

*This plan is intended to act as a guide only. It does not take into account individual needs or circumstances. Every patient should have an advanced care plan which should be followed, rather than this action plan. If in any doubt, always consult the patient's General Practitioner.*

# **C O P D**

## **(Chronic Obstructive Pulmonary Disease)**

### **ACTION PLAN**

**Look for any of the following symptoms:**

- More breathless
- Reduced energy for daily activities
- Loss of appetite
- Change in colour, amount or thickness of phlegm
- Cough
- Fever
- Need to use inhalers/ nebulisers more often than usual

**CONTACT  
LOCAL  
DOCTOR  
ASAP**

- Very short of breath at rest
- Chest pains
- High fever
- Feelings of agitation, drowsiness or confusion

**CALL AN  
AMBULANCE  
IMMEDIATELY  
DIAL 000**

Source: Eastern Health. June 2006