

COPD Signs and Symptoms and Action Plan

COPD Signs and Symptoms	Action Plan – What Should I Do?
<p>I feel well:</p> <ul style="list-style-type: none"> <input type="checkbox"/> My breathing problems have not changed (normal shortness of breath, cough and sputum). <input type="checkbox"/> My appetite is normal. <input type="checkbox"/> I have no trouble sleeping. <input type="checkbox"/> I can exercise and do my daily activities as usual. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take my medications as prescribed <input type="checkbox"/> Use oxygen as prescribed. <input type="checkbox"/> Continue my regular activity, exercise and diet. <input type="checkbox"/> Avoid my triggers such as smoke, dust and other allergens.
<p>I feel different:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am more short of breath. <input type="checkbox"/> I am coughing or wheezing more than usual. <input type="checkbox"/> I have more sputum than usual. <input type="checkbox"/> I feel stressed or have been around things that make my breathing worse. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take my medications, especially my quick relief or rescue inhaler (Bronchodilator - Ventolin) as prescribed. <input type="checkbox"/> Use oxygen as prescribed. <input type="checkbox"/> Avoid things that make my breathing worse such as smoke, dust and stress. <input type="checkbox"/> Breathe from my diaphragm or with pursed lips. <input type="checkbox"/> When sitting, lean forward with my neck, shoulders and arms relaxed.
<p>I feel I am getting worse:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I have increased shortness of breath. <input type="checkbox"/> I have increased sputum. <input type="checkbox"/> I have green or yellow sputum with or without a fever. 	<ul style="list-style-type: none"> <input type="checkbox"/> Call my doctor or nurse practitioner. <input type="checkbox"/> Take my medication, especially my quick relief or rescue inhaler (Bronchodilator - Ventolin) as prescribed. <input type="checkbox"/> Use oxygen as prescribed. <input type="checkbox"/> If there is no improvement after 48 hours, call my doctor or nurse practitioner again. <input type="checkbox"/> If I cannot contact my doctor or nurse practitioner to an urgent care or hospital.
<p>I am in danger:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am very short of breath. <input type="checkbox"/> I cannot do any activity because of my breathing. <input type="checkbox"/> I am not able to sleep because of my breathing. <input type="checkbox"/> I have a fever and/or I am shaking (chills). <input type="checkbox"/> I feel confused, drowsy and/or anxious. <input type="checkbox"/> I have chest pain or I have sudden chest pain. 	<ul style="list-style-type: none"> <input type="checkbox"/> Call 911 or your local emergency number. <input type="checkbox"/> I need help right away. <input type="checkbox"/> Take my medications, especially my quick relief or rescue inhaler (Bronchodilator - Ventolin) as prescribed. <input type="checkbox"/> Use oxygen as prescribed.