack"

Act on emergency plan

- Administer medication
- Dose: _____ Freq: _____
- Dose: _____ Freq: _____
- Administer oxygen, if required.

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Questions and Answers

What is the purpose of the action plan?

The COPD Action Plan has been developed to provide information and advice on your treatment and what to do when your condition worsens and you need to take action.

The Plan also provides health professionals with information about your treatment.

Please take this Plan with you when you visit your GP, health professional including pharmacist or hospital.

Which health professionals name is written on the action plan?

The Plan includes the name of your GP and also case manager (or the person who is providing health care services for you in the community).

What if my treatment/medication changes

If there is a change in your treatment or any of your details you should request a new COPD Action Plan from your health professional. This will make sure that your details and treatment/medication regime is correct.

How do I get a replacement action plan if I need one?

You should contact your usual GP or health professional.



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