

# LUNG PARTNERS COPD ACTION PLAN

## Green Zone

- Sleeping well.
- My sputum is clear/white and easily cleared in small amounts.
- I breathe without difficulty.
- I can do usual activities/exercise without tiring.
- Appetite is good.

### What To Do

- Continue taking medications as prescribed.
- Keep all doctor appointments.
- Maintain routine activity.
- Use oxygen as prescribed.
- At all times, avoid cigarette smoke, inhaled irritants.

## Yellow Zone

- Just don't feel well-unusually **restless/anxious**.
- **My sputum is thicker** than normal or I am producing more sputum.
- I have a change in color of phlegm/mucus.
- I am more **short of breath** with routine activity.
- I wheeze or **cough** more than usual.
- New swelling in feet or ankles.
- I **tire easily** and cannot do usual activities without resting.
- I am not thinking clearly.
- **I am using my nebulizer/rescuhaler more than normal.**
- **Side effects** from medications.
- My medicine is not helping.
- **My appetite is not good.**
- I feel like I have a "chest cold".
- **Poor sleep** and my symptoms woke me up.
- **Gain** of 3-4 pounds over 1-2 days or 5 pounds in a week OR a gain of less weight than above AND also have any of the symptoms listed.
- **Bloated** abdomen
- Full feeling in abdomen
- I need to use **2 or more pillows** or sleep in a recliner to breathe comfortably.

### What To Do

- 1** Write down (or have someone write for you) what your concerns are and why you feel something is wrong
  - **BE VERY SPECIFIC** - Write down exactly what your symptoms are, how long you have had them, and how they are different than usual ex: my sputum has changed to \_\_\_\_\_ color and I'm more short of breath.
    - any meds that have changed since your last visit.
    - any sick contacts.
- 2** Call your Pulmonologist. If you don't have a pulmonologist, call your regular doctor. Tell them:
  - Your name
  - Your doctor's name
  - Your history (ex: I have a history of COPD.)
  - What your symptoms are and how they have changed. ex: my sputum is now thick and \_\_\_\_\_ in color.
  - Anything you written down about your concerns.
  - You need an appointment today.
- 3** If you cannot have an appointment today, insist on talking to the Nurse Practitioner or Doctor.
- 4** Emphasize that your goal is to stay out of the hospital.
- 5** If you still can't get an appointment, call your transition coach at \_\_\_\_\_.

## Red Zone

- I have trouble coughing up sputum.
- **Severe shortness of breath.**
- My sputum contains **blood**.
- Not able to do any activity because of breathing.
- I am confused.
- Not able to sleep because of breathing.
- **Fever or shaking chills.**
- It is difficult for me to wake up.
- **Chest pain.**
- A feeling of **impending doom.**

### What To Do

**CALL 911 NOW!**



**CROUSE HOSPITAL**  
**LUNG PARTNERS™**  
Primary Respiratory Care