

COPD – Personal Action Plan

I Can Take Charge

You are in charge of managing your disease. Intermountain Homecare & Hospice is committed to help you. Below are tools to help you develop your own action plan and keep track of your progress at home.

My Personal Plan

I would like to work on the following areas to manage my COPD:

- Taking my medicines as ordered by my doctor
- Exercising and staying active
- Using oxygen safely if ordered by my doctor



- Eating well and managing my diet
- Monitoring myself for symptoms and taking action right away when they occur
- Seeing my doctor regularly

MEDICATION *(See pages 11-20 in the Breathing Easier Handbook.)*

Bronchodilators – quick relief

Used as “rescue” inhalers, helps open your airways making it easier for air to get in and out of your lungs. Carry this medicine with you and use it only when you need fast relief for shortness of breath.

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:
 fast heart rate · nervousness · dry mouth · headaches

Bronchodilators – every day control

Taken every day to help control symptoms.

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:
 nausea · headache · nervousness · shakiness

Bronchodilators - combination

Two or more medicines in this inhaler.

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:
 nausea · shakiness · headache · dry mouth · rapid heart rate

Steroids Inhaled

Medications can ease swelling in your airways. They are inhaled so the medication goes directly to your lungs and doesn't affect the rest of your body.

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:

dry mouth · dry throat · nausea · yeast infection

Steroids Oral

Reduce inflammation and allergic reactions. This medicine affects the whole body and is often given on a temporary basis to treat a symptom flare up.

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:

mood swings · weight gain · yeast infection

Oxygen (see pages 21-24 in the *Breathing Easier* booklet)

Helps you breathe easier.

I take: _____

I will watch for these side effects:

nasal dryness · nose bleeds · skin break down on back of ears · eye sight disturbances

ACTIVITY (See pages 25-31 in the *Breathing Better Booklet*.)

To increase activity, I will:

	WK 1	WK 2	WK 3	WK 4
Walk _____ minutes _____ times in my neighborhood or at a mall				
Go to an exercise class at a gym or senior center				
Ride a stationary bike _____ minutes _____ days a week				
Do water exercise _____ minutes _____ days a week				
Complete chair activities for _____ minutes				
Do light housekeeping being cautious to not stir up a log of dust				
Do light yard work as long as you are feeling well				
Complete a physical therapy evaluation				
Other:				

*Possible problems for meeting my goal are:

*Things that will help me meet my goal are:

BREATHING (See pages 32-35 in the *Breathing Better Handbook*.)

To increase activity, I will:

	WK 1	WK 2	WK 3	WK 4
Pursed lip breathing _____ a day				
Belly breathing _____ a day				
Controlled cough (huff coughing) _____ a day				

*Possible problems for meeting my goal are:

*Things that will help me meet my goal are:

WEIGHT	Current weight:	Target weight:			
To keep track of my weight, I will:		WK 1	WK 2	WK 3	WK 4
Weigh myself every day					
Call my doctor if I gain 5 pounds over my target weight					
*Possible problems for meeting my goal are:					
*Things that will help me meet my goal are:					

NUTRITION <i>(See pages 38-39 in the Breathing Better Handbook.)</i>					
To keep my secretions moist and manageable, I will:		WK 1	WK 2	WK 3	WK 4
Drink 8 glasses of water a day					
I will do these things to lower my sodium intake:		WK 1	WK 2	WK 3	WK 4
Take the salt shaker off the kitchen table					
Try other seasonings such as lemon juice, onion or garlic powder, or herbs					
Read food labels to see which foods are high in sodium					
Rinse canned foods before cooking and eating them					
Remove one high salt item from my diet this week					
Make low sodium sauces and salad dressings					
I will avoid gas causing foods:		WK 1	WK 2	WK 3	WK 4
Beans					
Cabbage					
Broccoli					
Corn					
Brussels Sprouts					
Cucumbers					
Asparagus					
Fizzy drinks or sweet fruity drinks					
I will eat more healthy foods:		WK 1	WK 2	WK 3	WK 4
Bananas					
Dried fruit					
Oranges					
Potatoes					
Spinach					
Tomato products					
Winter squash and yams					
Peanuts					
Mushrooms					
Snack on fruits and vegetables, not chips and candy					
Consume whole fruits more often than juices					

I will eat more whole grains:	WK 1	WK 2	WK 3	WK 4
Bread/tortillas made from whole wheat or corn				
Brown rice				
Oatmeal or whole grain cereals for breakfast				
I will eat more heart healthy proteins:	WK 1	WK 2	WK 3	WK 4
Fish or shellfish 2-3 times a week				
Skinless, white chicken and turkey meat				
Lean cuts of red meat (keep serving to the size of a deck of cards)				

*Possible problems for meeting my goal are:

*Things that will help me meet my goal are:

SMOKING CESSATION *(See the Quitting Tobacco Booklet.)*

Habits are hard to break and quitting tobacco may be one of the hardest things you do. Focusing on why you want to quit can help.	WK 1	WK 2	WK 3	WK 4
Pick an approach				
Identify my support team				
Set a quit date				
Talk with my doctor about medicines that will help me succeed.				

*Possible problems for meeting my goal are:

*Things that will help me meet my goal are:

SYMPTOMS *(See the last page in the Breathing Better Handbook.)*

I will call my healthcare provider when my symptoms fall in the "yellow" zone.	WK 1	WK 2	WK 3	WK 4
Noticeably more short of breath				
Mucous is thicker than usual or colored				
Coughing or wheezing more				
Chest feels tight or full				
Some trouble with daily activities				
No appetite				
Sudden weight gain (3 to 5 pounds overnight)				

My next doctor appointment is: _____

Take this action plan with you to your doctor appointment.



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