



Severe Chronic Obstructive Pulmonary Disease (COPD)

Warning Signs

- Severe breathlessness
- Needing reliever medication more than 2 hourly
- Unable to speak more than a couple of words
- Unable to walk more than a few paces
- Attack is frightening or unusual.

With these symptoms an ambulance is needed.

Dial 000 and ask for ambulance

Indicate **“severe Chronic Obstructive Pulmonary Disease (COPD) attack”**

Act on emergency plan

- Administer medication

_____ Dose: _____ Freq: _____

_____ Dose: _____ Freq: _____

- Administer oxygen, if required.

Respiratory Health Network

Chronic Obstructive Pulmonary Disease

Action Plan

Name _____

Phone _____

UMRN Public Hospital _____

Medicare No _____

If found please contact or return to

Usual GP _____

Phone _____

HP10842 SEP'09 23084

Usual treatment—Chronic Obstructive Pulmonary Disease (COPD) under control

- Inhaler 1: Dose: _____ Freq: _____
- Inhaler 2: Dose: _____ Freq: _____
- Symptom reliever: _____ as required.

Beware if required more than four (4) hourly

- Other treatment: _____
Dose: _____ Freq: _____
- Combined therapy: _____
Freq: _____

Worsening Chronic Obstructive Pulmonary Disease (COPD)

Gradual deterioration: symptoms worsen progressively, maybe over several days or longer.

- Increasing cough, sputum, breathlessness, wheeze, chest tightness, fever, chills, muscle aches and pains; off food.
- Relief from normally used reliever medication is not as good as usual and doesn't last as long. A need for more frequent medication may be your strongest warning.

Act on additional treatment —————>

Additional treatment—for worsening Chronic Obstructive Pulmonary Disease (COPD)

- Increase medication (preventer and reliever)

_____ Dose: _____ Freq: _____

_____ Dose: _____ Freq: _____

- Add medication (e.g. Prednisolone; antibiotics)

_____ Dose: _____ Freq: _____

_____ Dose: _____ Freq: _____

If there is no satisfactory and lasting reversal of deterioration in hours act on emergency plan and call ambulance.

When you improve with increased medication you should call your case manager and also see your doctor as soon as possible for re-assessment and review of medication.

Case manager name: _____

Contact number: _____