

COPD Resources for Healthcare and Public Health Professionals



COPD is a leading cause of disability and death in the U.S. It is often underdiagnosed or diagnosed at advanced stages, but when treated in the early stages options exist that can decrease the rate of decline in lung function and improve quality of life. Find these courses and more under the Expand Your Knowledge section on [Lung.org/HCP-COPD](https://www.lung.org/HCP-COPD).

American Lung Association Courses and Trainings

COPD Overview Online Module

This one-hour, on-demand program will review evidence-based guidelines to improve care for patients with COPD. Continuing education credits may be available.

COPD Basics

This one-hour, two-part interactive online program helps people understand COPD including risk factors, treatment options, managing exacerbations, and more. Continuing education credits are available.

COPD Educator Course

This three-day, 14-hour professional development, live-streamed course provides professionals with practical skills and knowledge to improve quality of care to patients with COPD. Continuing education credits are available. An on-demand version of this training is also available.

Better Breathers Club

Become a Better Breathers Club facilitator and lead in-person or virtual support group meetings that provide education and networking opportunities for adults living with chronic lung disease like COPD.

Ask, Advise, Refer to Quit, Don't Switch

This on-demand training is based on CDC's Ask, Advise, Refer brief intervention module. Continuing education credits are available.

Freedom From Smoking®

Become a Freedom From Smoking® facilitator and lead engaging, effective group tobacco cessation clinics in communities nationwide.

Spirometry Trainings

Explore trainings, resources, and case studies about how to conduct and interpret spirometry results.

Download and print free patient-focused educational resources on COPD diagnosis and management.

American Lung Association **My COPD Action Plan**

Patients and healthcare providers should complete this action plan together. This plan should be discussed at each visit and updated as needed.

The green, yellow and red zones show symptoms of COPD. The list of symptoms is not complete. You may experience other symptoms. In the "Actions" column, your healthcare provider will recommend actions for you to take. Your healthcare provider may write down other actions in addition to those listed here.

Green Zone: I am doing well today	Actions
<ul style="list-style-type: none"> Usual activity and exercise level Usual amounts of cough and phlegm/mucus Sleep well at night Appetite is good 	<ul style="list-style-type: none"> <input type="checkbox"/> Take daily medicines <input type="checkbox"/> Use nebulizer as prescribed <input type="checkbox"/> Continue regular exercise/SET plan <input type="checkbox"/> Avoid tobacco product use and other inhaled irritants
Yellow Zone: I am having a bad day or a COPD flare	Actions
<ul style="list-style-type: none"> More breathless than usual I have less energy for my daily activities Increased or thicker phlegm/mucus Using quick relief inhaler/nebulizer more often More swelling in ankles More coughing than usual I feel like I have a "chest cold" Poor sleep and my symptoms woke me up My appetite is not good My medicine is not helping 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue daily medication <input type="checkbox"/> Use quick relief inhaler every _____ hours <input type="checkbox"/> Start an oral corticosteroid (specify name, dose, and duration) <input type="checkbox"/> Start an antibiotic (specify name, dose, and duration) <input type="checkbox"/> Use oxygen as prescribed <input type="checkbox"/> Get plenty of rest <input type="checkbox"/> Use pursed lip breathing <input type="checkbox"/> Avoid secondhand smoke, e-cigarette aerosol, and other inhaled irritants <input type="checkbox"/> Call provider immediately if symptoms do not improve
Red Zone: I need urgent medical care	Actions
<ul style="list-style-type: none"> Severe shortness of breath even at rest Not able to do any activity because of breathing Not able to sleep because of breathing Fever or shaking chills Fainting, confused or very drowsy Chest pain Coughing up blood 	<ul style="list-style-type: none"> <input type="checkbox"/> Call 911 or seek medical care immediately <input type="checkbox"/> While getting help, immediately do the following:

1-800-LUNG-USA | Lung.org/copd

American Lung Association **Asthma and COPD Medicines**

Quick Reliever Medicines

Short-Acting Beta₂ Agonists (SABA)
 Short-Acting Muscarinic Antagonists (SAMA)
 Short-Acting Combinations (SABA/SAMA)

Maintenance/Controller Medicines

Inhaled Corticosteroids (ICS)
 Combination Therapy (Inhaled Corticosteroid + Long-Acting Beta₂ Agonist) (ICS/LABA)
 Long-Acting Muscarinic Antagonists (LAMA)
 Add-On Medicines

Definitions

ICS = Inhaled Corticosteroid
 ICS/LABA or LABA/LAMA = Combination Therapy
 LABA = Long-Acting Beta₂ Agonist
 LABA + Long-Acting Muscarinic Antagonist
 LTRA = Leukotriene Receptor Antagonist
 SABA = Short-Acting Beta₂ Agonist
 SAMA = Short-Acting Muscarinic Antagonist
 SMART = Single Maintenance and Reliever Therapy

Lung Helpline 1-800-LUNGUSA | Lung.org

American Lung Association **How to Use a Metered-Dose Inhaler with a Valved Holding Chamber (Spacer)**

Prime a brand-new inhaler: Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped:

- Shake inhaler 10 seconds.
- Take the cap off the inhaler and valved holding chamber. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpieces.
- Put inhaler into the chamber/spacer.
- Breathe out away from the device.
- Put chamber mouthpiece in mouth.
- Press inhaler once and breathe in deep and steadily.
- Hold your breath for 10 seconds, then breathe out slowly.
- Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit Lung.org.

Scan the QR Code to access How-To Videos.

You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at 1-800-LUNGUSA.

©2022 American Lung Association. All rights reserved. 02/2022

Access training programs and patient resources at Lung.org/HCP-COPD.

This publication was supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$400,000 with 100 percent funding by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.