

Lung Disease Self-Management Plan

Use this plan to help you know what actions you should take based on your symptoms to best manage your COPD or other lung disease. Talk with your healthcare provider about your plan and what other actions you may need to take.

Healthcare provider name and phone number: _____

Green Zone – Doing Well	Actions
<ul style="list-style-type: none"> • Able to do usual activities • Have usual amount of mucus and cough • Sleeping well at night 	<ul style="list-style-type: none"> • Take your medicines as ordered. • Use your oxygen as prescribed. • Continue regular diet and exercise plan. • Keep all doctor appointments. • Always avoid smoke and other irritants to breathing.
Yellow Zone – Caution	Actions
<ul style="list-style-type: none"> • Less energy for daily activities • Increased shortness of breath • More or thicker mucus • Increased cough or wheezing even after taking medicine • Increased swelling of ankles or feet • Feel more tired or restless than usual • Not sleeping well, waking up short of breath 	<ul style="list-style-type: none"> • Contact your healthcare provider <u>today</u> to report these serious symptoms. _____ • Your symptoms may mean that you need changes to your medicine or other medical help. _____ _____ • Always avoid smoke and other irritants to breathing.
Red Zone – Need urgent medical care	Actions
<ul style="list-style-type: none"> • Severe shortness of breath – not able to do any activity or sleep • Fever or chills • Chest pains • Feel confused or very drowsy 	<ul style="list-style-type: none"> • Call 911 or seek emergency medical care right away.

Name and Contact Information

Name and phone number(s) _____

Emergency contact and phone number(s) _____

Medications

Medication Name	Why do I take it?	How much do I take?	When do I take It?

Oxygen

Resting _____ Increased Activity _____ Sleeping _____

As needed: _____

Quitting Smoking

I have quit _____

I am planning to quit _____

Quit date and plan _____

Diet and Nutrition

Exercise

Advance Directives

Living Will and Healthcare Durable Power of Attorney
