

Your COPD diary and action plan

This is your personal COPD action plan. It helps you to record and monitor your symptoms and know what to do if you have any exacerbations.

An exacerbation is when you have a rapid and sustained worsening of your symptoms that may warrant a change to your regular treatment.

1. Your COPD symptoms

Use this section to record your symptoms on each day. Then take this with you to your doctor's appointment. It will help your doctor to assess any changes in your health.

		MON		TUE		WED		THU		FRI		SAT		SUN	
		Day	Night	Day	Night	Day	Night	Day	Night	Day	Night	Day	Night	Day	Night
WEEK 1	Coughing														
	Wheezing														
	Chest tightness														
	Breathing problems														
	Excess phlegm														
WEEK 2	Coughing														
	Wheezing														
	Chest tightness														
	Breathing problems														
	Excess phlegm														
WEEK 3	Coughing														
	Wheezing														
	Chest tightness														
	Breathing problems														
	Excess phlegm														
WEEK 4	Coughing														
	Wheezing														
	Chest tightness														
	Breathing problems														
	Excess phlegm														

Your COPD diary and action plan (cont.)

1. Your COPD action plan

This COPD action plan is broken down into three colour zones (green, yellow and red), which give you instructions on how to handle each circumstance, based on the associated symptoms.

My usual symptoms (please fill in)	Lifestyle tips	Medications (please fill in)
- I can walk _____ on the flat before stopping - I have noticed that the amount of phlegm I cough up is more than usual - The normal colour of my phlegm is _____ - I tend to sleep _____ hours, and wake up _____ times a night with my breathing	- Don't smoke - Get some exercise every day - Keep all your medicines and inhalers with you - Have your pneumonia jab and annual flu jabs	Reliever _____ @ inhalations as required Other _____ @ inhalations as required Oxygen _____ Concentrator ☐ yes flow ☐ L/min Short burst ☐ yes flow ☐ L/min Other medication _____

Feeling worse than usual	Seek advice (please fill in)	Medications (please fill in)
- I feel more breathless sitting still - I feel more breathless doing routine things - I am waking up short of breath more often - My inhalers aren't working as well as usual - I'm coughing up more phlegm - My phlegm has changed colour to more green or yellow	If you have any of these symptoms you may require rescue medication. Stay calm, and phone for advice: Respiratory Nurse at your local practice on: _____ Community Respiratory Nurse on: _____	Increase your inhaled medicines to: _____ _____ _____ - Continue with your usual medication - If you have been given a supply of antibiotics and your phlegm has changed to green/yellow then start the antibiotic course as prescribed - If you have been given steroids, start the course as prescribed by your doctor

I have a health emergency	Act now
- I have chest pain - I'm very short of breath, even when sitting still - I'm unable to talk because of shortness of breath - I'm very confused or excessively drowsy - I have a very high fever	If you have any of these symptoms and are too unwell to wait to see your doctor, contact your local EMERGENCY SERVICES immediately. Sit upright and stay calm while you wait for assistance, and please notify the ambulance crew if you are receiving oxygen therapy

Your details	
Name: _____	D.O.B: _____
Diagnosis/diagnoses: _____	Doctor's name: _____
Doctor's/Respiratory Nurse contact no.: _____	Emergency services no. (e.g. 999): _____