

Follow up - Appointment within 48 to 72 hours after leaving the hospital. Date: _____

COPD
PATIENT ACTION PLAN

<p>GREEN ZONE: ALL CLEAR</p> <p><i>My symptoms are under control</i></p> <ul style="list-style-type: none"> • I can breathe easily doing usual activities • My phlegm/mucus is clear or white, easy to cough up, a small amount • I am sleeping well • I can do my usual activities without tiring <p>GO</p> <p><i>Keep up the good work!</i></p>	<p>GREEN ZONE MEANS:</p> <ul style="list-style-type: none"> • Continue with your usual activities including exercise • Take medicine as ordered by your doctor • At all times avoid cigarette smoke, inhaled irritants
<p>YELLOW ZONE: CAUTION</p> <ul style="list-style-type: none"> • I have more shortness of breath, wheezing or coughing than usual • I have less energy for my daily activities • My phlegm/mucus is thicker or stickier than usual • There is blood in my phlegm/mucus • I have a fever or feel like I have a "chest cold" • I am using my quick relief inhaler/nebulizer more often • I have gained or lost weight for no reason; swelling in my feet/ankles • I am tired and not able to finish my usual activities without resting • I am having trouble sleeping; my symptoms keep me awake • I have a poor appetite • My breathing does not improve with my rescue inhaler <p>CAUTION</p> <p><i>Step up treatment!</i></p>	<p>YELLOW ZONE MEANS:</p> <ul style="list-style-type: none"> • Take your nebulizer treatment or rescue inhaler • Use pursed lip breathing and relaxation exercises • Pace yourself and limit activities • Drink more water if you have no fluid limits • Avoid coffee, tea and soda • Deep breathe and cough to clear phlegm/mucus • Please call your care provider: <p>Care Provider: _____</p> <p>Phone Number: _____</p> <ul style="list-style-type: none"> • MultiCare Consulting Nurse: 253.792.6300
<p>RED ZONE: MEDICAL ALERT</p> <ul style="list-style-type: none"> • I have chest pain • I feel like I am going to faint • I am frightened by how tired I am • I am confused, drowsy or restless • I am coughing up blood • I have a fever or shaking chills • I am not able to sleep because of my breathing • I am not able to do any activity because of my breathing • I have severe shortness of breath at rest <p>STOP</p> <p><i>Get help now!</i></p>	<p>RED ZONE MEANS:</p> <p>YOU NEED TO CALL 911 NOW!</p>