

American Lung Association Courses & Trainings

Controlling COPD Flipchart

The Controlling COPD Flipchart is designed to deliver consistent COPD education to patients and caregivers.

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 On-Demand

The COPD Educator Course On-Demand is designed to provide healthcare providers with evidence based guidelines to improve care for your patients living with COPD. The on demand format now allows maximum flexibility to take the course at your own pace. Upon completion of the course, you will receive 14 CMEs/CEUs.

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.





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. This type of symptoms is normal. You may experience other symptoms. In the "Action" 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"> I sleep usually and breathe well I use amounts of cough and phlegm/mucus I sleep well at night Appetite is good 	<ul style="list-style-type: none"> <input type="checkbox"/> Take daily medication <input type="checkbox"/> Use oxygen as prescribed <input type="checkbox"/> Continue regular exercise/walk 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"> I have breathless than usual I have less energy for daily activities I increased or thicker phlegm/phlegm mucus I cough much more often/produce more often More swelling in arms More coughing than usual I feel like I have a "tight chest" I have signs and my symptoms have come 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"/> Take sick visit within every _____ hours <input type="checkbox"/> Start on oral corticosteroids _____ (days, week, and months) <input type="checkbox"/> Start on antibiotic _____ (days, week, and months) <input type="checkbox"/> Use oxygen as prescribed <input type="checkbox"/> Use pulse oximetry <input type="checkbox"/> Use pursed lip breathing <input type="checkbox"/> Add second inhaler, rescue, e-cigarette aerosol, and other inhaled irritants <input type="checkbox"/> Get cold/flu vaccine immediately if symptoms do not improve
Red Zone: I need urgent medical care	Actions
<ul style="list-style-type: none"> I have shortness of breath even at rest I am not able to do any activity because of breathing I not able to sleep because of breathing Fever or shaking chills Frustrating confusion or 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"/> Start getting help, immediately do the following

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


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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.


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
1. Shake inhaler 10 seconds.
- 


2. 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.
- 


3. Put inhaler into the chamber/spacer.
- 

4. Breathe out away from the device.
- 

5. Put chamber mouthpiece in mouth.
- 

6. Press inhaler once and breathe in deep and slowly.
- 

7. Hold your breath for 10 seconds, then breathe out slowly.
- 


8. If you need another puff of medicine, wait 1 minute and repeat steps 4-7.
- 

9. 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 in 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.

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

