



Ministry of Health

COPD Flare-Up Action Plan



This Action Plan is based on the guideline: *Chronic Obstructive Pulmonary Disease (COPD): Diagnosis and Management* at www.BCGuidelines.ca

FLARE-UP ACTION PLAN FOR: _____ Date: _____
Doctor's name: _____ Doctor's phone #: _____

Green Zone: My COPD is well controlled

- ▶ My breathing problems have not changed (shortness of breath, cough, and sputum).
- ▶ My appetite is normal.
- ▶ I am able to exercise and do my daily activities as normal.
- ▶ I have no trouble sleeping.

What should I do?

Continue to take my medications as prescribed:

Medication	Dose	Puffs/Pills	Frequency

Watch for a COPD flare-up when:

- ▶ I get a cold or flu.
- ▶ I feel run down or tired.
- ▶ I am exposed to smoke or air pollution.
- ▶ After weather changes.
- ▶ When my mood changes, such as feeling stressed or anxious.

Yellow Zone: My symptoms are worse | Take action - FLARE-UP

If you experience one or more of these symptoms, **this may be the start of a COPD flare-up.**

- ▶ I am more short of breath than usual.
- ▶ I am coughing or wheezing more than usual.
- ▶ I have more sputum or mucus than usual.
- ▶ I have green, yellow or rust coloured sputum.

What should I do? - Your doctor will check all that apply:

Take **additional** treatment prescribed by my doctor depending on my symptoms:

I increase my reliever (**BRONCHODILATOR**) if I am **MORE SHORT OF BREATH** than usual.

Bronchodilator	Dose	# of Puffs	Frequency

Plan your day, get rest, relax, use breathing techniques, huff and cough to clear phlegm as required.

Other: _____

I start **PREDNISONE** if after increasing my bronchodilator my **SHORTNESS OF BREATH DOES NOT IMPROVE** and my symptoms have been worse **FOR AT LEAST _____ HOURS.**

Prednisone	Dose	# of Pills	Frequency

I start my **ANTIBIOTICS** if my **SPUTUM** becomes green, yellow or rust coloured or has blood in it and my symptoms have been worse **FOR AT LEAST _____ HOURS.**

Antibiotic	Dose	# of Pills	Frequency

If after taking the above action, your symptoms don't improve within 48 hours, SEEK MEDICAL CARE IMMEDIATELY!

Red Zone: DANGER | Take action - get help!

- ▶ I am **extremely** short of breath.
- ▶ I am confused, agitated, or drowsy.
- ▶ I have sudden chest pain.

What should I do? Call **9-1-1** for an ambulance to take you to the emergency room.

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