

# PERSONAL ACTION PLAN – KEEPING WELL WITH COPD

## SYMPTOMS

## ACTION

## COPD MEDICATIONS

**WELL**

### WHEN I AM WELL I:

- (appetite)
- (activity)
- (sputum)
- (sleep)

### LIFESTYLE TIPS:

- Stop smoking and avoid smokey places
- Exercise every day
- Always keep enough medicine
- Get your annual influenza vaccine

Reliever  @  puffs as required

@  puffs

Other  @  puffs  times a day

@  puffs  times a day

@  puffs  times a day

Home Oxygen therapy (litres/min) ..... l/min

**WORSENING**

### BECOMING UNWELL:

- More breathless, wheezy or coughing
- Change in amount and/or colour of sputum
- Tired, not hungry

### WHAT TO DO:

- If you have a fever and/or yellow/green sputum, start antibiotics & see your GP team
- Clear sputum with huff & cough techniques
- Eat little and often
- Use the breathing tips
- If not improving, contact your GP team

Continue your usual medications.  
Start the following medications:

times a day

**SEVERE**

### REALLY UNWELL:

If not better in  days

Contact your GP team or after hours acute services for an urgent review

Daytime tel:

After hours tel:

Continue your usual medications.  
Start the following medications:

times a day

**EMERGENCY**

### EMERGENCY:

- Very short of breath at rest
- Chest pains
- A feeling of agitation, fear, drowsiness or confusion
- High fever

**DIAL 111  
FOR AN AMBULANCE**

Patient name:

Doctor:

Date plan prepared:  By:

Review date:  By:

NOTE: PLEASE PRINT IN COLOUR IF AT ALL POSSIBLE

If you require medical attention, it is useful for medical and ambulance teams to know how your breathing is when you are well. Your GP or practice nurse can fill in this information with you.

**Health professionals:  
PLEASE CHECK THAT THIS  
IS THE MOST UP-TO-DATE PLAN**

Date of last admission:

CO<sub>2</sub> retainer:  Yes  No  Unknown

Normal baseline obs:

Temp: \_\_\_\_\_

Pulse: \_\_\_\_\_

BP: \_\_\_\_\_

Resps: \_\_\_\_\_

O<sub>2</sub> Sats: \_\_\_\_\_

Best peak flow recording:

Normal exercise tolerance:

Special notes or requirements:

I'm allergic to:

Date action plan completed:

## IMPORTANT HEALTH CONTACTS:

### **CITY DOCTORS**

22 Victoria Avenue, Palmerston North  
Phone: (06) 355 3300 Fax: (06) 359 2563  
E-mail: yvonnec@citydoctors.co.nz

Open: 8am – 8pm, 7 days a week.  
After hours fees apply 5pm – 8pm  
weeknights, weekends and public holidays.

### **THE PALMS MEDICAL CENTRE**

445 Ferguson Street, Palmerston North  
Phone: (06) 354 7737 Fax: (06) 354 7757  
Website: www.palmsmedical.co.nz

Open: 8am – 8pm, 7 days a week.  
After hours fees apply 6am – 8pm  
weekends and public holidays.

### **HOROWHENUA AFTERHOURS**

5pm – 7.30pm weekdays.  
8am – 5.30pm weekends and public holidays.  
Ring (06) 368 1402 for advice on which  
location to present to.  
Website: www.thinkhauora.nz

Free health advice  
when you need it



**Healthline**

0800 611 116

www.healthline.govt.nz



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Name:

Address: