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.
I would like to talk to the doctor about the following concerns.

Activity Level. How much exercise do you get? Check one.
- I never get exercise
- I get exercise occasionally
- I get exercise on some days
- I get exercise on most days

Breathlessness. Check the description that best describes your breathlessness
- I am not breathless except during strenuous exercise
- I am troubled by breathlessness when I hurry on the level or up a slight incline
- I must walk slower than other people my same age or I have to stop for breath when I walk on the level
- I have all bad days
- I have more bad days than good days
- I have about an equal number of good days and bad days
- I have more good days than bad days
- I have all good days

Date Since my last visit, I have been treated in an urgent care facility, emergency department, or hospital_____times

Other: Are there other medications or procedures which might be able to help me more?

Marital or personal problems
Difficulties paying for medicines
Living will / medical power of attorney
Medicine side effects

If you have changes in your health that are important to discuss with your doctor, please write them here:

People with COPD have good days and bad days in terms of their energy levels. They may have days they feel right and days they feel tired. Good days and bad days are a part of COPD and should be expected.

MY COPD MANAGEMENT PLAN

A management plan is a personal tool that helps you talk with your health care provider about your COPD. With a written plan, you and your health care provider identify all of your different treatment options.

A COPD management plan helps you track how you are doing, any concerns you may have, and any changes in your health. 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.

There are three parts to a good management plan. The first part is the COPD Report Card, which includes your general contact information and listings of your COPD treatments. The second part is the COPD Action Plan, which includes a list of symptoms and the appropriate actions you should take if you experience them. The third part is the COPD Action Plan, which includes a list of symptoms and the appropriate actions you should take if you experience them. The last part is the COPD Action Plan, which includes a list of symptoms and the appropriate actions you should take if you experience them.

The Report Card also includes your general contact information and listing of your COPD treatments. It is called the COPD Report Card.

The COPD Action Plan is a traffic light system of Red, Yellow, and Blue zones. To fill out the report card, you should write in the zone that best describes how you feel at that time.

The Blue zone is for when you feel good and are able to manage your COPD. 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, you may experience other symptoms. If you are unclear as to the actions you should take, please contact your physician.

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. If you are having a bad day, you should call your health care provider. If you are having an urgent care facility, emergency department, or hospital_____times, you should contact your physician.

A management plan is a personal tool that helps you talk with your health care provider about your COPD. With a written plan, you and your health care provider identify all of your different treatment options.

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.

MY COPD ACTION PLAN

There is a list of symptoms and the appropriate actions you should take if you experience them. If you are unclear as to the actions you should take, please contact your physician.

If you are having a bad day, you should call your health care provider. If you are having an urgent care facility, emergency department, or hospital_____times, you should contact your physician.

For more information or to download additional copies of the COPD Action Plan, please visit www.lungusa.org