

What is a COPD Management Plan, and how do you use it?

A management plan is a personal tool that helps you talk with your health care provider about your COPD. With a management plan, you will know how and when to take your medicines, when to call your health care provider, and when to get emergency care. A management plan also helps you track how you are doing, any concerns you may have, and any changes in your health that are important to discuss with your doctor.

Each person's COPD is different and so is each management plan. We hope that you will use the tools provided here to work with your doctor to make a plan that is right for you.

There are three parts to a good management plan.

The **COPD MANAGEMENT PLAN** and **COPD ACTION PLAN** should be filled out with your health care provider during your physicians visit. You should bring these with you **every time you visit your doctor**.

The **first** part outlined in **BLUE** is called **MY COPD MANAGEMENT PLAN**. It is your record of general contact information, lung function measurements, and lung health care plan. This section is also used to record your current medications, including oxygen settings if you are using supplemental oxygen, and other health conditions. It also helps you and your health care provider identify all of your different treatment options.

The **second** part in **Green, Yellow and Red** (like a traffic light) is called **MY COPD ACTION PLAN**. This is used to help you know what to do when your symptoms worsen. This plan is to be completed by you, with the help of your health care provider, and should be reviewed and updated at every visit. The plan includes a comprehensive list of symptoms, but you may experience other symptoms. If you are unclear as to the actions you should take, please contact your physician/health care provider immediately. When listing your symptoms, the Green zone is when you are doing well, the Yellow zone is for when you are having a bad day, and the Red zone is for when you need urgent medical care. In each zone there is a list of symptoms and the appropriate actions you should take if you are in that zone.

The **third** part to a good management plan is called **MY COPD REPORT CARD** and it is outlined in **BLUE**. This is a tracking report of how you have been feeling and should be used to help facilitate the discussion with your health care provider. The **COPD REPORT CARD** should be filled out **before every doctor visit**. Be sure to take it with you! If you are seeing your doctor for a **routine** visit, fill out the report describing how you have been feeling **since your last visit**. If you are seeing your doctor for **urgent care** or a "flare up" of your symptoms, fill out the report describing how you **feel right at that time**. The Report Card also includes your general contact information and listing of your current medications. It also has a list of detailed COPD symptoms and other health concerns you may be experiencing and want to discuss with your physician.

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